



## C STANDARD

### Recommended study:

- Yard Safety Achievement Badge
- Countryside Access Achievement Badge

### OBJECTIVES

- To understand that equine welfare is important
- To have some knowledge of the Five Freedoms (Domains) and why they are essential for a pony's welfare
- To have an awareness of ponies' instincts and how they affect their behaviour
- To understand how a pony learns
- To have a knowledge of the care and working of a pony off grass
- To be working towards a secure correct, balanced seat independent of the reins and to understand why this is important
- To apply simple aids correctly
- To be in control of the pony on the roads and in the countryside
- To understand why there are rules for riding in the countryside

### SAFETY

1. List what you should be wearing when riding in the countryside or leading a pony on the road; explain why each item on your list is important
2. Show how to work safely with a pony when dismounted
3. **Show, and understand the importance of, the correct way of lifting objects in general use around the stableyard (e.g., feed and water buckets) safely**
4. **Explain how you would ride in the countryside and on bridle paths, showing an awareness of farmers' stock and crops**

## **UNDERSTANDING WHAT YOUR PONY NEEDS (Dismounted discussion)**

5. List and explain the importance of the Five Freedoms (Domains) of pony welfare
6. Give two examples of the physical/mental effects on ponies of:
  - a. Poor feeding and watering
  - b. Good paddocks and stables
  - c. Poor health (including the effects of injuries and pain)
  - d. Being unable to behave in a natural way
  - e. Being scared (e.g., of people or other animals)

## **TRAINING PONIES (Dismounted discussion)**

7. Explain how positive reinforcement works when training a pony
8. Talk about how pressure and release works when training a pony
- 9. Describe how you could get a pony used to something scary (desensitisation)**
10. Understand that ponies are herd animals; give an example of when this might be a problem and how you might avoid it
- 11. Describe some of the things that a pony might do if it is in pain, frightened, or insufficiently trained**

## **RIDING**

12. Present to the test in safe, tidy turn out
13. Check bridle, saddle, girth, and stirrups before mounting
14. Mount and dismount correctly on both sides, using a mounting block
15. Hold the reins correctly and at a suitable length for the work being done
16. Ride with stirrups of a suitable length
17. Alter stirrups when mounted
18. Tighten girth when mounted
- 19. Be working towards a balanced seat, independent of the reins**
- 20. Use legs and hands as aids to increase and decrease pace**
21. Show the difference between walking on a contact and on a long rein
22. Ride in balance without stirrups in walk and trot
23. Explain the difference between rhythm and tempo
24. Describe the sequence of legs in walk, trot, canter, and gallop
- 25. Show trot and canter in a balanced light seat with stirrups at a**

### **suitable length**

26. Ride in a correct, balanced position in walk and trot over poles on the ground
- 27. Ride in a correct, balanced position over small fences (maximum height, 60 cm)**
28. Show a smooth progression from one fence to the next
- 29. Know the correct distances for trotting poles (in feet, yard or metres) for the pony you are riding**
30. Ride safely in closed and open order in a group
31. Ride independently in the open; explain why this might be a problem for a herd animal and suggest a solution
32. Ride up and down hills in walk and trot in suitable balance

### **PONY CARE**

33. Explain how to care for and work a pony that lives out at grass
- 34. Know the main signs of health in the pony; recognise when a pony is too fat or too thin**
- 35. Discuss how to check whether a paddock is safe**
36. Explain elementary rules of feeding and watering
37. Show when to use positive rewards (food, scratching) when training a pony's stable manners
38. Groom a grass kept pony
39. Put on a tail bandage
- 40. Know when a pony needs shoeing**
41. Put on and take off turn out rugs
42. Put on a saddle, saddle cloth, bridle, and martingale
- 43. Have some knowledge of correctly fitting tack (saddle clearing the withers; height of the bit; noseband tightness)**
44. Talk about elementary care and cleaning of saddlery (tack care after daily exercise)
45. Know how to clean a minor wound
46. Know which wounds require veterinary attention
47. Understand the reasons for routine healthcare:
  - a. Equine influenza and tetanus vaccinations
  - b. Dental care
48. Recognise when a pony is clearly lame

49. Recognise signs that a pony might be unhappy (stressed, worried or anxious)
50. Understand the means of protecting a pony's legs while travelling
51. Explain how to load and unload a pony safely, considering yourself, the pony, and any helpers

## **ENVIRONMENT**

51. Explain how you can reduce waste related to looking after ponies.
52. List the items that can be recycled in your yard
53. Give two examples of how water may be wasted on yards

### **Test notes:**

- All content covered in lower tests may be reassessed in this test
- The items shown in bold are particularly important; competence in these items will be given emphasis by the assessor when considering the result
- The D and D+ Tests must be achieved before taking the C Test

**Minimum age: 10 years**

**Felt Colour for Full Test: Green**

**Riding Only: Silver Grey**

**Care Only: Meadow Green**

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