

C2 Outline Part I - HM-only version *new parts are hi-lighted (to be used in conjunction with the C Standard, the HM and EV Rules, the D & C Manuals, poison plants packet and the Unsoundness Sheet)

****Organizer – bring shoe bucket, farrier tools, TPR kit and longeing equipment.**

Attire: “Competition Attire” - there is no more “Formal” and “Informal” riding attire. Have a PC pin, a medical armband or bracelet. Any color helmet. A single-color coat, including tweed and pinstripes, with either a stock tie, choker, tie, or stand-up collar. Real stock ties need a pin; optional on pre-tied. Any-color & design shirt with a collar and sleeves. White or light pants, with belt if pants have loops. Tall boots, matching paddock boots w/leg piece or just paddock boots with garters. Gloves are recommended. Riding coat and neckwear can be taken off when riding – only required for Turnout. Wear a hair net plus braid and roll your hair into a bun or show bow if long or wear inside your helmet. Very clean, polished boots. Very clean horse (no baths during the cold months but tail must be well brushed out). If warm weather, no dandruff in mane or tail. Hooves picked & brushed out, eyes, nose, lips and dock clean.

***Do NOT wear loafers or tennies around the barn at any point during the test - barn boots only.**

Tack: Wear your very clean flat/dressage tack to Turnout **with a snaffle bit and cavesson noseband or Micklem bridle for longeing.**

Need these items: A feed label, materials for a **stable and tail** bandage, your **Record Book** with **at least 9 months** of info including **yearly shots**. If you have ridden two horses during that time, then have two record books. ***CB’s Record Book pages** include sample sheets so best to ask or download from our web site for that copy if they weren’t sent along with a copy of your test and your outline. Don’t include the sample sheets in your binder.

Your group will need **longeing equipment** for two horses to longe at a time. You are allowed to share horses as long as you have longed it beforehand. I will bring two sets.

Bring copy of this outline for the tester if they don’t have one, and a **STAPLED** copy of the **C2 Test HM** with just your full name written at the top of the first page plus your first name at the **bottom of every** page. Copies of the tests are also available on the www.ponyclub.org web site after you obtain a password from the National Office to access PC materials. Medical armband forms and copies of the USEF tests are available on our web site at www.coveredbridgepc.org >Pony Club Forms. We are allowed to use the USEA medical form if you already have one in your armband.

***Do NOT keep your test when finished** – give to one of the parents who agree to bring/mail to Peggi.

Turnout - see above notes for attire and tack. Present with your bandages applied.

Reasons and fit for your own pony's equipment:

Snaffle has one-two wrinkles, cavesson noseband 1-2 fingers below cheekbone and snug enough that a flash does not pull it down in front; fist fits in throatlatch, brow band not too tight, an extra hole for all pieces of the bridle. Cheek strap and chin strap on Mickles need one finger slack. Must be able to lift the wither strap on a breastplate, straps on the chest must sit below the neck, girth strap must have couple inches of slack below the belly. At least one hole left down on the girth both sides and two left up. Explain why using the equipment on your horse.

Explain the action of 2 snaffles: *all use direct pressure unlike leverage bits

- Jointed – nutcracker action on tongue and bars. If not fitted right, can hit the roof of the mouth.
- French link - milder bit than a single-jointed since the small center link lays flat on the tongue, so a more even distribution of pressure on the tongue, bars and lips than a single jointed. Follows the shape of the horse's mouth so more comfortable for him.
- Oval link – the round shape reduces the amount of pressure on the tongue even more than the French link.
- Eggbutt snaffle - Non-pinching. This bit does not move in the mouth as much as a loose-ring so gives a faster response to the rein.
- Slow twist – edges create severe pressure on the bars so used for more control.

Bandaging (C 270-280). – come to Turn Out with bandages applied.

Apply a standing bandage without assistance (present at turnout)

***Important** - if the wrap does not end on the outside of the leg, fold the end back until it is level with the outside then use large bandage pins to fasten the end so the horse can't knock it loose or use a patch of duct tape over the Velcro.

- **Why would you use a cupping technique?** If the pad is longer than the fetlock or you wish to support the fetlock, the bandage ends just below the fetlock joint.

Apply a grooming tail bandage with assistance– see attached sheets. Present at turnout if capable.

TPRs – measure with examiner present, usually during Turnout. With assistance if needed.

Longeing (C 284-305) READ Chap 10!!

Fit of longeing equipment: (C 289-91)

Snaffle bridle – either take reins off or twist reins several times, then catch up with the throatlatch so they will not hang down.

Longe cavesson – noseband set 4 fingers above the horse's nostrils and snug. The jowl strap must be snug so the cavesson doesn't slip over into the horse's eye.

Saddle – stirrups must be removed or fastened up so won't come down and bang his sides.

Surcingle – instead of a saddle. Put a saddle pad underneath to protect the withers.

Longeing (con't)

Type and length of longe line - use a flat or padded **cotton** web line, **30-ft.** long with a **snap** on the end. (Most sold are 25 ft. long so that is what we are probably using)

- flat nylon lines can **slip and burn** the hand.
- cut through any loop on the end so you can't catch your hand or foot in it
- too short of a line makes too small of a circle; **very hard on a horse's legs and muscles.**
- a chain-end line is too heavy and severe - **spoils your contact** with the pony.

Three safety precautions: (C 294)

1. **Be careful** when starting a fresh horse out on the circle - stay out of kicking range.
2. Choose a **level** area with **good footing**, preferably **enclosed** without any jump standards or riders.
3. Hold the end of line in folds, **not coiled** around hand
4. Use the **right equipment** – proper dress for handler and 4 protective boots plus bell boots in front for horse

Longe a horse for exercise at the walk and trot on a 20-meter circle with assistance if necessary. See attached sheet for attaching the line to the bridle.

Discuss techniques used when longeing – parallel, pivot.

Parallel – Horse works on 20-m circle while handler walks in a smaller circle. Used for horses that need more control.

Pivot or Regular – Horse on 20-m circle while the handler pivots in the center of the circle.

