

D1 Test Outline

(to be used in conjunction with the D Standard and the "D" Pony Club Manual, 2nd edition)

*this outline follows the suggested order of the test in order to provide for putting the mounts away before the HM portion.

Attire: Wear a PC pin, a medical armband or bracelet, and either a tucked-in green CB polo, a white polo with short or long sleeves, or a riding shirt. Jacket, sweater, vest, CB or plain sweatshirt if needed. Gloves and belts are optional. Ds can wear any color riding pants and helmet. Wear a hair net plus braid your hair if long. Half-chaps are encouraged. If no half-chaps, then jodhpur pants will need straps on the bottom or breeches will need garters. Clean boots. Have clean, safe tack with a white or conservative-colored saddle pad on a clean horse. Hooves picked out, tail brushed well, eyes, nose and dock clean.

Tack: Wear your jump tack and jumping boots, if used, to Turnout **but with a snaffle bit or your reins attached to the snaffle ring of your bit**; change bit or bridle if needed for jumping.

Needed items: a completed **Stall Card**, a copy of this **outline** for the tester if they don't have one, and a **STAPLED** copy of the **D1 Test** 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 test, the stall card form and blank medical card forms are available from Peggi or are on the USPC web site at www.ponyclub.org >Members>Local Level Testings. A stall card is attached.

***Do NOT keep your test when finished – give to one of the parents to bring/email to Peggi or the Barn Mom.**

Turnout

Rider - dress as described above. (D 25-26; 298-306)

Tack - safe and clean. (D 27; 306-307)

Pony groomed - eyes, nose, lips and dock wiped off; no dust. (D 182-187; 307-309)

Tack up mount with assistance if necessary or can bring to the testing already tacked up. (D 162-168)

Tack: Name 6 saddle parts and 4 bridle parts.

Breeds, Parts of Pony, Colors

Ten parts of the pony. (D 246)

Know color and breed of own mount or school pony that you ride. (D 245-247; 252-255)

Leading

Approaching and Leading (D 147-149)

Speak to the pony as you approach so that you don't startle him.

Approach at the **shoulder** and pat his neck.

Standing by the left shoulder, facing forward, put the lead rope around his neck so he will stand still.

Holding halter with the buckle in the left hand and the crownpiece in the right, slip the noseband onto his nose while reaching under his neck to flip the crownpiece over behind his ears. Buckle the halter.

When **leading** a pony, **always** use a **lead rope** (unless he has a bridle on). *Fold* the end in your left hand (*never wrap it around your hand!*) while holding the rope with your right hand about **6"** from the halter.

To lead forward, stand next to his neck facing **forward**. Say "Walk" and push your hand forward while stepping forwards yourself. Never turn to face him and pull. (D 150-153)

Show walk-halt-walk transitions. *To **turn**, always go the **right** - pushing his head *away* from you so he won't step on your toes.

Riding On the Flat

Mount and dismount. (D 28-30)

Pick and hold the reins correctly at the halt. (D 34-37)

Shorten and lengthen reins correctly at the halt. (D 37)

Correct basic position at the halt and walk. (D 31-34)

Drop and pick up stirrups at the halt. (D 31)

Ride with control at the walk and trot, staying on the rail. (D 37-42)

Change of direction at the walk and trot. (D 42-44)

Show gradual transitions from walk to trot to halt. (D 48)

Riding Over Fences -

Walk over a pole on the ground in **jumping position**. (D 94-98)

Reasons for **different positions** on the flat and over fences –

Flat – The basic position means riding with a deep seat with your legs loose and heels down.

Your shoulders should be over your feet with your eyes up. Keeps you balanced on the pony and lets you use your seat bones as riding aids. (D 31-32)

Over Fences - The "half-seat", "two-point" or "jumping" position - (D 45-46, 96)

1) keeps the **rider in balance** with his pony when he goes over jumps

2) allows pony to **stretch his neck** out to see where he is going

3) makes it easier for pony to **pick up his feet** properly

**Ponies can be put away at this time if doing the unmounted portions as a group.*

Foot & Shoeing

One reason to **pick out feet** - (D 214-215)

1) check for a **stone** or a nail in his hoof

2) to prevent **thrush**

Tell tester if your mount wears shoes or not.

Record Book (D 196-197)

Stall card: Fill your local info out on the card with phone numbers. Describe the horse - color, markings, height - no picture needed. Find an older PCr to help with TPRs. At least fill in the averages –

Temp – 100*; Pulse – 40; Respiration - 10

Why is the stall card important? (D. 196)

They provide quick access to information about your pony that may be important in an emergency plus provides contact numbers if you are not there. The TPRs on the card tell the vet what is normal for your pony so he can decide if he needs to treat him.

Stable Management

Two reasons for cleaning tack - (D 273)

1) to keep it in good, safe condition so that it won't **break** while you are riding

2) worn, cracked or dirty tack can cause **sores** on you or your pony

3) lasts **longer**

Nutrition

How to give feed to pony - (D 202-206)

- **tidbit** - hold it on your **flat, open hand** so he doesn't accidentally bite your fingers.
- name a **succulent** – ex. carrot, apple.
- **water** - a pony should have all of the clean, fresh water he wants *unless* he is hot and sweaty. Water buckets should be cleaned daily; water troughs at least once a week. Break ice in buckets and troughs during cold weather at least twice a day.

Conditioning

One reason for **cooling pony out** properly after exercise - (D 177)

- to prevent **chills**
- he could get muscle **cramps**
- he could **colic** (a stomach ache)

Land Conservation

List two places near you where there are horse activities, including where you ride.

You can name our CBPC barns: Spring Run, Stone Place, and Paramount Farm.

Health Care/Vet (D 222)

Veterinarian = animal doctor who takes care of horses.

One reason for **the vet to treat your pony**:

- 1) he is refusing to **eat**
- 2) he has a bad cut or **injury**

Teaching – Name an instructor where you ride.

Rider Safety

Three pieces of **clothing or equipment to keep you safe** while riding

- 1) helmet (D 300-301)
- 2) boots with a heel (D 299-300)
- 3) medical armband or bracelet (D 306)

Rules for safe riding in a group in an *enclosed* area: (D 127-128)

- 1) keep at least **one pony length** between you and any other ponies
- 2) ask **permission to enter** the ring so you don't startle other ponies
- 3) never **pass** close to another pony - circle or cut through the middle
- 4) everyone should try to all ride in the same direction. If not, **pass left hand to left hand** (stay to the right, like cars on the road).
- 5) if you need to slow down or stop, go to the middle of the ring - **don't stop on the outside track**

Equine Sports

Name two **Pony Club horse sports**: ex- Eventing, Dressage, Games, Show Jumping (D 4)



Stall Card

Club or Center/Region: _____

Rider Name(s): _____

Mount's Name: _____

Competitor Number(s): _____

Age: _____ Sex: _____ Height: _____

Certification(s): _____

Vital Signs at Rest: Temp: _____ Pulse: _____ Resp: _____

List competitor information for ALL riders using mount.

Stable Vices: _____

Allergies: _____

Emergency Contact Information

Chaperone: _____

List any medications: _____

Cell Phone Number: _____

Veterinarian: _____

Picture or Physical Description of Mount

Phone Number: _____

Farrier: _____

Phone Number: _____

For Adult Members Only

Adult Competitor Phone Number: _____

Adult Emergency Contact: _____

Home Phone Number: _____

Cell Phone Number: _____