Candidate's name ____________________________________________________________

Address ____________________________________________________________________

Name of Pony Club/Riding Center ______________________________________________

District Commissioner/Center Administrator __________________________ Region __________

NOTE: Before beginning test, Examiners must read “Guidelines for Club/Center Certifications – D-1 through C-2” and the C-1 Standard of Proficiency (SOP), including “Information for D Candidates,” “Testing Information,” and “Examiners.” Examiner must have copy of the SOP with them during test to include Grid and Jumping Exercises chart. Examiner comments must give specific reasons if a candidate does not pass any phase. Examiner may ask questions from previous Standard tests.

RIDING TEST EXPECTATIONS: Candidate should ride with confidence and control on the flat and over fences, demonstrating a basic balanced position and use of natural aids. The candidate should begin riding mount freely forward in balance and rhythm while developing a light contact.

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 demonstration of bandaging.

TURN OUT

- Attire to be correctly formal or informal. Pony Club pin, medical armband, and a properly fitted equestrian helmet, in accordance w/SOP. Long hair neatly up or back. No inappropriate jewelry.
- 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, dock clean.
- Tack to be safe, properly adjusted, supple and 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.

RIDING ON THE FLAT

WARM UP

- Demonstrate suppling exercises for rider without stirrups at walk.
- Demonstrate mount’s warm-up routine for everyday work.
- Discuss candidate’s warm-up for both rider and mount with examiner using terms and understanding from the training pyramid.

KEY: ES = Exceeds Standard M = Meets Standard DNMS = Does Not Meet Standard

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MOVEMENTS

- Work mount at walk, trot and canter, with smooth transitions, demonstrating straight lines on centerline.
- Perform 20-meter circles, and figure eights with simple transitions at each gait demonstrating correct bend.
- Ride without stirrups at the sitting trot.
- Demonstrate long rein, loose rein and light contact at walk.

- Discuss aids for and demonstrate a rein-back of 2-3 steps.
- Discuss aids for and then demonstrate a turn on the forehand.
- Discuss arena etiquette for riders at different gaits.
- Discuss performance with examiner discussing the following: the rider’s basic balanced position, whether or not mount was moving freely forward in balance and rhythm, and whether rider established a light contact.

- Rider should show firm basic balanced position, using natural aids and control in initiating free forward movement with a light feel of mount’s mouth.

RIDING OVER FENCES

- Ride over small gymnastic grid of three fences finishing with an ascending oxer set at, but not exceed, 2’9” set at appropriate distances for mount’s stride.

- Ride over jump course of 6-8 obstacles; include a two-stride combination set at an appropriate distance for mount’s stride. The majority of fences should be set at, but not exceed, 2’9”. (Grid distances and two-stride combination may be adjusted for individual mounts.)

