



Irish Pony Club Standard of Efficiency Lungeing Test 2022



Disc Colour: Beige

Candidate Requirements:

- Candidates must have passed their B test or their B standard Horse Care.
- Candidates must pass the Lungeing Test before sitting their H or A Test.
- Candidates must be in their 17th year to sit their Lungeing.

Outcomes:

Candidates should be able to work a horse correctly and safely in all three paces and to improve the way of going, be in control of the horse and equipment with a good understanding of the reasons and benefits of lungeing.

Candidates should be able to equate the first 4 in the Scales of Training to lungeing.

Format:

The test will consist of two sections.

First candidates will be asked to select appropriate tack and tack up a horse for lungeing. Following this candidates will be asked to lunge the same horse that they tacked up.

Candidates should be dressed in tidy, sensible clothes suitable for the weather, all jackets zipped up. Safe sensible footwear (no spurs), gloves, hat etc.

Candidates may bring their own rope/lunge line to the test.

Section A

Tacking Up:

- A range of lungeing equipment will be available for candidates to choose from.
- Candidates should correctly fit the saddle, breastplate, bridle, cavesson and any other tack they have selected to use.
- Attach side reins and check height and length
- Correctly fit brushing and overreach boots

Sections B

Lungeing:

- Safely bring the horse from the tacking up area to the arena
- Show knowledge and demonstrate correct handling of the rope, whip and horse, and correct position while lungeing
- Demonstrate clear commands, and use of appropriate size circles
- Warm up the horse up and progress to working the horse
- Work the horse showing changes of rein, relating the work to the first four scales of training

and in line with the horse's age and fitness

- Show appropriate cool down
- Discuss the quality of work shown, recognising the correct or incorrect way of going, and a plan for future sessions
- Lead the horse back to the stable and untack safely

Discussion Points:

Candidates should have detailed knowledge and be comfortable talking about the following topics:

- What dangers can arise while lungeing
- How weather, surfaces and various distractions can affect the lungeing session
- How to deal with any problems that may arise during lungeing
- Other training aids and their actions
- The use of poles while lungeing
- Various exercises that could be used while lungeing
- Starting the young horse on the lunge for the first time
- Lungeing in the young and older horse's programme
- How important it is to keep artificial surfaces in good order



Lungeing Test Supporting Documents



OUTCOMES:

1. Candidates should be able to work a horse correctly and safely in all three paces and to improve the way of going, be in control of the horse and equipment with a good understanding of the reasons and benefits of lungeing.
2. Candidates should be able to equate the first 4 in the Scales of Training to lungeing.

FORMAT:

The test will consist of two sections:

1. Candidates will be asked to select appropriate tack and tack up a horse for lungeing.
2. Lunge the same horse that the candidate tacked up.

SECTION A - Tacking Up

TOPICS (as per the Test Card)	LEARNING OUTCOME	DISCUSSION / PRACTICAL
A range of lungeing equipment will be available for candidates to choose from	<ul style="list-style-type: none"> • Horse's background • Introduction to horse • Choose equipment appropriate to horse • Carried out in a safe manner 	Discussion & Practical
Candidates should correctly fit the saddle, breastplate, bridle, cavesson and the other tack they have selected to use	<ul style="list-style-type: none"> • Rapport with horse • Handling of horse for duration • Adjustment of tack for comfort and safety • Carried out in an efficient manner • Carried out in a safe manner 	Discussion & Practical
Fit side reins and check height and length	<ul style="list-style-type: none"> • Correct fitting to saddle or roller • Check/adjust to suitable length for horse • Secure for comfort and safety when not in use • Discuss reasons for use of side reins • Handling of horse for duration • Carried out in a safe manner 	Discussion & Practical

Correctly fit brushing and overreachboots	<ul style="list-style-type: none">• Appropriate size for horse• Correctly fitted for comfort and safety• Handling of horse for duration• Carried out in a safe manner	Discussion & Practical
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SECTION B - Lungeing

