
C1 STUDY GUIDE

The United States Pony Clubs, Inc., establishes Standards of Proficiency within the framework of the international Pony Club movement as the educational curriculum for a program of instruction and evaluation of its members for certifications in three primary areas: Horse Management, On the Flat, and Over Fences.

The C-1 and C-2 Levels are for the Pony Club member learning to become an active horseman, to care independently for his/her mount and tack, and to understand the reasons for what he or she is doing with the mount while either mounted or unmounted. Similar to the D-level, the C-1 and C-2 levels focus on advancement and evaluation of Horse Management skills as well as show development towards a secure, independent seat and increasing control and confidence in all phases of riding, flat and/or jumping.

The C-1 and C-2 certificates are awarded at the club/center level.

How to use the Study Guide:

There are two sections to the Study Guide to help you prepare for your rating.

Horse Management Expectations: This section has the Horse Management Standards you will need to know for your rating. There is space for you to answer the questions you will be asked at your test. Be as thorough as possible with your answers!

Riding Test Expectations: This section lists the riding skills you will be tested on at your rating. Please review them carefully with your instructor to insure you are prepared for the C1 test!

When you are done with the rating, keep your Study Guides. They will help you prepare for the next rating, rally or even your next lesson plan!

Best of luck on your rating!

TESTING INFORMATION FOR C-LEVEL CANDIDATES

Requirements for All Candidates

- Be a Pony Club Member in Good Standing.
- Have a thorough knowledge of requirements of the level being tested and be able to discuss and/or demonstrate any requirements from all previously attained standards.
- Candidate must be evaluated on and successfully meet the standards on all sections of the selected test before being awarded the new certificate.
- Adhere to the USPC code of Conduct at all times.

Attire

- Safe, workmanlike attire, including proper footwear, must be worn in the barn area and when working around mounts. Refer to the Horse Management Handbook.
- Refer to C Standards of Proficiency, in this document, for proper Turnout and mounted attire.
 - Attire to be correctly formal or informal. Pony Club pin, medical armband, and a properly fitted equestrian helmet, securely fastened, containing certification that it meets or exceeds the criteria established by a national or international safety body, is required to participate in any USPC activity (*see USPC Policy 0125A*). 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.
- An USPC medical information armband must be on the candidate's person, as described by the Horse Management Handbook.
- A properly fitted equestrian helmet, securely fastened, containing certification that it meets or exceeds the criteria established by a national or international safety body, is required to participate in any USPC activity (*see USPC Policy 0125A*) and must be worn during Turnout and when riding and longeing. Safety vest wear is at the discretion of the member, parent, or guardian.

Presentation of Mount for Turnout

- Standards for Turnout are indicated in the Standards of Proficiency and on each appropriate test sheet. Refer to the Horse Management Handbook.
- For the purposes of the test, braiding of the mount is not allowed.
- All tack must be clean, show regular care and suppleness, and be well adjusted and in good repair.

- Stand by mount, on near side, with Examiner, facing rear, reins in left hand below bit, slack in right, changing sides with Examiner.

Equipment

- While the C-level Standards of Proficiency are not specific to any riding sport or discipline, saddlery and bitting for C-level should comply with the Horse Management Handbook rules on Saddlery and Bitting, as well as with any current USPC discipline rules for Saddlery and Bitting.

Appropriate Horse

- USPC's commitment to safety for all horses and riders is paramount during a testing at any level. Candidates may bring their own, borrowed, leased or rented mounts to a test. They may present with more than one mount at a test. The care of each of the candidates' mounts at a test is the responsibility of the candidates themselves.
- It is the responsibility of the candidate and his/her parent(s) or guardian to bring to or arrange for an appropriate mount(s) at the test. The properly conditioned mount(s) must be capable of the skills required for the level being tested, to include standing for evaluation of the Turnout, bandaging and longeing.
- At the C-1 and C-2 levels, a mount may not be shared for any mounted portion of the test by two or more candidates at the same testing. The exchange of mounts for testing purposes is not allowed at this level.
- A candidate may not exchange or change mounts during a Test, if they are not meeting Standards, in order to have a "better opportunity" of passing or meeting Standards.
- Failure to follow these guidelines will make it difficult for the candidate to meet the standards on that given day or testing experience.

