

D3 Test Outline

Note – detach Record Book pages at the end & complete for your testing

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

Attire: “Basic riding attire” = 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 are recommended. Belt required if pants have loops. Ds can wear any color 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. FYI – there is no more Formal and Informal attire for the upper levels – now is called “**Competition Attire**” with the choice of wearing a coat or just a riding shirt. Sanctioned horse shows are the same through the Training level.

Tack: Wear your jump tack and jumping boot(s), 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. If using a running martingale, tie it at your horse’s chest for the flatwork portion of the testing. Apply your polo wrap for Turnout, then replace it with your jumping boot if worn. Have your parent bring your XC vest up to the jump ring if going out in the field.

Needed items: bring SEVEN items: a polo wrap (get one from Peggi if needed), a protective boot (e.g. splint boot), a bell boot, a dressage whip for jogging (borrow one if needed), your D3-level Record Book with at least **3 months** of info including the D2 pages and yearly shots, A copy of this outline for the tester and for review. A **STAPLED** copy of the D3 Test with your just your full name written at the top of the first page plus your first name at the bottom of every page. *Use the D3 “Combined” test sheet if doing all 3 phases at one testing. Copies of the tests and the Record Book are available on the www.ponyclub.org web site after you obtain a password from the National Office to access PC materials or ask Peggi to email you with copies of both at pfb5678@aol.com. Blank medical armband forms are available on our web site at www.coveredbridgepc.org >Pony Club Forms. We are allowed to use the USEA medical form.

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

Turn Out

Tack adjusted & pony groomed as described in D 306-309. Brush pony’s tail out thoroughly.

Tack:

Describe your **bit** & its proper adjustment: 1 or 2 wrinkles for a snaffle; none for a straight bar.

Discuss 4 ways to correctly **fit your bridle** so it is safe and comfortable for the horse (D 286)

1. cavesson noseband is 1-2 fingers below projecting cheekbone; if wearing a Micklem-type – bottom straps are not too tight.
2. fist fits between throatlatch and cheek
3. crownpiece and brow band don’t rub or pinch ears
4. a finger can fit under any part of the bridle

Leading & Longeing (D 153-155)

Lead safely from both sides at the walk. Practice with your horse ahead of time.

Demonstrate jogging your mount in a bridle: move him actively forward with a dressage or buggy whip, holding the whip in your left hand and the reins in your right. Remember to turn him away from you when coming back. Hold the reins about 6" from the bridle, with the slack folded in your other hand.

Boots & Bandaging

Under direct supervision, apply a **polo wrap** to the left front leg, and then the **protective boot** and **bell boot** to the right leg. (D 231-232; 267-8)

Shipping boots - Areas protected (5): heels, coronet band, pastern, fetlock, tendons (D 233-234)

Stable bandage is made up of a pad that covers from below the knee or hock down to the bottom of the fetlock and a wrap that is from 9-12 feet long that covers the pad. (D 231)

Foot & Shoeing

Three parts of the hoof: wall, sole, frog, heels, coronet band, white line. (D 216)

Signs that pony needs shoeing or trimming - (D 221)

- Long toe
- Broken hoof wall
- Clinches have risen
- Loose nails
- Shoe overgrown by hoof wall

Breeds, Parts, Conformation & Lameness (D 252-255)

Locate and name at least **20 parts of the mount** - (D 246)

Include withers, hock, fetlock, pastern, gaskin, croup, loins, etc.

Ten **horse or pony breeds**, e.g. Arabian, Thoroughbred, Quarter Horse, American Saddlebred, Morgan, Appaloosa, Welsh, Shetland, Clydesdale, etc.

One conformation fault per part- (D 255-257)

Head: too big, pig eyes, small nostrils

Neck: bull neck, ewe neck

Shoulder: too straight

Back: too long, sway back, sharp withers

Pasterns: too flat or too upright

Eyes are located on the sides of the horse's head which allows him to see all around except directly in front and directly behind him - his blind spots. When approaching him, be careful that you aren't in those spots since he might kick or run away if he can't see you coming. (D 145-146)

**If doing any riding parts of the test, continue below. If not, skip to "Stable Management" on pg 4.*

Riding On the Flat

Demonstrate correct mounting.

Adjust **stirrups & girth** at the halt - (D 51-52)

Remember, leg forward to tighten girth; backward to adjust stirrups while **keeping feet in the stirrups at all times**.

Warm Up

Do **balancing exercises** at the walk *and* trot. (D 53-56; 72-79) Includes touching toes, touching opposite toe, lying forward (walk), stirrup standing, airplane exercise (trot), ankle rolls, etc.