TOPIC (as per Test Card)	LEARNING OUTCOME	DISCUSSION / PRACTICAL
Safely bring the horse from the tacking up area to the arena	<ul style="list-style-type: none"> • Correct leading technique • Control and handling of the horse and equipment • Negotiation of hazards and doorways • Carried out in a safe manner 	Practical
Show knowledge and demonstrate correct handling of the rope, whip and horse, and correct position while lunging	<ul style="list-style-type: none"> • Letting out and retracting lunge lead • Length of lunge lead, while lunging • Position and stance of the handler, adjusted as required to improve horse's way of going • Technique of the handler • Position and use of the whip • Carried out in a safe manner 	Practical
Demonstrate clear commands, and use of appropriate circles	<ul style="list-style-type: none"> • Clarity, tone and level of voice commands • Connection with horse • Appropriate circles to horse's size, exercise, age, level of training • Carried out in a safe manner 	Practical
Warm up the horse and progress to working the horse	<ul style="list-style-type: none"> • Risk assessment and introduction to space • Put horse out on appropriate sized circle • Safe adjustment of equipment and introduction of side reins • Safe procedure when changing rein • Suitable warm up for horse • Assessment of the horse through the paces • Carried out in a safe manner 	Practical
Work the horse showing changes of rein, relating the work to the first 4 Scales of Training and in line with the horse's age and fitness	<ul style="list-style-type: none"> • Handler's body language • Use of aids and control • Horse's position and balance • Awareness of horse welfare • Appropriate sized circles to pace and 	Practical

	<p>exercise</p> <ul style="list-style-type: none"> • Upwards and downwards transitions • Working of the horse in all three paces • Working of the horse in side reins • Procedure when changing rein • Adjust equipment to improve the horse's way of going • Highlight the Scales of Training within the session • Carried out in a safe manner 	
Show appropriate cool down	<ul style="list-style-type: none"> • Adjustment of equipment for cool down • Time allocation • Size of circle • Paces involved • Carried out in a safe manner 	Practical
Discuss the quality of work shown, recognising the correct or incorrect way of going, and a plan for future sessions	<ul style="list-style-type: none"> • Warm up assessment of horse • Horse's responsiveness to the aids • Chosen exercises. • Horse's performance • Analysis of overall lungeing session • How would the handler progress the lungeing plan going forward 	Discussion
Lead the horse back to the stable and untack safely	<ul style="list-style-type: none"> • Correct leading technique • Control and handling of horse • Negotiation of hazards and doorways • Carried out in a safe manner 	Practical

SECTION B - Discussion Points

TOPIC (as per Test Card)	LEARNING OUTCOME	DISCUSSION / PRACTICAL
What dangers can arise while lunging	<ul style="list-style-type: none"> • Horse behaviour • Environment 	Discussion

	<ul style="list-style-type: none"> • Equipment • Inappropriate behaviour by the handler 	
How weather, surfaces and various distractions can affect the lungeing session	<ul style="list-style-type: none"> • Control of horse • Horse's attention • Safety of horse, to include possible injuries • Safety of handler 	Discussion
How to deal with any problems that may arise during lunging	<ul style="list-style-type: none"> • Risk assess • Safety of horse • Safety of handler or others present • Seeking assistance 	Discussion
Other training aids and their actions	<ul style="list-style-type: none"> • Have an awareness of other training aids and their actions • Safety factors • Appropriate use in a training programme 	Discussion
The use of poles while lunging	<ul style="list-style-type: none"> • Assessing when to introduce poles to a training programme • Suitability for all horses • Safety factors when using poles including an awareness of distances. • Introducing poles to the lungeing session 	Discussion
Various exercises that could be used while lunging	<ul style="list-style-type: none"> • Describe exercise and its benefits • Where it is placed in the lungeing session/training programme • Suitability for all horses • Safety factors 	Discussion
Starting the young horse on the lunge for the first time	<ul style="list-style-type: none"> • Safety factors • Lunging Equipment • Lunging Environment • Assistance • Length of time 	Discussion
Lungeing in the young and older horse's programme	<ul style="list-style-type: none"> • The value of including lungeing in the young and older horse's programme 	Discussion

	<ul style="list-style-type: none">● Frequency of the lungeing sessions● Safety factors	
How important it is to keep artificial surfaces in good order	<ul style="list-style-type: none">● Problems caused by unkept artificial surfaces● Frequency of attention to artificial surfaces● Have an awareness of different types of artificial surfaces	Discussion