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 carrage 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.