- Discuss performance with Examiner, including rhythm, tempo and balance 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 over varied terrain, through shallow water and small ditches as occur in natural terrain when available.
- C-1 speed should not exceed 325 meters per minute to 350 meters per minute.
<table>
<thead>
<tr>
<th><strong>C-1 TEST SHEET (Continued)</strong></th>
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<tbody>
<tr>
<td><strong>• Discuss and demonstrate riding safely over varied terrain, incorporating as many of the following elements as local conditions allow: hills, small/shallow ditches, low banks, flat open areas and shallow streams.</strong></td>
</tr>
<tr>
<td><strong>• Ride over five to seven cross-country obstacles at appropriate speed (240-350 meters per minute). The majority of fences should be set at, but not exceed, 2’9”.</strong></td>
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<tr>
<td><strong>• Discuss performance with Examiner giving reasons for any disobediences.</strong></td>
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<tr>
<td><strong>• Rider shows firm basic balanced position while riding with control.</strong></td>
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<tr>
<td><strong>CONDITIONING</strong></td>
</tr>
<tr>
<td>• Discuss the meaning and reasons for conditioning of mount.</td>
</tr>
<tr>
<td>• Describe how to condition mount for a particular Pony Club activity of your choice.</td>
</tr>
<tr>
<td>• Know the acceptable ranges for temperature, pulse and respiration for a mount at rest and the importance of these numbers.</td>
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<tr>
<td><strong>NUTRITION</strong></td>
</tr>
<tr>
<td>• Describe how feeds are measured and weighed.</td>
</tr>
<tr>
<td>• Know amount and type of feed for own mount.</td>
</tr>
<tr>
<td>• Describe characteristics of good and bad feed, watering, and pasture.</td>
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<tr>
<td><strong>STABLE MANAGEMENT</strong></td>
</tr>
<tr>
<td>• Discuss types of bedding appropriate for your area.</td>
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<tr>
<td>• Safely put a blanket on a mount.</td>
</tr>
<tr>
<td>• Demonstrate proper adjustment of blanket/sheet and halter.</td>
</tr>
<tr>
<td>• Discuss types and causes of stable vices.</td>
</tr>
<tr>
<td>• Describe and give reasons for three types of clipping.</td>
</tr>
<tr>
<td>• Describe conditions which foster internal and external parasites, procedure for parasite control in pasture and stall, ways to control flies, and bot eggs.</td>
</tr>
<tr>
<td>• Discuss general barn safety procedures for your barn or where your horse is stabled.</td>
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<tr>
<td>• Describe proper use of fire extinguisher and how to tell if it is fully charged.</td>
</tr>
</tbody>
</table>
BREEDS, PARTS OF MOUNT, CONFORMATION & LAMENESS

- Identify good and bad points of basic leg conformation.
- Describe five common unsoundnesses as to location and outward appearance.
- Name three to four types of teeth found in a horse's mouth.
- Name five coat colors or patterns which include white on the body.
- Name one breed that excels in each of these disciplines: racing, dressage, games, vaulting, eventing, foxhunting, hunter/jumper, endurance, driving and western.

TRAVEL SAFETY

- Discuss basic equipment needed for mount's safety and comfort during trailer travel.
- Demonstrate trailer safety check from trailer safety checklist on USPC website.
- Discuss safety precautions for riding on a trail including additional precautions during hunting season.

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

- Describe how to treat minor wounds.
- Discuss: Regular worming control for own mount; how and why to deworm new mounts in barn and use of fecal test.
- Know health care schedule for own mount including dates of inoculations (tetanus, encephalomyelitis, etc.), deworming, floating of teeth, shoeing.
- Know the reason for having a Coggins test done.

INTRODUCTION TO HORSE SPORTS

- List all the horse sports that are offered in USPC.

TEACHING

- Demonstrate a safety and tack inspection for a D Pony Club member under direct supervision of Examiner.
- Explain to the D member the reason for the check, the process, and any safety issues found.
### LAND CONSERVATION

- Name three different uses of land on which you, or others, ride. Examples: Farmland, fair grounds, crops, etc.
- If your region conducts an Eventing Rally, determine who owns the land where the rally is held and the total amount of acres owned.
- Identify one place in your area previously used for equestrian activities that is no longer available.

### LEADING & LONGEING

- Discuss reasons for longeing.
- Discuss equipment necessary and safety procedures.
- Demonstrate jogging mount, moving mount actively forward from the whip, with smooth transitions.

### FOOT & SHOEING

- Discuss the five steps in shoeing.
- Recognize farrier tools and know their uses.
- Discuss causes of thrush and prevention.

### BANDAGING

- Apply stable bandage under direct supervision and with assistance of examiner.

### COMMENTS (General impressions, suggestions for improvement):

_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________
_________________________________________________________________________________________________________________

**Sections requiring retesting:** (up to total of seven; not more than three riding)

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<tr>
<th>ES</th>
<th>MS</th>
<th>DNMS</th>
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**A candidate may be retested as follows:**

- This test has a total of 27 sections.
- Retest to cover *not more than* seven sections of the test (not more than three riding sections).
- Retest must take place within one month and must be completed in one day.
- Failure of any section on that day will require retaking entire test.
- Retest must be recommended by original Examiner.

**Signature:** __________________________  **Date:** __________

(Examiner for portions retested)