

'C' Standard of Efficiency Test Sheet

Minimum Age: 12

Felt Colour:

GREEN

General

This is where your knowledge should start to gain some depth and you begin to become more proficient in the care of ponies and your skill as a rider. The C Test is roughly equivalent to the British Horse Society Stage One Exam.

Objective

- To understand the importance of, and to be working towards a secure correct balanced seat, independent of the reins.
- To understand why a correct seat is important.
- To apply simple aids correctly.
- To have a knowledge of the care and working of a pony off grass.
- To be in control of the pony on the roads and in the countryside.

Riding

- Turn-out of pony and rider.
- Mount and dismount correctly on either side.
- Hold the reins correctly.
- Alter stirrups when mounted.
- Tighten and loosen girth when mounted.
- Working towards a balanced independent seat.
- Use of seat, legs and hands as aids to increase and decrease pace.
- Ride without stirrups in walk and trot - as long as it is safe.
- Sitting trot, rising trot on the correct diagonal and change of diagonal.
- Understand the meaning of and start to establish the pony's rhythm.
- Walk with a long rein.
- Canter on both reins.
- Ride up and down hill in walk and trot.
- Independent work in the open.

Hong Kong Pony Club

- Walk and trot over heavy poles as a preliminary to jumping.
- Ride in a balanced position over small fences.
- Show a smooth progression from one fence to the next.
- Riding in the countryside, across farm land and bridle paths.
- Open and close gates.
- What you need to know: (this is likely to related to the pony you are riding)
 - Know simple aids and ride turns and circles at walk, trot and canter.
 - Aids for canter on a named leg on a circle.
 - Explain sequence of legs in trot and canter.
 - Understand the meaning of rhythm and tempo.
 - To be able to control a quiet pony in company, and in the open.

Horse & Pony Care

- Care and working of a pony off grass.
- Elementary feeding, watering and cleanliness of the pony.
- Groom a grass kept pony.
- Put on a tail bandage.
- Know when a pony needs shoeing.
- Put on a saddle, bridle and martingale.
- Have some knowledge of correctly fitting tack (saddle clearing withers, height of bit).
- Be able to do up a curb chain correctly.
- Know correct fitting for a flash nose band.
- Elementary care and cleaning of saddlery (tack care after daily exercise).
- Know the main indications for health in the pony.
- Know to clean minor wound.
- Know which wounds require veterinary attention.
- Understand the reason for anti-tetanus vaccination and know when their pony was vaccinated.
- Recognise when a pony is clearly lame.
- Know how to take a pony in and out of a horse-box or trailer with adult supervision.
- Understand the importance and the means of protecting the legs while travelling.
- Put on and take off, stable and turn out rugs.