

USPC Prep Guide C-1 2009



Name: _____



*This prep outline has been prepared to help you cover the Horse Management aspects of the C1 Test. The riding aspects are listed for your information and you may want to check off the skills as you accomplish them; however, the region's Ratings Checklists are intended to be utilized for the riding portions of the test. The Horse Management area has plenty of space provided for you to fill in the answers. It is helpful for you to do this exercise because it not only gives you a great review format but it helps you organize your thoughts and put them on paper. This reinforces the knowledge and helps you verbalize your thoughts in the testing section. Please practice verbalizing your answers. Show your guide to your head instructor, DC and anyone else with horse knowledge because they will add bits and pieces of their experience and aspects that you may not have considered. The test will often ask for only a few of the multiple answers to the questions, but for this guide it is in your best interests to provide as many as you can. Also review all of the preceding prep-guides (D1-D3) in preparation for you testing, as any of that information may also be asked. **** Please note that changes to the Standards of Proficiency for 2009 are noted in lowercase, bold and italic *****

RIDING TEST EXPECTATIONS

The candidate should ride with confidence and control on the flat and over fences, demonstrating a basic balanced position and use of natural aids. The rider should begin to initiate free forward movement, and begin to establish light feel of mount's mouth.

RIDING ON THE FLAT

- ◆ Ride consistently on the flat using Riding Test Expectations.
- ◆ Demonstrate emergency dismount at the trot.
- ◆ Demonstrate mount's warm-up routine for everyday work, to include warm-up exercises. Discuss with examiner
- ◆ Perform suppling exercises for rider without stirrups, at the walk.
- ◆ Demonstrate aids for moving mount away from the leg, at halt (sideways).
- ◆ Demonstrate long rein, loose rein, light contact at walk.
- ◆ Ride at walk, trot and canter, with smooth transitions, demonstrating correct bend, performing straight lines on centerline, 20 meter circles, and figure-8's with simple transitions at each gate.
- ◆ ***Demonstrate long rein, loose rein and light contact at walk.***
- ◆ ***Demonstrate a rein back (2-3 simple steps back).***
- ◆ ***Demonstrate and discuss aids for turn on the forehand.***
- ◆ Discuss performance with Examiner, including whether or not mount was moving freely forward, ***and whether rider established light contact.***

RIDING OVER FENCES

- ◆ Ride over fences using Riding Test Expectations.
- ◆ Perform simple gymnastic grid of **three fences, finishing with an ascending oxer set at, but not to exceed 2'9"**.
- ◆ Ride over jumping course of six to eight obstacles; include a two-stride combination; **the majority of fences should be set at**, but not exceed 2'9". Striding can be adjusted to suit individual mounts.
- ◆ Discuss performance with Examiner, including steadiness of pace and ways ride could be improved.

RIDING IN THE OPEN

- ◆ Ride safely with control in a group, on a suitable mount, at the walk, trot, and canter.
 - ◆ C-1 speed should not exceed 325 meters per minute to 350 meters per minute.
 - ◆ Discuss and demonstrate riding safely over varied terrain, including hills, ditches, low banks, flat open area and streams.
 - ◆ Ride over five to seven cross-country obstacles, **at appropriate speed. The majority of fences should be set at, but** not exceed 2'9" in height.
 - ◆ Discuss performance with Examiner giving reasons for any disobediences.
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HORSE MANAGEMENT EXPECTATIONS

The candidate should show a developing awareness of cause and effect in the care of own mount. He/she should be familiar with local common horse terms. Assistance is recommended in the demonstration of bandaging.

TURN OUT/TACK

- ◆ Attire to be correctly formal or informal, as designated by the DC.
- ◆ Mount to be well-groomed, reflecting regular care, with a healthy coat; no sweat or dirt. Mane and tail brushed with little, if any, dandruff. External areas around sheath/udder clean. Feet picked out and reflecting regular farrier care. Eyes, nose, lips and dock clean.
- ◆ Tack to be safe, clean, supple, and well adjusted, reflecting regular care. No jockeys or dust, all stress points clean, no cracked leather, metal clean and polished and stirrup pads clean.
- ◆ ***Identify tack on own mount and discuss fit.***
- ◆ ***Demonstrate proper adjustment of blanket/sheet and halter.***

Describe signs of good grooming and regular care:

Describe signs of safe and clean tack, reflecting regular care:

Describe how to properly fit/adjust mount's blanket:

Describe how to correctly fit a halter:

CONDITIONING

Discuss what is meant by conditioning:

Discuss how to condition for a particular Pony Club activity of your choice:

Activity: _____

NUTRITION

Describe how feeds are measured and weighed:

Describe amount and type of feed for own mount:

Describe characteristics of:

Good feed:

Bad feed:

Good watering:

Bad watering:

Good pasture:

Bad pasture:

STABLE MANAGEMENT

Discuss types of bedding appropriate for your area:

Describe how to put a blanket on mount safely:

Discuss types and causes of stable vices:

Describe and give reasons for three types of clipping:

- 1.
- 2.
- 3.

Describe conditions which foster internal and external parasites:

Discuss procedure for parasite control in pasture and stall management:

Discuss ways to control flies and bot eggs:

PONY PARTS, CONFORMATION & LAMENESS

Identify basic leg conformation:

Good Points:

Bad Points:

Describe five common unsoundnesses as to location and outward appearance.

1.

2.

3.

4.

5.

TRAVEL SAFETY

Describe basic equipment needed for mount's safety and comfort during trailer travel:

Describe the trailer safety check list:

RECORD BOOK

- ♦ The C-1 is expected to keep a careful Record Book of all immunizations, veterinary visits, farrier visits, etc. The book must be brought to the test for review and critique.
- ♦ Must have records for at least 6 months. Records should reflect appropriate depth of knowledge for this level.

HEALTH CARE & VETERINARY KNOWLEDGE

- ♦ *Measure and record pulse, temperature and respiration of own mount at rest with assistance of examiner.*

Describe how to treat minor wounds:

Discuss regular worming control for own mount:

Discuss how and why to deworm new mounts in barn:

Describe health care schedule for own mount including dates of inoculations (tetanus, encephalomyelitis, etc.), deworming, floating of teeth, shoeing:

INTRODUCTION TO HORSE SPORTS

List all the horse sports that are offered in USPC.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

TEACHING

Explain how to perform, and reasons for a safety and tack inspection for a D Pony Club member:

LEADING AND LONGEING

Discuss reasons for longeing:

Discuss necessary longeing equipment and safety procedures:

Describe how to jog mount correctly:

FOOT & SHOEING

Discuss the five steps in shoeing:

- 1.
- 2.
- 3.
- 4.
- 5.

Describe the farrier tools and their uses:

BANDAGING

- ♦ Be able to apply a *stable bandage* with assistance. (**Practice, Practice, Practice!**)