Demonstrate your mount's **warm-up** routine for everyday work. (D 176)

Ride without stirrups at the **sitting trot**. (D 80)

Riding On the Flat (con't)

Movements:

Ride 20-meter circles in both directions at a trot & canter on correct diagonals & leads showing **correct bend** at all gaits. Study the jobs of your legs, seat, hands & eyes while circling.

(D 64-71; 82-90)

Discuss **arena etiquette** - keep at least one horse-length away from other horses when following and passing, turn your horse's head to the inside when being passed to prevent kicking,

Horses going the fastest should ride on the outside rail with slower horses tracking closer to the center, go to the center of ring if stopping, give room to riders who are having trouble.

(D 127-128) *Different directions?*

Demonstrate how to **pass** others safely at the walk and trot in an enclosed arena keeping at least one pony length away. (D 87)

Demonstrate a **halt**.

Demonstrate a **rein back**. (D 81) Discuss aids - at a halt with short reins and your legs on, squeeze your legs once or twice then squeeze your fingers to stop him from moving forward. As he steps back, relax your hands, then repeat for the next step back. After 1-2 steps, close your legs and ride forward.

Evaluate the roundness of your circles & your use of the aids with your tester. Read D 87-90.

Riding Over Fences

Study common **rider jumping faults**, including jumping ahead, getting left, no release, looking down, pinching with knees and "dropping" the pony. (D 115-116)

Trot over ground poles, then to a cross-rail jump. Have to set up a grid ahead – see the attached grid diagram. (D 107; 116)

Jump a 2'3" course of 5-7 jumps. (D 120-122)

Reasons for adjusting stirrups for different kinds of work: (C 52-53)

Dressage - bottom of anklebone; so rider can sit upright with a **long leg**.

Flat work - center of ankle bone. Used for all-purpose flatwork.

Jumping - top of bone; shorter stirrups cause **sharper angles** at ankle, knee and hip joints for **better balance** when jumping.

Galloping - above ankle; so rider can **stay off** of the horse's back so that it is easier for him to gallop and jump; also, shorter stirrups give more **control** for a strong pony at the gallop.

Evaluate your ride & give reasons for disobediences. Never say, "That was pretty good"! (D 120-125)

Riding in the Open

Ride in a group in the open at **walk and trot** – through water, small natural ditches if available.

Jump 4-5 XC jumps up to 2'3". Speed not over 300 mm. (D. 125-126)

Discuss ways to **control your pony** out in the open – **pulley rein** & circling. (D. 133)

Discuss your performance with tester.

Stable Management

Steps & reasons for cleaning a stall - (D 189-191)

- Using a **pitchfork** for straw or a **stall picker** for sawdust, remove all manure piles & wet bedding. Keeping the stall clean helps prevent thrush.
- **Sort** through stall – save the any good bedding and pile it against the walls for later; find wet spots. Rake the floor.
- If pony is outside, dust wet spots with lime & leave the floor bare so it can **air out**. The lime reduces the ammonia odor in the stall.
- Later, **re-bed** stall with the saved bedding; add enough fresh bedding so the pony has a cushion to stand on and to lie down on. **Bank it** up higher against the walls so pony won't get cast (stuck) if he rolls.
- **Clean** feed tub & water bucket. Refill with fresh water.
- **Pick** fresh piles out during the day to keep the stall clean & save bedding.

Demonstrate hanging a hay net and water bucket - (D 193)

- Hang **hay net** at eye-level so it won't hang low enough to catch a foot in when it is empty. Don't hang too high so dust and hay doesn't get in the pony's eyes. Use a **quick release knot** and don't tie to the same ring as the lead rope so they don't get tangled.
- Hang **water bucket** at the horse's point of shoulder level – too low, he could step in the bucket; too high and he might not be able to reach all of his water..

Travel Safety

Rules for riding on public roads - (D 137-139)

- wear reflective clothing
- stay on the shoulder
- stay off of sidewalks and lawns
- ride in the same direction as the traffic
- ride single file at a walk

Steps to Trailering - (D 239-241)

Loading - Trailer should be on **level ground** with the escape doors and **windows open** for light inside. If only one pony traveling, load him on the **driver's side** of the trailer. Walk straight in, ducking under the breast bar. **Wait** until the butt bar is up or door is closed **before tying** the pony's head. Tie with a **quick-release knot or a panic snap**, long enough that he can reach his hay but not the horse next to him.

Unloading - Trailer should be on **level ground** with a large **clear area** behind the ramp.

