

THE UNITED STATES PONY CLUBS, Inc.

The Kentucky Horse Park • 4041 Iron Works Pike • Lexington, KY 40511 • (859) 254-PONY (7669)



"C-1" TEST SHEET

Candidate's name _____

Address _____

Name of Pony Club/Riding Center _____

District Commissioner/Center Administrator _____ Region _____

NOTE: Before beginning test, Examiners must read "Guidelines for Club/Center Certifications – D-1 through C-2" and the C-1 Standard of Proficiency (SOP), including "Information for D Candidates," "Testing Information," and "Examiners." Examiner must have copy of the SOP with them during test to include Grid and Jumping Exercises chart. Examiner comments must give specific reasons if a candidate does not pass any phase. Examiner may ask questions from previous Standard tests.

RIDING TEST EXPECTATIONS: Candidate should ride with confidence and control on the flat and over fences, demonstrating a basic balanced position and use of natural aids. The candidate should begin riding mount freely forward in balance and rhythm while developing a light contact.

HORSE MANAGEMENT EXPECTATIONS: The candidate should show a developing awareness of cause and effect in the care of own mount. He/she should be familiar with local common horse terms. Assistance is recommended in demonstration of bandaging.

<p>TURN OUT</p> <ul style="list-style-type: none"> Attire to be correctly formal or informal. Pony Club pin, medical armband, and a properly fitted equestrian helmet, in accordance w/SOP. Long hair neatly up or back. No inappropriate jewelry. Mount to be well groomed, reflecting regular care with a healthy coat; no sweat or dirt. Mane and tail brushed with little, if any, dandruff. External areas around sheath/udder clean. Feet picked out and reflecting regular farrier care. Eyes, nose, lips, dock clean. Tack to be safe, properly adjusted, supple and reflecting regular care. No jockeys or dust. All stress points clean. No cracked leather. Metal clean and polished and stirrup pads clean. Identify tack on own mount and discuss fit. 	<table border="1" style="width: 100%; height: 100%;"> <tr> <td style="text-align: right;">____ES</td> </tr> <tr> <td style="text-align: right;">____DNMS</td> </tr> <tr> <td style="text-align: right;">____MS</td> </tr> </table>	____ES	____DNMS	____MS
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<p>RIDING ON THE FLAT</p>				
<p>WARM UP</p> <ul style="list-style-type: none"> Demonstrate suppling exercises for rider without stirrups at walk. Demonstrate mount's warm-up routine for everyday work. Discuss candidate's warm-up for both rider and mount with examiner using terms and understanding from the training pyramid. 	<table border="1" style="width: 100%; height: 100%;"> <tr> <td style="text-align: right;">____ES</td> </tr> <tr> <td style="text-align: right;">____DNMS</td> </tr> <tr> <td style="text-align: right;">____MS</td> </tr> </table>	____ES	____DNMS	____MS
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KEY: ES = Exceeds Standard	M = Meets Standard	DNMS = Does Not Meet Standard
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MOVEMENTS

- Work mount at walk, trot and canter, with smooth transitions, demonstrating straight lines on centerline.
- Perform 20-meter circles, and figure eights with simple transitions at each gait demonstrating correct bend.
- Ride without stirrups at the sitting trot.
- Demonstrate long rein, loose rein and light contact at walk.

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- Discuss aids for and demonstrate a rein-back of 2-3 steps.
- Discuss aids for and then demonstrate a turn on the forehand.
- Discuss arena etiquette for riders at different gaits.
- Discuss performance with examiner discussing the following: the rider's basic balanced position, whether or not mount was moving freely forward in balance and rhythm, and whether rider established a light contact.

____ES	____DNMS
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- Rider should show firm basic balanced position, using natural aids and control in initiating free forward movement with a light feel of mount's mouth.

____ES	____DNMS
____MS	

RIDING OVER FENCES

- Ride over small gymnastic grid of three fences finishing with an ascending oxer set at, but not exceed, 2'9" set at appropriate distances for mount's stride.

____ES	____DNMS
____MS	

- Ride over jump course of 6-8 obstacles; include a two-stride combination set at an appropriate distance for mount's stride. The majority of fences should be set at, but not exceed, 2'9". *(Grid distances and two-stride combination may be adjusted for individual mounts.)*

____ES	____DNMS
____MS	

- Discuss performance with Examiner, including rhythm, tempo and balance and ways ride could be improved.

____ES	____DNMS
____MS	

RIDING IN THE OPEN

- Ride safely with control in a group, on a suitable mount, at the walk, trot, and canter over varied terrain, through shallow water and small ditches as occur in natural terrain when available.
- C-1 speed should not exceed 325 meters per minute to 350 meters per minute.