Information on Conducting a Test

- Please review the Guidelines for Club and Center-Level Testings found online at www.ponyclub.org.
- Clubs and Centers must facilitate a testing opportunity for members a minimum of twice a year. Dates are determined by the District Commissioners (DC) or Center Administrators (CA). This may be done within the club/center, in partnership with another club/center, or organized by the Region. By networking with other clubs/centers within the Region to establish group tests with other clubs/centers, increased opportunities to rate can be made available to members.
- At the D/C Levels, tests are designed to and should be conducted in one day. If, due to unforeseen circumstances (such as weather or footing), it is not possible to complete a test in one day, all requirements must be tested/completed within a one-month period if possible.
- A testing should be educational, working session, covering requirements listed on the tested Standards. However, it is not a "lesson" on each section.
- Oral testing and/or demonstration are required for all parts of the horse management phases. Written tests are not allowed. However, at the discretion of the Examiner(s),

members may use their own writing and/or drawing to convey their answers during the questioning and/or discussion periods of the test.

- There is no set time limit between taking any of the C-level Tests, but each certificate must be attained in the proper order, and no levels may be skipped. Usually the Horse Management skills and knowledge must be attained prior to presentation of or any riding skills evaluation. However, there may be exceptions due to weather and facilities. If the riding sections are evaluated prior to the Horse Management sections, then the award of the certificate must wait until the successful evaluation of the Horse Management section.
- Similarly, the On the Flat sections of the riding skills must be evaluated prior to presentation for the Over Fences evaluation. If members do not meet standard in any portion of the On the Flat section, they may present to the Over Fences section of the evaluation only with the approval of the Examiner. If they subsequently meet standards in the Over Fences evaluation, the award of the certificate must wait until the successful evaluation of the On the Flat is complete.
- The DC, CA, and/or an adult designated by the club, center, or Region, must be present throughout the testing day. In addition, USPC strongly encourages the use of “Impartial Observers” at the tests.

Retest Information

- Upon recommendation of the Examiner and with approval of the DC or CA, a candidate who does not meet standards at a test may be retested within one month. They are only required to retest the sections of the standards the candidate did not previously meet successfully.
- In general, retest opportunities are only available if the member meets standards on at least two-thirds of the skills or knowledge expected in each section. Please refer to each test sheet for each certificate level for specific requirements for retests.

Examiners (D-1 through C-2)

- Please review the Guidelines for Club and Center Level Testings found online at www.ponyclub.org
- The DC, CA, or in the case of a regional testing, the RS, selects the Examiners for the D-1 through C-2 tests, based on recommendations of USPC leaders and volunteers and/or participation in a regionally- facilitated Standards of Proficiency clinic.
- Examiners should be selected with care, should be completely knowledgeable of the Standards of Proficiency at the level(s) they are testing, as well as the level(s) above and below the one(s) they are testing. DCs, CAs, or RSs must ensure that Examiners have a copy of all current USPC Standards, test sheets, and study guides prior to the test.
- Examiners should be mature and sensitive to both young people and their adult supervisors.
- Examiners must conduct tests in an educational framework, setting a positive tone that makes every effort to draw the best from each candidate, without allowing the test to become a lesson on the skill in question.

- While the test is intended to be a learning experience, Examiners should take care to encourage the candidates to express what they know, rather than a demonstration of what the Examiner knows.
- Examiners should bear in mind that candidates and their responses and performances may range from adequate to superior, and anyone within that range, that “Meets Standard” or better, should pass.

Responsibilities and Authorities

- The USPC Vice President of Instruction is responsible for the Standards of Proficiency and the general USPC certification program. While the actual management may be delegated, for club/center level tests, the club DC or CA is responsible for the scheduling, organizing, and conduct of the tests. This may be in coordination or cooperation within the Region or other clubs/centers.
- Any special testing requests, including exceptions or exemptions, must be submitted to the USPC National Office, Attention: Director of Instruction, through the District Commissioner and the Regional Supervisor. The Director of Instruction forwards exceptions or exemptions requests to the Chair, D-1 through C-2 Program Committee, for recommendations. The Vice President of Instruction is the final approval authority.

