



CEREBRAL PALSY AWARENESS - WHAT IS POSSIBLE?

EQUESTRIAN

WHAT IS EQUESTRIAN?

Equestrian is a fun sport for all which can not only be done competitively, but can also be done as a recreational activity or as an activity which improves physical and mental health.

WHO CAN TAKE PART?

Anyone can take part in equestrian as long as they can balance on the horse in a recognisably, technically accepted, adapted saddle. If individuals are unable to balance on the horse, it is possible to enjoy equestrian in carriage driving, both recreationally and competitively.



CLASSIFICATION

Athletes are classified for Para Dressage according to their impairment to ensure fair competition.

Classes include Grade 1 to Grade 5 and assessed on strength, mobility and coordination. Grade 1 is most impaired and Grade 5 is least impaired.

INTERNATIONAL EQUESTRIAN FEDERATION (FEI)

The FEI is the world governing body of equestrian sport. It exists to ensure that events are conducted in a fair, consistent and structured way across the globe. Para Dressage is a regular fixture at the Paralympic games.

RIDING FOR THE DISABLED ASSOCIATION (RDA)

RDA provides fun activities like riding and carriage driving, offering therapy, fitness and skills development to adults and children with physical and learning difficulties. RDA is a member of the HETI federation and worldwide members can be found at hetifederation.org/current-members