

Riding Boot Guidance

Of the many advertised 'equestrian/riding boots' available, it is essential that the following aspects are taken into consideration when determining suitability of footwear for riding.

To decrease risk of the boot becoming wedged or stuck in the stirrup, the underside of the boot/shoe must have a secure smooth sole with a small and well defined heel. The sole must not be ridged and the width of the boot/shoe must not be too narrow or wide for the size of the stirrup iron. If the design of the boot is laced or zipped it must not reduce the gap between the top of the foot and the top arch of the stirrup

Stirrup irons should have suitable grip and should be correct for the size of boot. If too small they may cause a foot to become wedged within the stirrup, if too large, they could allow the foot to slip through. The stirrup iron should be wide enough to allow a riders foot to be supported at the ball (widest point) of the foot.

Stirrup leathers should be even in length with sufficient evenly spaced holes to enable correct adjustment so minimising the need to wrap the leather around the stirrup iron thus avoiding compromising rider safety.