



Helmet Hair

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Following the pulse of Alberta show jumpers.

Proper under-helmet hair:

I often see girls with different and unique styles of doing their hair under their helmets. But for both hunters and jumpers, the classic look always looks stylish and tidy.

First, always use a hair net!

The following describes how to make this classic look with just a few easy steps:

- 1-Start with your hair down, all around your shoulders.
- 2-Pull the hair net over top of your head and make a low ponytail.
- 3-Adjust the hair net to cover half of your ear, and be sure it is filled with hair (i.e. ensure there are no spots where the hair net is visible without hair under it!)
- 4-When you are satisfied with this, flip your head down and your pony tail with it, straight up the middle of your head.
- 5-Apply your helmet back to front so as to keep your hair in the same place.
- 6-Adjust your helmet to the appropriate place. Voila!

If ever you encounter George Morris in a clinic or a riding setting, be sure to have this classic look for your hair under your helmet. It is said he once told a girl that she could be an American team rider, if only she could put her hair under her helmet!

This makes for a neat appearance and tidy impression for your judge even if you are in the Jumper ring.