Untie the pony's head before the ramp is lowered or the back doors opened. Back out slowly toward the **center** of the ramp with a **helper** standing beside the ramp to push him over if needed so he doesn't slip off of the side.

Nutrition

Give 5 rules for feeding - (D 207)

- 1) **"little & often"** - ponies have small stomachs, so they need to eat small meals throughout the day.
- 2) Feed **plenty of hay** or grass (roughage). This is their natural food and is needed for proper digestion, plus the act of digesting it keeps them warm in the winter.
- 3) Make **changes in types** of feed slowly, mixing the new in with the old.
- 4) Feed **same time** every day.
- 5) Feed only **good, clean** grain and hay.
- 6) Use **clean** buckets – water buckets need to be cleaned daily.
- 7) Clean, fresh **water** available at all times. Break ice often in the winter.
- 8) Provide a white or mineral **salt** block. Some horses do not like mineral type.
- 9) Wait an **hour** after feeding a big meal before riding hard.
- 10) Order of feeding: first water, then hay, then grain.

Feeds measured and weighed – (D 204-5)

Weigh an average flake of your hay (flake of grass hay = @3 lbs.) on a feed scale to determine how many pounds he is getting at each feeding. If he gets grain, measure it out in feed scoop then weigh it to help you decide how much to feed (2 qt scoop of sweet-type feed = @2 ½ lbs.) It is important to know how many total pounds of food he is getting a day since nutritional requirements are always discussed in pounds, not flakes or scoops. Different hays and grains have different weights.

Discuss **how much roughage** and the **amount of concentrates** your pony gets in a feeding.

Land Conservation

Name 3 rules for riding on private or public land (D 139-142)

- 1) Be polite to landowners and always **ask permission** to ride.
- 2) Stay off of lawns, sidewalks, and gardens.
- 3) Stay on the edges of planted fields.
- 4) Close gates.
- 5) Don't litter.

Conditioning

Care after hard work - (D 180-182)

- Dismount; untack. Walk him, giving sips of water every few min.
- Sponge & scrape if warm weather.
 - If very hot weather, sponge repeatedly with ice water, scraping well after every application. Do **not** put any kind of cover on a hot pony in hot weather.
 - If cold weather, just scrape sweat off, then cover with a c99999+ooler or anti-sweat sheet.
- Pick feet, checking for stones & loose shoes. Quickly check legs for cuts, heat, or swelling.
- Start walking again, offering water every few minutes until pony is finished drinking.
- Signs that pony is cooled out - (D. 180)
 - his chest feels cool
 - his breathing is normal
 - small veins on his face aren't sticking out longer
- Put pony in his stall. If he is still wet, put an anti-sweat (Irish) sheet on if chilly weather.

Conditioning (con't)

- Give hay & water only - no grain for at least an hour after cooled out.
- When completely dry, curry saddle marks and brush thoroughly. Put winter blanket on at this point, if needed. Check legs again for heat or swelling.

Two indications that a horse may not be fit enough for the work being asked:

- 1) **breathing and heart rate** recovery time takes longer than it should after work
- 2) horse **sweats** a lot and **tires** easily

Know the **normal range of vital signs** of a mount at rest:

“TPR” stands for “**temperature, pulse and respiration**”.

T = 99.5-101; P = 30-45 beats per minute; R = 8-16 breaths per minute

(*Note: D 224 should state “99.5” for first temp number instead of 95.5 – change in your book.)

Health Care and Vet

Name 3 symptoms of a **sick or injured pony**; when to call the vet - (D 222-228)

- Sweating & rolling
- Fever - 102° or higher.
- Injury - cut, swelling, heat, swollen eye, lameness
- Refuses to eat

Name 3 diseases that you can **vaccinate against** (D 229) - tetanus, flu, rabies, sleeping sickness

Teaching (p. 196)

Describe how you helped a younger D with an unmounted lesson e.g. taught saddle parts, checked their helmet for proper fit, etc.

Rider Safety

Two items **required to ride** in a mounted lesson: helmet and riding boots

Two examples when a **helmet should be replaced**:

Cracked, after it is hit in a fall, showing damage or aging, exposed to extreme heat

Record Book (D 228) – need total pages 1-4, 8-11 (don't count the example pages), 15&16. Ask Peggi to sent if need the first 4 pages from D2 Record Book. Add pgs 8-11 and 15-16 of the 2023 Health and Maintenance Record to the D2-level Record Book that you already have started. Do not include the sample pages. D3 added pages are attached to this outline but fillable copies are on the web at ponyclug.org. Get a sign in from them if you don't have one yet, then go to Members; Certifications; D1-C2; D Level; then the icon for the Record Book is at the bottom on the right. Be sure to have **at least 3 months of info** included plus **yearly tests and shots**.