Foot & Shoeing (C 247-259)

Five steps in shoeing: (C 250-251)

- 1) **preparation** - trim and level hoof; trim frog (hoof trimmers/nippers, hoof knife and rasp)
- 2) **forging** - bending keg shoe to fit foot or forging a new shoe (rounding hammer)
- 3) **fitting** the shoe to the foot (use the pritchel, if hot-shoeing). More adjusting if keg shoe.
- 4) **nailing** on the shoe (driving hammer)
- 5) **finishing** - flatten clinches, tap clips in, smooth edge of hoof (clincher, driving hammer and rasp)

Identify 2-3 shoe features and why used –

1. quarter clips – hold the shoe in place
2. studs – the heel is tapped so studs can be screwed in to give more traction
3. full pads – cover the sole of the hoof to protect it

Features of your horse's shoes: (C 255-259)

Event shoe that is concave & fullered? Rim shoe? Drilled for studs? Clips? Bar shoe?

Conformation & Unsoundness (C 321-330)

Conformation of your own horse related to its breed?

e.g. “my horse is built down-hill and has shorter front legs than back legs because he is a Quarter Horse” or “my horse has a dish face, short back and a flat croup because she is an Arab” or “horse has level withers and croup with a medium-set neck because he is a TB”.

Discuss shoulder and hip angles of own mount:

Does your horse have a 45° angle in his shoulder? If not, is it an upright one?

Does his hip have an equilateral triangle? If not, is his hip too long or short?

Discuss 5 basic good qualities & why desired: (D Manual)

- short **back** with medium withers - back will be stronger and saddle will fit better. High withers means hard to fit the saddle and low withers do not hold the saddle in place.
- level **back** – if withers are lower than croup, harder for horse to jump
- long, sloping **shoulder** – (45°) longer stride and better for jumping.
- **pasterns** with medium length and slope (45°) provide strongest joints & best gaits.
 - *too long or too sloped = weak & prone to unsoundness
 - *too short or too straight = choppy stride & prone to unsoundness.
- short **cannon bones** - strong
- long, arched **neck** - allows proper head carriage & balance when jumping.

Conformation & Unsoundness (con't)

- **front & back legs** are straight and parallel to each other - correct conformation avoids many unsoundness problems caused by uneven pressure on bones that aren't aligned correctly and strain from incorrect angles of the leg bones.
- large, wide **hoof** with large frog and arched sole - gives better traction and shock absorption.

Common unsoundnesses - location and appearance: (C. 333-340; *Quiz* "Unsoundnesses sheet")

Ringbone - arthritis in the pastern joints. **High** ringbone appears as a bony lump on the **pastern** between the long and short pastern bones. **Low** ringbone is in the joint between the short pastern bone and the coffin bone inside of the foot.

Bowed tendon - thickening of the tendons **behind the cannon bone**

Splint - bony lump on the splint bone on the **inside of the front leg, under the knee**

Curb - lump on the **back of the hind leg** just below the hock

Sidebone - cartilages in the **bulbs of the heels** harden into bone

Spavins (in the **hock**) -

Bone spavin - a bony lump on the **lower inside** of the hock

Bog spavin - a soft swelling on the **front** of the hock

Navicular – various structures inside of the **back of the hoof**

Thoroughpin - a soft swelling either inside or above the **hock**

Stable Management

Three concerns for pasture safety and fencing - (C 130-132)

1. Pasture free from hazards such as nails, holes, trash, and machinery.
2. Fence is secure with no broken boards and a good gate
3. Check for poisonous plants.

Emergency info that should be posted at the barn:

- directions to and phone number of the closest hospital
- address of the barn with directions for an ambulance
- phone number for the ambulance company, police and fire departments
- phone number for a veterinarian
- name and numbers of the barn owner
- location of both human and equine medical kits

Three toxic plants in our area - (C 134-138)

1. yew – landscape evergreen bush with needle leaves and red berries.
2. rhododendron - evergreen shrub with broad, flat green leaves and large flowers in spring.

Flower colors vary from white to dark purple.

3. poison hemlock - dark green, parsley-like foliage. Clusters of small white flowers at the top of tall, purple-spotted stems. Grows 3-8 ft. tall.

Stable Management (con't)

4. black walnut tree – large tree with opposing leaves; forms hard, green shells with walnuts inside.
5. pokeweed - large plant with thick, reddish-purple stems and large leaves – up to 6' tall. Small white flowers in long clusters, then dark purple berries in the fall.
6. buttercup - low-growing weed with small, yellow flowers.
7. lawn clippings or frozen grass – becomes toxic after cut or after first hard frost.
8. bracken fern - lacy fern, 2-3ft. high., grows in shady areas.
9. horsetail - plant has two types of hollow stems that grow up to 3 ft. tall. First one in the spring has a seed cone at the top; second stem to emerge has needles coming out of the sides so looks like a horse's tail.
10. nightshade - climbing vine with triangular leaves and tiny flowers that look like the tomato plant. Berries can be red, green or black.
11. Johnson grass – large-stem grass that grows up to 6 ft. tall; large, triangular brown seed heads on top.
12. red maple tree - medium tree with 3-5 lobed leaves that turn red in the fall.

3 ways to control internal and/or external parasites- (C 188-9)

Pasture –

- worm new horses 72 hours before turning them out to prevent your pasture from becoming contaminated with worm eggs
- Treat all horses with Ivermectin in late fall to target bot fly larvae and then Quest in late winter to target encysted small strongyles. At least once use a wormer that includes the medicine for tapeworms (Plus or Max versions). Use fecal tests to determine the high shedders (>200 epg) then add two more doses of other types of wormers for those horses during the spring months. The hot weather during the summer quickly kills the worm larvae in the pastures so we treat during the winter in the South. (See The Horse.com)
- drain and refill all water containers every 5 days to keep mosquito larvae from hatching
- use fly spray, fly masks, fly sheets in the summer
- use fly predators

Stall –

- remove bot fly eggs from the horse's legs and body
- keep stalls and aisle ways clean and place manure pile away from the barn
- use fans in the barn to discourage flies and mosquitoes
- use fly traps and spray repellents around the barn

Travel Safety (D 239-241)

5 ways to keep mount safe and comfortable during travel:

- Need:
- leather halter or breakaway halter
 - shipping boots/bandages or standing bandages with bell boots
 - tail bandage if short trip; tail guard if over two hours.
 - head bumper if the trailer is too short for the horse
- Take:
- full hay rack
 - water container & a water bucket

- equine first aid kit
- extra halters
- chain-end shank for every horse on the trailer

Documents needed for travel in your state – a Coggins test dated within a year of the end of your trip and a health certificate no more than a year old.

