



# Irish Pony Club Standard of Efficiency C Test 2022



Disc Colour: Green

## **Candidate Requirements:**

- Candidates must be in their 12th year to sit C test
- C test is a Minimum Eligible Requirement (MER) to compete at Junior level in the Irish Pony Club for show jumping, eventing, tetrathlon and hunter trials.
- Members must still be signed off by their DC/Coach to compete.

## **Outcomes:**

Candidates should understand the first point on the Scales of Training - Regularity of Rhythm.

Candidates should ride in a safe, secure position, independent of the reins and be in control of their horse / pony.

Candidates should know and understand how to apply simple aids correctly.

Candidate should have knowledge and care of working a pony off grass.

## **Format:**

The ridden section of the C test consists of flat work riding, jumping a round of showjumping (75cm), jumping a selection of cross-country fences (75cm).

The flat work and showjumping can take place in an arena or field, and the cross country will take place in a field.

Candidates can wear Pony Club sweatshirt or jumper (no hood), pale coloured jodhpurs and a hat for flat work. Cross country hat and back protector must be worn for showjumping and cross country.

Before mounting, candidates should meet the Assessors and walk both the showjumping and cross-country courses.

Candidates should bring their own clean and named grooming kit, with a tail bandage to the assessment to be used in the Horse Care and Knowledge section.

## **Riding:**

### **Flat work:**

Candidates should:

- Mount and dismount correctly (a mounting block may be used)
- Show a balanced, secure position in all paces, independent of the reins
- Adjust stirrups while mounted
- Tighten or loosen girth while mounted
- Maintain a regular rhythm in all paces
- Walk on a contact and free walk on a long rein
- Rising trot, correctly change diagonal and show a small amount of sitting trot
- ***Be capable of walk and trot without stirrups***
- Correct canter leads on both reins
- Change of rein through trot
- 20m circles in trot and canter
- Transitions between paces
- Halt and salute
- Ride in closed and open order
- Understand the importance of warm up and cool down
- Time and sequence of legs in walk and trot
- Natural aids and artificial aids
- How to open and shut a gate while mounted

### **Show jumping:**

Candidates should:

- Show a balanced light seat in trot and canter
- Ride over a pole on the ground.
- Ride over a small cross pole, upright and oxer
- Jump a simple 75cm show jumping course, with a minimum of 6 fences including a bending line and a two-stride double (upright as the second fence)

### **Cross-country:**

Candidates should:

- Show a secure lower leg, with appropriate length of stirrup.
- Show control and balance appropriate to ground and weather conditions, while maintaining cross country position in canter
- Be able to ride up and down hill in trot and canter
- Jump some cross-country fences (75 cm) showing balance and control (fences can include: ditches, banks, logs and fly fences)
- Discuss fitness of pony

## Horse Care and Knowledge:

Candidates should be able to discuss and / or demonstrate the following topics:

- Describe a suitable paddock for your pony
- Recognise common poisonous plants
- Basic watering, feeding of a grass kept pony
- Rules of feeding
- What your own pony eats, roughage and hard feed
- How to groom a grass kept pony
- Care of the grass kept pony before and after a competition
- *Know how to plait and turnout your pony correctly*
- Identify grooming brushes
- Points of the pony, including the external parts of the hoof
- Outdoor rugs for grass kept pony (Winter and summer)
- Put on and remove rugs safely.
- Recognise when a pony needs shoeing, care of feet after shoeing
- Tack up and untack your own pony,
- Name and explain what tack your horse / pony wears
- How to clean and care for tack
- How to clean and care for a small wound
- When to call an adult or vet
- Main indications of health and ill health
- Items in a First Aid Kit
- Lead in hand, walking, trotting and turning
- Put on a tail bandage
- Alternatives to tail bandage
- Importance of protecting legs while travelling
- Explain how to safely load and unload a pony
- Tie a pony up correctly
- *Know the procedure of mucking out and know the different types of bedding and the uses of the tools.*