____ES	____DNMS
____MS	

<ul style="list-style-type: none"> Discuss and demonstrate riding safely over varied terrain, incorporating as many of the following elements as local conditions allow: hills, small/shallow ditches, low banks, flat open areas and shallow streams. 		<p>____ES _____DNMS ____MS</p>
<ul style="list-style-type: none"> Ride over five to seven cross-country obstacles at appropriate speed (240-350 meters per minute). The majority of fences should be set at, but not exceed, 2'9". 		<p>____ES _____DNMS ____MS</p>
<ul style="list-style-type: none"> Discuss performance with Examiner giving reasons for any disobediences. 		<p>____ES _____DNMS ____MS</p>
<ul style="list-style-type: none"> Rider shows firm basic balanced position while riding with control. 		<p>____ES _____DNMS ____MS</p>

CONDITIONING

<ul style="list-style-type: none"> Discuss the meaning and reasons for conditioning of mount. Describe how to condition mount for a particular Pony Club activity of your choice. Know the acceptable ranges for temperature, pulse and respiration for a mount at rest and the importance of these numbers. 		<p>____ES _____DNMS ____MS</p>
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NUTRITION

<ul style="list-style-type: none"> Describe how feeds are measured and weighed. Know amount and type of feed for own mount. Describe characteristics of good and bad feed, watering, and pasture. 		<p>____ES _____DNMS ____MS</p>
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STABLE MANAGEMENT

<ul style="list-style-type: none"> Discuss types of bedding appropriate for your area. Safely put a blanket on a mount. Demonstrate proper adjustment of blanket/sheet and halter. 		<p>____ES _____DNMS ____MS</p>
<ul style="list-style-type: none"> Discuss types and causes of stable vices. Describe and give reasons for three types of clipping. Describe conditions which foster internal and external parasites, procedure for parasite control in pasture and stall, ways to control flies, and bot eggs. Discuss general barn safety procedures for your barn or where your horse is stabled. Describe proper use of fire extinguisher and how to tell if it is fully charged. 		<p>____ES _____DNMS ____MS</p>

**BREEDS, PARTS OF MOUNT,
CONFORMATION & LAMENESS**

- Identify good and bad points of basic leg conformation.
- Describe five common unsoundnesses as to location and outward appearance.
- Name three to four types of teeth found in a horse's mouth.
- Name five coat colors or patterns which include white on the body.
- Name one breed that excels in each of these disciplines: racing, dressage, games, vaulting, eventing, foxhunting, hunter/jumper, endurance, driving and western.

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TRAVEL SAFETY

- Discuss basic equipment needed for mount's safety and comfort during trailer travel.
- Demonstrate trailer safety check from trailer safety checklist on USPC website.
- Discuss safety precautions for riding on a trail including additional precautions during hunting season.

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RECORD BOOK

- The C-1 is expected to keep a careful Record Book of all immunizations, veterinary visits, farrier visits, etc. The book must be brought to the test for review and critique. Must have records for at least 6 months. Records should reflect appropriate depth of knowledge for this level.

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 ____MS

HEALTH CARE & VETERINARY KNOWLEDGE

- Describe how to treat minor wounds.
- Discuss: Regular worming control for own mount; how and why to deworm new mounts in barn and use of fecal test.
- Know health care schedule for own mount including dates of inoculations (tetanus, encephalomyelitis, etc.), deworming, floating of teeth, shoeing.
- Know the reason for having a Coggins test done.

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INTRODUCTION TO HORSE SPORTS

- List all the horse sports that are offered in USPC.

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TEACHING

- Demonstrate a safety and tack inspection for a D Pony Club member under direct supervision of Examiner.
- Explain to the D member the reason for the check, the process, and any safety issues found.

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<p>LAND CONSERVATION</p> <ul style="list-style-type: none"> Name three different uses of land on which you, or others, ride. Examples: Farmland, fair grounds, crops, etc. If your region conducts an Eventing Rally, determine who owns the land where the rally is held and the total amount of acres owned. Identify one place in your area previously used for equestrian activities that is no longer available. 	<div style="border: 1px solid black; padding: 5px; width: fit-content; float: right;"> ____ ES ____ DNMS ____ MS </div>
<p>LEADING & LONGEING</p> <ul style="list-style-type: none"> Discuss reasons for longeing. Discuss equipment necessary and safety procedures. Demonstrate jogging mount, moving mount actively forward from the whip, with smooth transitions. 	<div style="border: 1px solid black; padding: 5px; width: fit-content; float: right;"> ____ ES ____ DNMS ____ MS </div>
<p>FOOT & SHOEING</p> <ul style="list-style-type: none"> Discuss the five steps in shoeing. Recognize farrier tools and know their uses. Discuss causes of thrush and prevention. 	<div style="border: 1px solid black; padding: 5px; width: fit-content; float: right;"> ____ ES ____ DNMS ____ MS </div>
<p>BANDAGING</p> <ul style="list-style-type: none"> Apply stable bandage under direct supervision and with assistance of examiner. 	<div style="border: 1px solid black; padding: 5px; width: fit-content; float: right;"> ____ ES ____ DNMS ____ MS </div>

COMMENTS (General impressions, suggestions for improvement):

ES _____ MS _____ DNMS _____ SIGNATURE: _____ DATE: _____

Sections requiring retesting: (up to total of seven; not more than three riding)

A candidate may be re tested as follows:

- This test has a total of 27 sections.
- Retest to cover *not more than* seven sections of the test (not more than three riding sections).
- Retest must take place within one month and must be completed in one day.
- Failure of any section on that day will require retaking entire test.
- Retest must be recommended by original Examiner.

ES _____ MS _____ DNMS _____

SIGNATURE: _____ DATE: _____

(Examiner for portions retested)