Nutrition (C 188-202)

Discuss *your* pony's rations when: (C 176-177)

Developing fitness - as his work increases, he needs more concentrates (grain) for energy.

Maintaining fitness - a ration that keeps the horse just as he is - not gaining or losing.

Day off - cut grain to ½ or less and give extra hay so you don't overload him with carbs.

Sick - offer small meals several times a day - bran mash, fresh grass, carrots and soft hay.

Roughing off or laying up - a long vacation from work. Cut both work and grain down gradually until at maintenance level. If not used to pasture, start with ½ hour of grazing a day.

Six classes of nutrients needed: (C 167)

1. **Water** - 12 gallons or more daily. Dehydration causes colic and weakness.
2. **Carbohydrates** - grass, hay, grains, molasses
3. **Proteins** - grass, hay, grains, protein supplements
4. **Fatty Acids** - corn and wheat germ oils; rice bran
5. **Vitamins** - Sunlight, good grass and sun-cured hay, grain, supplements
6. **Minerals** - Trace-mineral salt, good grass and hay, grain, supplements

Sources of proteins and fats on your feed label:

Ex. - **carbs and protein** - Beet pulp, alfalfa meal, soybean hulls, oats, barley, corn, "grain products", wheat middlings

carbs - molasses, grains

protein - alfalfa meal, soybean meal, flaxseed

fats - all oils, rice bran, flaxseed

minerals - salt, calcium,

vitamins - named by type, e.g. Vitamin A, etc.

Bring a feed label to discuss:

- % of protein and fat in the feed.
- identify 1 carb, 1 vitamin, and 1 mineral

Conditioning

Discuss a one week typical riding schedule in your record book along with the details of the length of your ride times, your activities with your horse, specific exercises like interval training, sprint work, and general exercise including warm-up and cool down. (C 226)

Discuss how to condition a mount from **unfit to ordinary riding fitness** including changes in feed, TPR changes and recovery rates. (**READ** C 224-230)

- Most important thing is to **evaluate** your horse's current condition and **progress slowly** enough to develop fitness to reach your goal without **overloading** him. See pg 226.

Factors: current level fitness, breed, type, age, conditioning history (e.g. previous training level?), previous injury or soundness history, weather, footing, terrain (hilly or flat?)

- Always use **Long Slow Distance (LSD)** work to develop a "**base of fitness**" before going faster. This phase can take 6-8 weeks before starting any further types like galloping and jumping.
 - i.e. - walking, trotting, and slow cantering when ready for longer distances, not speed.

Conditioning (con't)

- **Hill work** - start by walking up and down to build muscle strength, balance, and cardiovascular fitness. As the horse gets fitter, start trotting up hills and walking down. Trotting down is hard on legs and joints.
- **Cross Training** – use trail riding, cavetti work, stretching exercises to add further fitness and flexibility without **overloading** the muscles and tendons that can result in injury.
- **Recording TPRs** – record **heart rate** immediately after exercise then take again after 5 min. A faster **recovery rate** means the horse is getting fitter so you can tell if your program is working. Improved **respiration rate** also is a fitness measure but not as exact as heart rate because of weather factors. The resting TPRs should be slightly lower as fitness improves. Progress should be recorded in a log.
- **Feed** – as the work increases, horse's feed must be gradually increased to provide the **needed energy** for developing fitness, usually by adding grain.

Cooling the horse in hot weather – 2 ways (C 239)

Very hot horses need to cool down rapidly - staying overheated for too long is dangerous.

- Sponge or hose down with plenty of cool water especially the neck and between the hind legs. Add ice to the water when very hot weather.
- Do not cover the horse with any type of cover because it holds the heat in.
- Put a fan on him or keep him in the shade.

Exercising in cold weather – 2 things to be aware of -

- Frozen ground is hard on the legs especially if has frozen hoof prints that will make him stumble. Only walk if you have to cross it to safer footing.
- If he is clipped, wear a quarter sheet to keep his back warm during exercise.
- Extremely cold weather -10* or under – the cold air can hurt his lungs so avoid riding.

Measure and record in your record book your horse's TPRs at rest. Also need his **working TPRs** for the record book.

Acceptable pulse rate will be @100, respiration will be about @60 and temp 101-102° in hot weather after XC at Novice level. These should **fall rapidly within 10 minutes** with the respiration being the least reliable indicator of the horse's fitness; affected greatly by the weather. If they don't, that means your horse is working above his fitness level.

Land Conservation

What **public land** is available for riding in your county?

None is available in Oldham at this time, but there is a committee working on developing a "horse park" near LaGrange with riding trails. Shelby County has a trail system available.

Two things to be a **good steward for public land** – volunteer to repair and clear trails, organize litter pickups, help horse show organizers prepare for their shows by painting jumps, clearing xc paths, moving around jumps, flagging courses, setting dressage rings, etc.

Health Care & Vet Knowledge

Annual Immunizations & health req.: (C 180-183)

Your pony's health care schedule. Refer to your record book for this discussion.

- **yearly shots/test: West Nile, tetanus, rabies plus Coggins test** for exposure to **EIA** (Equine Infectious Anemia: an incurable, highly contagious disease).
- Teeth at least **yearly**; every 6 months for very young and old horses.
- **every six months: flu and rhino (equine herpes virus).**
- **once or twice a year: sleeping sickness; EEE** (encephalomyelitis)
- latest **worming**? Which dewormers were used each time?
- latest **shoeing** date? How often do you shoe your horse? What type & size of shoes?
- date that **teeth** were floated & how often?

