

# Riding Boot Guidance

There are many 'equestrian/riding boots' available and when choosing suitable boots or shoes to ride in, it is essential that the following aspects are taken into consideration when determining their suitability as footwear for riding.

To decrease risk of the riders' foot becoming wedged or stuck in the stirrup iron, the underside of the boot/shoe should have a secure and smooth sole with a small and a well-defined heel of approximately 2.5cm in height. The shank of the boot (the area between the heel and the ball of the foot) should be solid. This will help with stability for the foot.

The sole should 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 across the top of the foot, it should not reduce the gap between the top of the foot and the top under arch of the stirrup iron.

The stirrup irons should have suitable grip and be correct for the size of foot/boot. The stirrup iron should be wide enough to allow a rider's foot to be supported at the ball (widest point) of the foot.

The recommended width measurement for a stirrup (measuring from the inside of the stirrup 'arm' would be 5cm wider than the width of the boot when measured at the ball of the foot. This would allow 2.5cm of space either side of the foot/boot.

If the stirrup iron is too small for the boot, it may cause a foot to become wedged within the stirrup. If the stirrup iron is too large, it could allow the boot to slip through and risk the foot becoming stuck within the stirrup iron.

The stirrup leathers should be even in length with sufficiently evenly spaced holes to enable adjustment to the correct length without needing to wrap the stirrup leather around the stirrup iron which may compromise rider safety.