2/19/2024

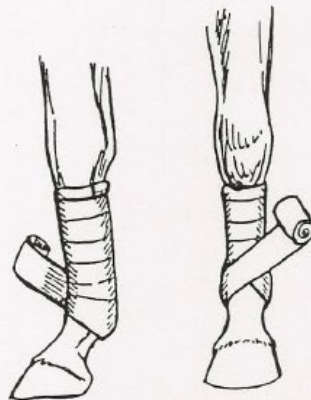
POLO WRAPS

Polo wraps or Sandown bandages are fleece bandages that are designed to be used without padding underneath. They are slightly stretchy, conform easily to the shape of the leg, and are quick and easy to apply. They are often used in place of exercise bandages for light leg protection during longeing, schooling, turnout, and ring work.

Polo wraps are not recommended for jumping or cross-country work because they are neither as secure nor as protective as correctly applied exercise

bandages, sport-medicine boots, or galloping boots. Because they are used without padding underneath, they can easily apply too much or uneven pressure to the tendons, causing impaired circulation and possible tendon damage. If used in wet conditions, they absorb water and may stretch, slip, or come loose. Because of these drawbacks, polo wraps are not permitted in U.S. Pony Club competitions or rating tests.

4. Wrap downward, over the bandage end, keeping each wrap parallel to the last, overlapping half the width of the bandage and keeping the tension even.
5. At the fetlock joint, drop half the width of the bandage down underneath the joint, bringing it up in front to form an upside-down "vee." It should not be loose, but must not be tight enough to restrict movement of the fetlock joint.
6. Wrap upward and finish the bandage on the outside of the cannon bone (not on the tendon, shin or fetlock joint). Most polo wraps have Velcro closures. These should be reinforced with pins or spiral tape.

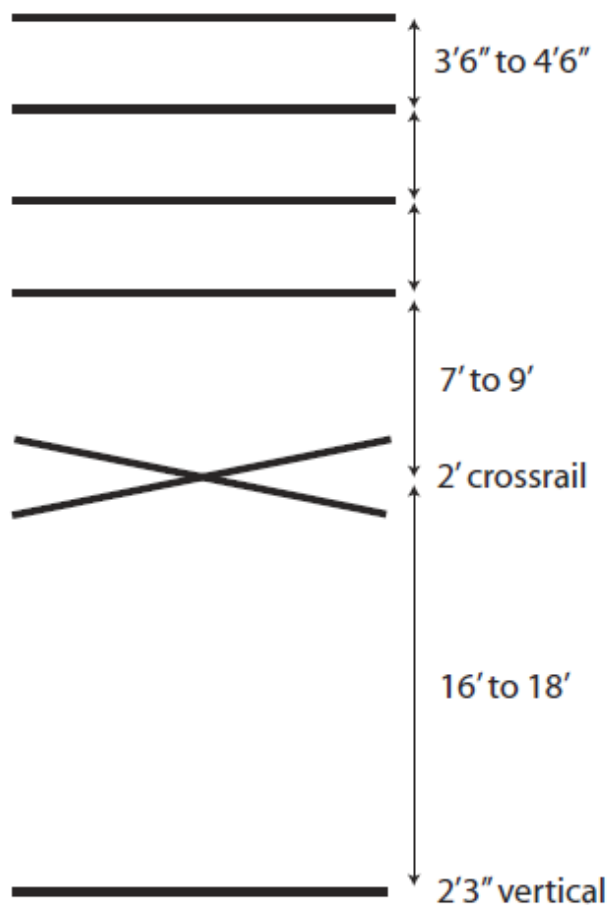


Over Fences

D-3 Level

a. Gymnastic Jumping Exercises

Use 3 or more trot poles placed at 3'6" to 4'6" apart, according to mount's size. You might need to set different distances inside the gymnastic line as well.