Prevalent internal parasites: list 3 (C 184-185)

Large **strongyles**, small **strongyles**, **roundworms** (ascarids), **bots**, **tapeworms**, **pinworms**

Diseases – causes, signs, preventative measures (C 199-215)

Tetanus (Lockjaw)

Cause: **Bacterial.** Spores of the tetanus bacteria live in soil and manure so all horses are exposed. A puncture wound or deep cut carries the spores deep into the tissue where they can germinate away from oxygen and throw off neurotoxins, which attack the horse's nerves. Vaccinated horses are immune but give anti-toxin shot if have a deep cut or have surgery to insure coverage.

Signs: Muscle spasms and paralysis progressing from front to back; mouth affected first stops eating and drools. Sawhorse stance; third eyelid exposed.

Preventative measures: Vaccinate yearly

Rabies

Cause: **Virus** transmitted by the bite of a rabid animal or exposure to the saliva of an infected animal into a cut. Takes 1-2 months to develop symptoms, then death follows in a few days. Skunks are most common carriers in central US.

Signs: Personality change, unusual behavior, facial paralysis. Other symptoms can be similar to encephalomyelitis - fever, can't swallow, depression, paralysis. Signs same as EEE, WN.

Preventative measures: Vaccinate yearly

Encephalomyelitis (Sleeping Sickness)

Includes EEE, WEE, VEE. EEE (Eastern) is most dangerous.

Cause: **Virus** transmitted by mosquitoes biting infected birds, then biting horses.

Signs: High fever, drowsiness, circling, head pressing, can't swallow, paralysis and possible death within 2-3 days after onset. Very high fatality rate. Signs same as rabies, WN.

Preventative measures: Vaccinate bi-annually in South. Take measures to protect against mosquitoes - eliminate standing water, use repellants, bring horses in at dusk, use larvicidal disks in ponds, fans in barns.

Health Care & Vet Knowledge (con't)

West Nile Virus –

Cause: **Virus** transmitted by mosquitoes biting infected birds, then biting horses.

Signs: High fever, drowsiness, circling, head pressing, can't swallow, paralysis and possible death within 2-3 days after onset. Signs same as rabies, EEE.

Preventative measures: Vaccinate bi-annually in South. Take measures to protect against mosquitoes: eliminate standing water, use repellants, bring horses in at dusk, use larvicidal disks in ponds and fans in barns.

Scratches

Cause: a skin disease caused by constant contact with urine, manure, and mud (**environmental**) that allows bacteria to invade the skin on the back of the pasterns.

Signs: Crusty, painful scabs can ooze serum and pus. In severe cases, it can cause lameness and swelling of the lower legs.

Preventative measures: Trim fetlock hair to stop water from dripping onto the heels, apply antibiotic cream, cover loosely with bandage if in stall, keep legs dry, apply Vaseline if turning out then clean and reapply antibiotic cream again.

Need for regular care of teeth: (C 191-193)

Why? Because horse's teeth never stop growing so they form "**hooks**" as they wear down from chewing. These sharp edges make his mouth sore, which can cause him to lose weight and throw his head from the bit. "**Float**" or check teeth every **six months** so pony can chew his food properly, stay in condition, and so the bit is comfortable in his mouth. Check for "**wolf**" teeth (small, extra premolars usually in the upper jaw). These should be removed.

Parts of horse's mouth: (C 191)

- Bars are the upper surface of the lower jaw bone between the canines (if male) and the premolars.
- Lips are the front of the muzzle covering the incisors and the bars.
- Incisors are the front 12 teeth – 6 upper and 6 lower
- Premolars and molars are the back teeth. 3 premolars in front of the 3 molars on each part of the jaw.
- Wolf teeth are small, remnant teeth that sometimes appear in front of the first premolars, usually in the upper jaw.
- Canine teeth or 'tushes' are the four extra teeth of the male horse. They are found on the upper and lower jaw behind the incisors.

Teaching (D 273-296; C 308-317)

Have taught at D-level unmounted meetings for at least 4 hours - contact your DC for a letter. Could be summer camps, helping kids get ready for mounted meetings, etc.

Assist a D1/D2 to prepare for turnout at a rally or testing, explaining the safety issues of tack and rider dress. 10 min limit. (read C 308-11)

Rider - PC pin, armband or bracelet. Belt if pants have loops. Wearing an approved helmet that fits snugly and is buckled securely - helmet should move the skin of the forehead when visor is moved up and down. Riding pants. Safe footwear. Shirt with sleeves. No gum or jewelry except for stud earrings and a watch. Show bows are allowed. Boots clean.

Bridle - leather and stitching are good. One extra hole above each buckle; noseband is sitting 1" below the projecting cheekbone. A fist will fit between throatlatch and pony's cheek. Bit is ¼" wider than pony's mouth. The reins are not too long (bight near rider's foot). Bit is very clean and the leather is conditioned.

Saddle - pad is pulled up into the pommel and is attached to billets *above* the buckle guards. Pommel has 2-3 fingers clearance at withers showing that saddle is not too wide for the horse. Leather and stitching are good. Safety bars are down or open. Stirrups are 1" wider than the boot. Girth fits, with at least one hole remaining down and **two holes remaining up on both sides** when tightened for riding. Saddle, pad, stirrups and girth are all clean and conditioned or washed.

Martingale - a rubber ring (donut) at the chest. **Rein stops** if using a running martingale.

Know the reasons for each safety requirement:

Correct **helmet fit** - protects head in a fall

Safe **footwear** - heel stops foot from sliding through the stirrup; waffle-soled shoes can catch in the stirrup.

Gum & candy - could choke

Dangling **earrings, rings, jewelry** - could catch on pony's mane or in the reins. Barrettes could hurt the head in a fall

Scarves - could get caught in the tack

Riding **pants** with garters or pant clips - keeps pants from riding up and wrinkling around the knees, causing sores

Shirt **with sleeves** - sleeves are required when coats are waived; helps protect skin in a fall.

