



IRISH PONY CLUB STANDARDS OF EFFICIENCY TEST SHEET 2017 'C' STANDARD

OBJECTIVE

- To work towards a secure seat in a balanced position, independent of the reins on the flat and over small fences.
- To know how to correctly communicate with the pony (aids) for riding simple movements.
- To have a knowledge of the care and working of a pony kept in a field and in a stable.
- To be in control of the pony and show courtesy and respect to other people and their property.
- **To be working towards Riding and Road Safety Test.**

RIDING

- Turn-out of pony/horse and rider.
- Mount and dismount correctly.
- Show a balanced and correct position at walk, trot and canter and be able to demonstrate a regular rhythm. First steps of training scale.
- Ride without stirrups at walk and trot.
- Adjust stirrups and girth while mounted.
- Understand the various means of communicating with the pony/horse (aids) for transitions, turns and circles, canter on a named leg.
- Ride on a long and loose rein at walk.
- Know the importance of warm up and cool down.

SHOW JUMPING

- Show a balanced jumping position on the flat and over small fences in preparation for jumping a course.
- Have a knowledge of good practice in the warm up arena.
- Walk and ride a straight and bending line distance not less than 5 strides.
- Jump a short course with a variety of simple fences (**height 80 – 90 cm.**), showing good course lines and awareness of correct leading leg. No combinations.

CROSS COUNTRY

- Show secure balanced position in walk, trot and canter with correct stirrup length.
- Show how to warm up for riding cross country fences.
- Ride over assimilated fences to include narrow (skinny) fences, angled fences and combination fences showing control, balance, correct approach and get away from fence, while maintaining rhythm and appropriate speed.
- Be able to walk and discuss the cross country course and take on board various paces used to safely negotiate the different fences with examiner.
- Ride solid cross country fences of varying types showing control, balance, correct approach and depart from fence while keeping rhythm and appropriate speed in open terrain.
- Maintain control, balance and pace appropriate to area, undulations and ground conditions while maintaining a cross country position.

HORSEMASTERSHIP

- Care and working of a pony/horse kept in a suitable field and/or in a stable.
- Recognise a suitable field for your pony/horse.
- Care of the stable and discuss type of bedding you use.
- Basic knowledge and rules of feeding and watering.
- The importance of roughage: hay/haylage/grass.
- Know what and how much in kilos your own pony/horse eats.
- Grooming – items of grooming kit and show how to use them.
- Be able to care for the tail and put on a tail bandage.
- Shoeing and care of feet – know when a pony/horse needs shoeing and the care of the feet after shoeing.
- Basic care and cleaning of saddlery and check for safety.
- Outline indications of a healthy pony.
- Describe signs of an unwell pony/horse including: colic, laminitis, coughs and colds, and sweet itch.
- Basic knowledge of treatment of minor wounds.
- Explain how to take pony/horse in and out of a horsebox with an assistant and the do's and don'ts' of leaving a pony/horse in a horsebox.
- Discuss the importance of protecting legs while travelling.
- List essential items of a travelling first aid kit for your horse/pony.
- Lead in hand – walking, trotting and turning and taking in and out of a stable.
- Know the name and action of one's own pony's bit and own tack and be able to tack up.
- Put on and take off a rug. Recognise a stable rug, turn-out rug and cooler with advantages and disadvantages of leg straps.
- **Know when to seek advice.**

READ the following Pony Club Publications:

Notes on Taking C Test – Anthea Rainsbury

'Keeping a Pony at Grass' – The whole book.

'The Manual of Horsemanship'

Points of the horse

Mounting and dismounting (omit 'To dismount

Using the stirrup')

The stirrups

The position of the rider in the saddle

Holding the single rein

Position of the rider in motion

Jumping

The correct approach, Fig 19

Handling and leading a horse

To lead in hand

Classification and identification

Saddling Up

Putting on and fitting a bridle, unsaddling (omit 'Fit and adjust the Curb Chain')

Care of saddlery

The signs of good health

Loading – with an assistant

Unloading

The Pony Club Publication 'Junior Road Rider' and the RSA Horse Road Safety Booklet

VIEW

The Pony Club DVDs

Stable Management Series

Top Rider Parts 1 and 2

Junior Road Rider, DVD

Minimum Age 12 (in year of test)

Disc Colour - Green