Additional Information (D-3 and up)

Brief description of mount's history (if known), daily routine, and any special care. Pg 5 ©2019

Veterinary and Health Information (D-3 and up)

Veterinarian: _____ Phone: _____

Address: _____

Veterinary and Health

Routine Veterinary Care (D-3 and up)

Include annual wellness checkup, vaccines, Coggins test

Date mo/day/yr	Procedure (vaccines & Coggins test)	(H-B and up) Manufacturer and Lot #	Due Again	Cost

**Totals can be penciled in for Certifications

Total \$ 0

Additional Veterinary Procedures (C-1 and up)

Includes: Lameness, illness, x-rays, medications, etc. Does not include vaccination, deworming or floating

Date mo/day/yr	Procedure	Diagnosis & Treatment	Cost

**Totals can be penciled in for Certifications

Total \$ 0

Routine

USPC D Manual:

•p. 228-230

USPC C1-C2

Manual:

•p. 180-183

USPC HB-A

Manual:

•p. 538

USPC D Manual:

•p. 228

USPC C1-C2

Manual:

•p. 183-189

USPC HB-A

Manual:

•p. 504-506

Vaccinations

Date	Vaccine	Due Again on:	Cost
1/1/13	Flu, Rhino	4/1/13	\$ 32.00
4/1/13	Flu, Rhino	7/1/13	\$21.00
4/1/13	Tetanus, EEE, WEE, WNV, Rabies	4/1/14	\$45.00
7/1/13	Flu, Rhino	10/1/13	\$21.00
10/1/13	Flu, Rhino	1/1/14	\$21.00

Total \$: 140.00

De-worming

Date	Type of De-wormer	Due Again on:	Cost
1/1/13	Fecal Test to vet office	4/1/13	\$10.00
1/5/13	Quest Plus		\$15.00
4/1/13	Fecal Test to vet office	6/1/13	\$10.00
6/1/13	Fecal Test to vet office	8/1/13	\$10.00
6/6/13	Equimax		\$15.00
8/1/13	Fecal Test to vet office	10/1/14	\$10.00
	<ul style="list-style-type: none"> Fecal test 4/1, no signs of eggs, vet recommended no de-worming needed. Check again 		

4

Total \$: \$70.00

- Fecal (egg count) tests are becoming popular to help determine parasite levels to determine if a horse requires de-worming. Very important to help reduce de-worming medication needed as many parasites are becoming resistant. The necessity to vaccinate against specific diseases may vary from one location to another. Ask your veterinarian which dewormers and vaccinations are most appropriate for your horse and your area.
- When presenting your record book at a testing, or if you wish to keep a running total as the year progresses, be sure to write the totals in pencil. At the end of the year, when the record book is completed, the totals can be written in pen.
- Note the two separate entries for vaccinations given on 4/1/13. They are listed this way because the due date for the next flu, rhino vaccination is different than the next due date for the tetanus, EEE, WEE, WNV vaccinations.
- At the HB level and above brand name and lot number for vaccinations should be indicated.
- At the HB level and above brand name as well as drug name should be used with worming medication.

Veterinary and Health Information (D-3 and up)

Dentistry

Dental Care (D-3 and up)

Date mo/day/yr	Dental Procedure (C-1 up add specific findings and treatment)	Due Again	Cost

**Totals can be penciled in for Certifications

Total \$ 0

De-worming

Parasite Prevention (D-3 and up)

Date mo/day/yr	De-Worming & Fecal Egg Counts/Results C-2 up include compound and brand name (e.g., "Strongid" is pyrantel pamoate)	Due Again	Cost

**Totals can be penciled in for Certifications

Total \$ 0

Procedures

Shoeing

Date	Type of Shoes	Next Appointment	Cost
01/14/13	Plain, w/ snow pads, toe & ¼ clips	3/04/13	\$175
3/04/13	Plain, ¼ clips all 4	4/21/13	\$200
4/21/13	Plain, drill&tap, ¼ clips all 4	6/07/13	\$225
6/07/13	Plain, w/ flat pads, drill&tap, ¼ clips	7/28/13	\$275
7/28/13	Plain, w/ flat pads, drill&tap, ¼ clips	9/14/13	\$275
9/14/13	Eggbars, ¼ clips	10/30/13	\$175
10/30/13	Eggbars, ¼ clips	12/17/13	\$175
12/17/13	Eggbars, w/snow pads, ¼ clips	2/03/14	\$225

Total \$: 1,725

**USPC
D Manual**
•p. 214-221

**USPC
C1-C2
Manual:**
•p. 247-259

Dentistry

Date	Procedure/Comments	Re-check ON: (date)	Cost
4/18/13	Routine Float	Oct. 2013	\$150.00
10/15/13	Recheck; no floating necessary	April 2014	\$0.00

Total \$: 150.00

**USPC
C1-C2
Manual:**
•p. 193

- This page will serve as a reminder of when your horse needs to be reshod or needs his teeth checked.
- In the shoeing section, be sure to make note of any "corrective" procedures.
- When presenting your record book at a testing, or if you wish to keep a running total as the year progresses, be sure to write the totals in pencil. At the end of the year, when the record book is completed, the totals can be written in pen.

Phone: _____

Farrier

Farrier

Total \$ 0

Activities