Pad pulled up in pommel - keeps pad from pressing down on the withers

Stitching - rotten stitching could suddenly break on leathers or girth ends

Stretched or torn holes in **billets &/or leathers** - they could break

Safety bars down - allows stirrup to slide off of saddle in case of fall so not dragged

Stirrups 1" wider than boot - allows boot to be removed from stirrup freely

Girth proper length - need at least two holes up on both sides so can tighten girth sufficiently after horse is warmed up, especially before going out on XC.

Reins correct length - too-long reins could get tangled around the rider's foot

Donut on martingale - stops the martingale from slipping down so far that the horse could step into the loop.

Rein stops on running martingale - stops the rings of the martingale from hooking on the bit, preventing the horse from raising his head, causing him to panic.

Teaching (con't)

How deal with safety concern at equipment check: (C 311)

- Find the parent, explain the problem and why it could be dangerous
- Have to fix the issue before they can go on – ask permission to change tack, punch more holes or borrow the item. Allow the rider or parent to make the changes.
- Students cannot continue without a properly fitted certified helmet, unsafe footwear, or unsafe tack or pony.
- If the problem needs to be fixed at home like unfit pony, it badly needs trimming or shoeing or needs tack repair, ask a DC or instructor to talk to the parents.

Fixing unsafe tack:

- Loose throat latch – tighten with the extra holes, putting a knot in necessary.
- Unattached saddle pad – undo girth so can slide the tabs onto a billet that is in use
- Bit too low or high – adjust the cheekpieces, putting a knot in if necessary.
- Worn out stitching – must be restitched before use
- Cracked leather – must be replaced

Rider Safety

3 symptoms of concussion (p. 22 Safety Handbook)

- Headache that keeps getting worse
- One pupil larger than the other
- Drowsy
- Confusion
- Vomiting and nausea
- Loses consciousness

2 ways to cool rider on hot day – rest in a cool place, give them cool drinks, and remove coat and helmet.

Heat Index – (p. 34-35 of HM Rules)

The Heat Index (HI) is the temperature the body feels when **heat and humidity are combined**. This combination **reduces the amount of evaporation of sweat** from the body, so outdoor exercise can become dangerous. The higher the humidity, the lower the temperature needed to reach a dangerous heat index. Ex. – at 90°, which is very common during KY summers, at only 60% humidity it feels like 100° to the horse and rider; at 80% feels like 113°.

Record Book – print out the added C2 pages and add to your Record Book binder.

4/2/2024

SORTING OUT SNAFFLES

"Just keep it simple" could be this veteran Grand Prix rider's motto. "There are no quick fixes" could be another.

By CAROL LAVELL with PAT PAYNE

CHOOSING THE RIGHT SNAFFLE bit for your horse is a decision that can have a real effect on his training. Despite the wide variety of snaffles available, though, choosing a bit doesn't have to be complicated. In this article, I'll explain how I decide which bit to use — and, if a training problem arises, how I determine whether bit type, size, or fit is causing it or the source of the problem lies elsewhere. I'll also tell you how to adjust your horse's bit and bridle properly. Finally, I'll tell you how I identify and address the bit-related problems I see most often in my clinics.

But first, an important note: Resistance and other performance problems usually are training-related, not bit-related. Many times, it's the way riders use their hands that creates the problem, not the bit at the other end of the reins.

SNAFFLES GALORE?

What bits do I have on my tack-room wall? When I was eventing, I had quite a few. But today, as a dressage rider, I have only the kinds that are legal in competition — no copper-mouths or rollers. I feel very strongly about this: As a competitor, I don't want to school in a bit I can't use in the show ring.

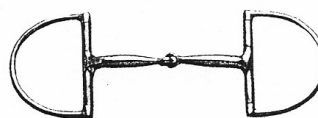
Still, even the legal bits act on horses' mouths differently. Before you can choose the right one for your horse, you need to

understand a few basic principles about the ways each one works.

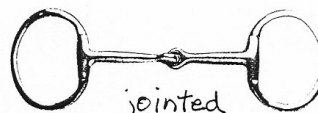
All snaffle bits are designed to work on the corners of the horse's mouth. The way a snaffle sits on his tongue can affect what he does with his mouth. (Some people think the snaffle acts on the bars of the mouth — the natural spaces between the teeth. But a snaffle acting on the bars means the tongue is trapped behind the bit, a situation the horse will try to escape by putting his tongue out to the side or over the bit — both undesirable reactions.)

Fixed-rings. A fixed-ring bit, such as a D-ring snaffle, tends to be "dead" and heavy in the horse's mouth. Many trainers put a racehorse in a D-ring snaffle because the horse can take hold of it and push on it. Of course, that's not what you want in dressage (unless your horse is hesitant to seek contact with the bit, in which case a D-ring snaffle could be useful).

With most horses, though, the last thing we want them to do is hold on to the bit! **Fixed-ring snaffles, such as D-rings and eggbutts, don't have the mobility in the mouth that loose-rings do.** So if you are retraining an older horse — or even a seven- or an eight-year-old — who's locking his poll or boring on the bit, make sure you don't use a fixed-ring bit. He's better off in a loose-ring mouthpiece that slides, allowing you to mobilize his poll; if he



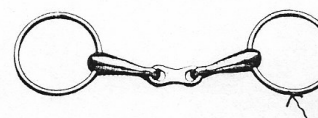
D-RING



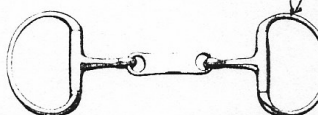
jointed
EGGBUTT



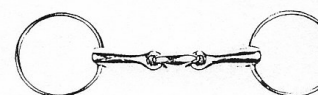
EGGBUTT MULLEN-MOUTH



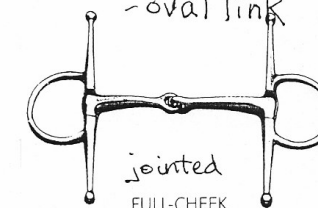
LOOSE-RING FRENCH-LINK



EGGBUTT DR. BRISTOL



LOOSE-RING KK -
oval link



jointed
FULL-CHEEK



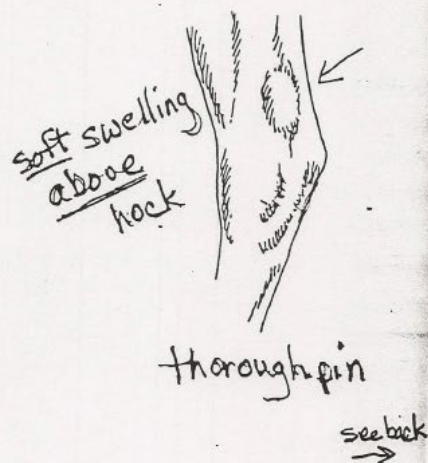
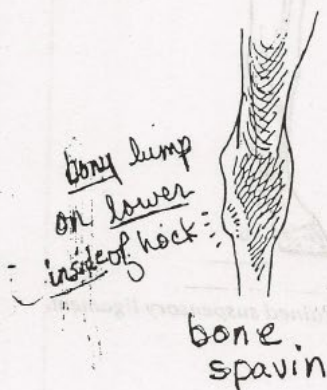
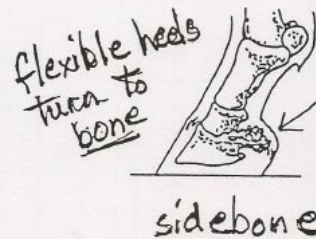
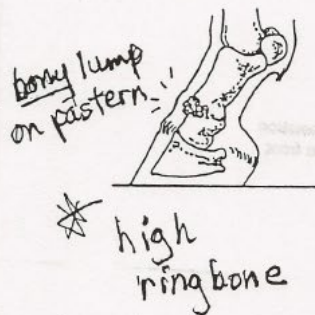
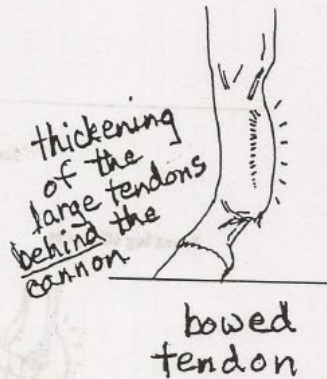
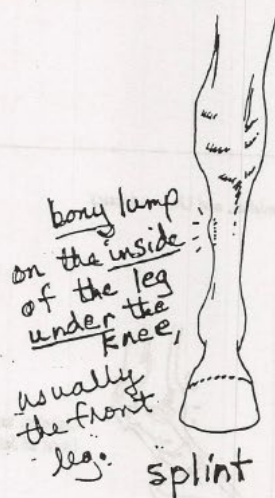
LOOSE-RING
jointed

not legal for DR shows

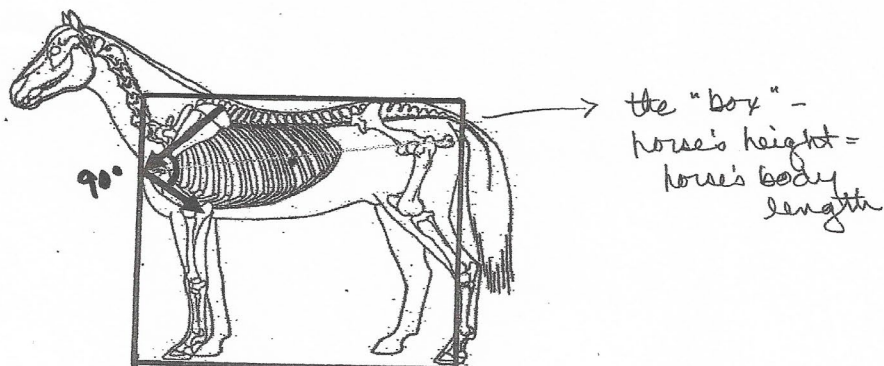
ALL PHOTOGRAPHS COURTESY OF DOWRY SADDLERY. ALL OTHERS COURTESY OF MILLER HORSEWEAR COMPANY

Unsoundnesses

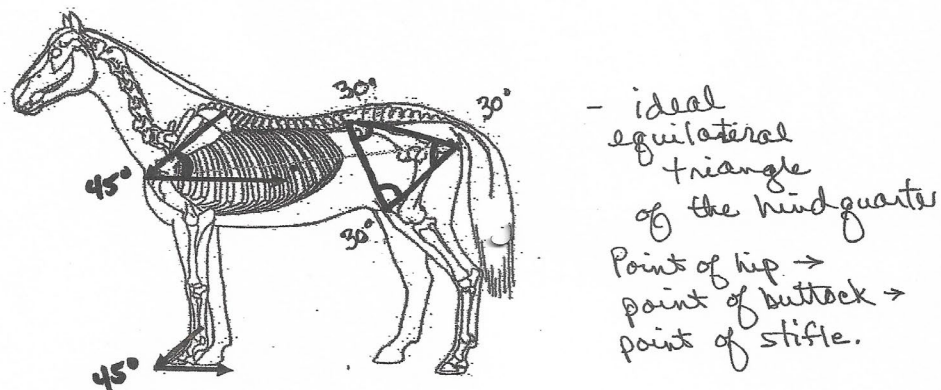
2 sides



Shoulder Angle: Point of withers to Point of Shoulder to Point of elbow $\geq 90^\circ$ (Yes No)



Shoulder Angle to the ground equals pastern angle approximately 45° (Yes No)



A braided tail should be protected with a tail wrap when the horse is not showing. Braided tails should not be left in overnight, whether wrapped or not; the braided hairs will break off, spoiling the appearance of the tail.

WHAT YOU NEED

Tail bandage: A stretchy bandage such as a cotton or polyester knitted track bandage, elastic crepe bandage, or 4-inch elastic (Ace) bandage.

CAUTION: An elastic bandage should only be left on for half an hour.

Fastener: Velcro closure (on bandage), pins, or strips of tape.

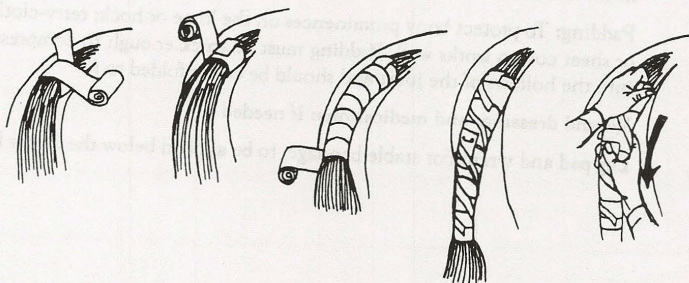
PROCEDURE

1. Dampen the tail hair slightly.

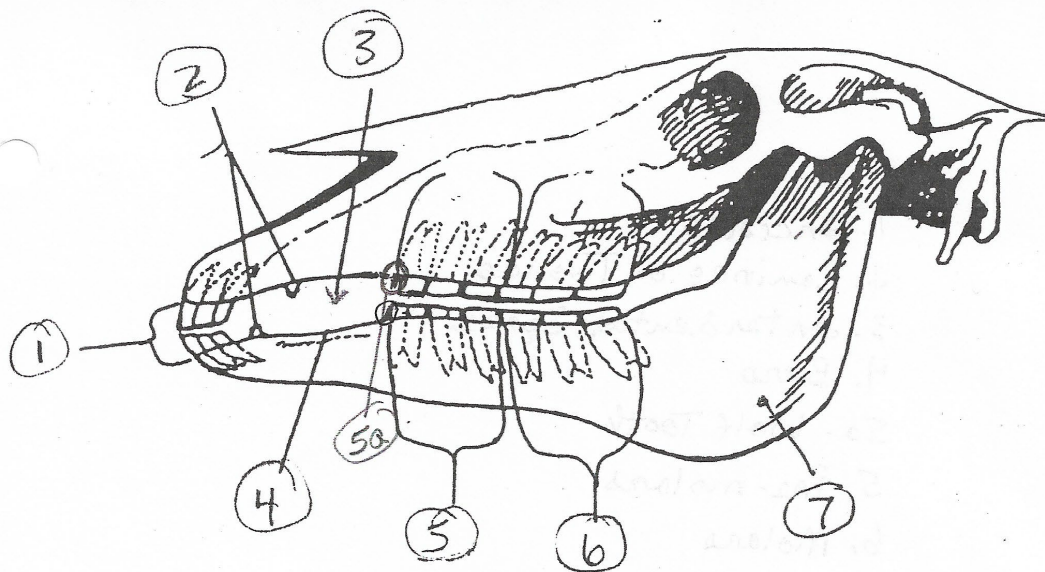
CAUTION: Do not wet the bandage, as it may shrink and damage the tail.

2. Start the bandage close to the top of the tail. Wrap around once to secure end of bandage, then wrap up to the very top of the tail.
3. Wrap downward to the end of the dock, then upward to end of bandage.
4. Fasten with Velcro closure, pins, or spiral strips of tape, but not tightly enough to cause an indentation, and not in a continuous ring. When an elastic bandage is applied only for a short time, it can be fastened by tucking the end inside one of the wraps.

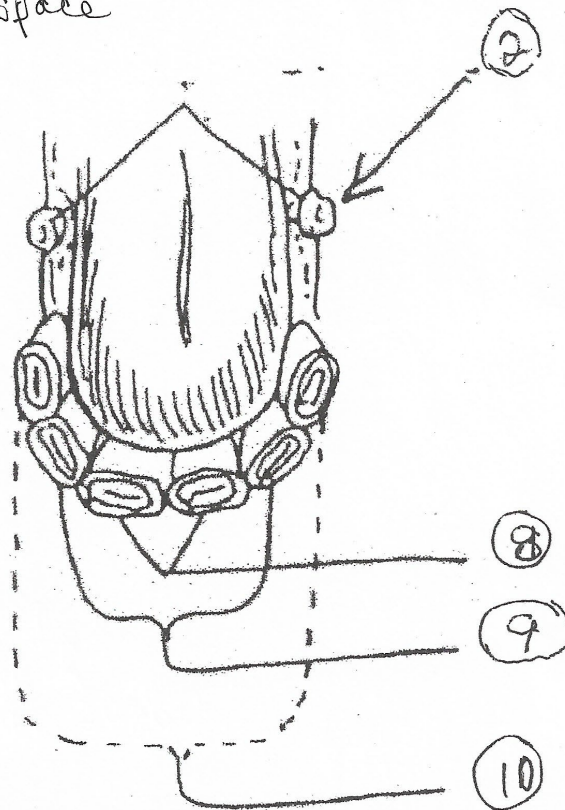
Grooming tail bandage.



To remove the bandage from an unbraided tail, grasp the bandage firmly with the fingers hooked over the top of the bandage on both sides, and pull straight down. For a braided tail, unwrap the bandage.



- 1) Incisors
- 2) Canines or Tusks
- 3) Interdental space
- 4) Bars
- 5) Pre-molars
- 5a) Wolf's teeth
- 6) Molars
- 7) Mandible
- 8) Centrals
- 9) Intermediates
- 10) Corners



Feed label example

Example

PONY CLUB SENIOR FEED

For maintenance of senior horses

Guaranteed Analysis

Crude protein, minimum	14.0%
Crude fat, minimum	8.0%
Crude fiber, maximum	18.0%
Calcium, minimum	0.8%
Calcium, maximum	1.3%
Phosphorus, minimum	0.65%
Copper, minimum	55 ppm
Manganese	100 ppm
Selenium, minimum	0.50 ppm
Zinc, minimum	150 ppm
Vitamin A, minimum	7000 IU/LB
Vitamin D, minimum	1000 IU/LB
Vitamin E, minimum	150 IU/LB

INGREDIENT STATEMENT

Alfalfa Meal, Wheat Middlings, Shredded Beet Pulp, Soybean Hulls, Cane Molasses, Dehulled Soybean Meal, Soybean Oil, Distillers Dried Grains, Salt, Ground Limestone, Monocalcium Phosphate, Dicalcium Phosphate, Defluorinated Phosphate, Stabilized Rice Bran, Calcium Carbonate, Vitamin E Supplement, Flaxseed, Yeast Culture, Hydrolyzed Yeast, Lecithin, Magnesium Oxide, Selenium, Ascorbic Acid (Source of Vitamin C), Niacin Supplement, Biotin, Vitamin A Supplement, Thiamine Mononitrate, Beta Carotene, Calcium Pantothenate, Riboflavin Supplement, Pyridoxine Hydrochloride, Vitamin B12 Supplement, Vitamin D3 Supplement, Choline Chloride, Menadione Sodium Bisulfite Complex (Source of Vitamin K Activity), Folic Acid, Sodium Bicarbonate, Sodium Sesquicarbonate, L-Lysine, Ferrous Sulfate, Zinc Sulfate, Manganese Sulfate, Copper Sulfate, Cobalt Sulfate

FEEDING DIRECTIONS

Feed 1-2 lb of feed per 100 lbs. of body weight per day for the maintenance of senior horses not eating hay.

USPC FEEDS - Lexington, KY - Net wt. 50 LB

Sources

** Primary source

Source of protein:

Alfalfa Meal**, Dehulled Soybean Meal**, Wheat Middlings**

The following are also lesser protein sources, but provide relatively little compared to those above: Shredded Beet Pulp, Soybean Hulls (fiber), Distillers Dried Grains, Stabilized Rice Bran, Flaxseed, L-Lysine (amino acid).

Source of carbohydrates:

Wheat Middlings**, Cane Molasses**, Stabilized Rice Bran**

Alfalfa Meal, Shredded Beet Pulp, Soybean Hulls (fiber), Dehulled Soybean Meal, Distillers Dried Grains, Flaxseed, Yeast Culture, Hydrolyzed Yeast.

Source of fats:

Soybean Oil**, Stabilized Rice Bran**, Flaxseed**
Lecithin .

Sources of vitamins:

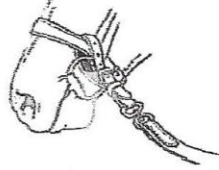
Vitamin E Supplement, Lecithin, Ascorbic Acid (Source of Vitamin C), Niacin Supplement, Biotin, Vitamin A Supplement, Thiamine Mononitrate, Beta Carotene, Calcium Pantothenate (the calcium salt of the water-soluble vitamin B5), Riboflavin Supplement, Pyridoxine Hydrochloride, Vitamin B12 Supplement, Vitamin D3 Supplement, Choline Chloride Menadione Sodium Bisulfite Complex (source of Vitamin K activity).

Sources of minerals:

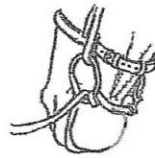
Salt, Ground Limestone, Monocalcium Phosphate, Dicalcium Phosphate, Defluorinated Phosphate, Calcium Carbonate, Magnesium Oxide, Selenium, Sodium Bicarbonate, Sodium Sesquicarbonate, Ferrous Sulfate, Zinc Sulfate, Manganese Sulfate, Copper Sulfate, Cobalt Sulfate.

If feed less than 6 lbs/day of grain, add a "ration balancer" to provide vitamins and minerals.

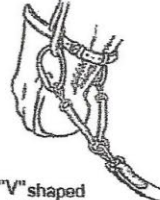
Methods of connecting the longe line to the bit.



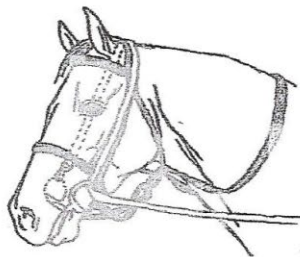
Longe attached to bit and noseband



Longe wrapped around inside bit ring and attached to outside bit ring



"V" shaped longe line connector



Longe line run through inside bit ring, over poll, and attached to outside bit ring (gag bit effect)

Safety Check List – detach and bring to testing

- Armband with medical release or approved bracelet
- Hair net; long hair braided and rolled under in a bun or tucked inside helmet
- Helmet fits snugly with SEI label – moves forehead skin when brim pulled
- Helmet straps adjusted correctly around ears
- Collared shirt with sleeves
- Jewelry - no hoops, rings, necklaces, bracelets; piercings are close to body
- No candy or gum
- Proper footwear – paddock or tall boots
- Bridle fit:
 - Noseband one-two fingers down from projecting cheekbone and snug
 - Browband not pulling on the back of the ears
 - One adjustment hole for all parts of bridle
 - Bit adjusted correctly (1-2 wrinkles for snaffles; none for leverage bits)
 - Bit has at least ¼ inch room on one side of the mouth; not too wide
 - Throatlatch adjusted correctly – fist fits between cheek and strap
 - Curb chain attached correctly – not dangling and two fingers fit inside
 - Flash is on correctly – buckle on left, above mouth and has a runner
 - All stitching is good and no cracked leather
 - Reins not too long so loop hangs by rider's foot (check when mounted)
- Breastplate and Martingales:
 - “donut” or rubber martingale ring at chest
 - running martingale has rein stops on reins
 - couple fingers slack at top of wither strap and slack under belly
 - fist fits between breastplate and chest
 - standing martingale (Ds only) - strap reaches up to the throat
 - running martingale - rings reach close to withers
- Stirrup bars open
- Pad tabs attached above the buckle guards
- Check stitching on both sides of the stirrup leather buckle
- Check stitching on both sides of the girth buckles
- Billets not cracked or stretched out
- Stirrups large enough for rider (1" room on one side)
- No cracks in rubber bands on peacock stirrups
- Stirrup pads not too worn
- Girth tight with two holes left up on both sides; one down on girth
- Pad pulled up into the pommel
- Splint boots fitted snugly and cover the whole side of the fetlock
- Bell boots fit the pastern correctly and cover the horse's heels