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.

TURNOUT/TACK

- *Attire to be correctly formal or informal. (Refer to Horse Management Handbook.)*
 - *Pony Club pin, medical armband,*
 - *a properly fitted equestrian helmet, securely fastened, containing certification that it meets or exceeds the criteria established by a national or international safety body, is required to participate in any USPC activity (see USPC Policy 0125A).*
 - *Long hair neatly up or back.*
 - *No inappropriate jewelry.*
 - *Clean boots*
- The combination of footwear, jacket, neckwear and pant color determines whether the attire is considered informal or formal.

Components of correctly formal attire:

- Approved Helmet - _____

- Jacket - _____

- Shirt - _____

- Neckwear - _____

- Pants - _____

- Boots - _____

- Belt - _____

- Gloves - _____

Components of correctly informal attire:

- Approved Helmet -
- Jacket -
- Shirt -
- Neckwear -
- Pants -
- Boots -
- Belt -
- Gloves -
- *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.*

**Describe a well-groomed mount that reflects regular care:
Pony:**

Mane & tail:

Nose & dock: Hooves:

- *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.*

Describe tack that is safe, clean, and well adjusted, reflecting regular care:

Bridle:

Pad:

Saddle fit:

Saddle wear:

Leathers:

Stirrups & pads:

CONDITIONING

- *Discuss the meaning and reasons for conditioning of mount.*
- *Describe how to condition mount for a particular Pony Club activity of your choice.*
- *Know the acceptable ranges for temperature, pulse and respiration for a mount at rest and the importance of these numbers.*

What is conditioning?

Conditioning schedule for (activity):

Acceptable range for temperature:

Acceptable range for pulse:

Acceptable range for respiration:

Why do you need to know the acceptable range for Temperature, pulse and respiration and not just the ideal value?

NUTRITION

- *Describe how feeds are measured and weighed.*

- *Know amount and type of feed for own mount.*
Hay/Alfalfa:

Grain: Oats:

Other Feed:

- *Describe characteristics of good and bad feed, watering, and pasture.*
Characteristics for good & bad feed:

Water:

Pasture:

STABLE MANAGEMENT

- *Discuss types of bedding appropriate for your area.*

Types of bedding:

- *Safely put a blanket on a mount.*

Describe the steps for putting a blanket on a horse the Pony Club way:

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

- *Demonstrate proper adjustment of blanket/sheet and halter.*

Describe how to adjust a blanket:

Describe how to adjust a halter:

- *Discuss types and causes of stable vices.*

1.

2.

3.

4.

5.

- *Describe and give reasons for three types of clipping.*

1.

2.

3.

4.

- *Describe conditions which foster internal and external parasites, procedure for parasite control in pasture and stall, ways to control flies, and bot eggs.*

List conditions which foster internal and external parasites:

Procedures for parasite control – Stall:

Procedures for parasite control – Pasture:

List ways to control flies, bot eggs:

- *Discuss general barn safety procedures for your barn or where your horse is stabled.*

What are the safety concerns in your barn :

1.

2.

3.

4.

5.

List the safety procedures you follow in your barn:

1.

2.

3.

4.

5.

6.

- Describe proper use of fire extinguisher and how to tell if it is fully charged.

How would you know if a fire extinguisher is fully charged:

Steps for properly using a fire extinguisher:

1.

2.

3.

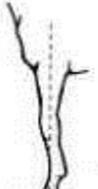
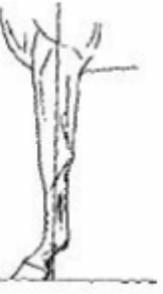
4.

5.

BREEDS, PONY PARTS, CONFORMATION & LAMENESS

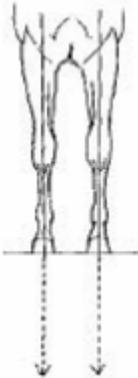
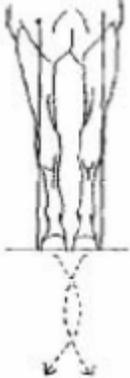
- Identify good and bad points of basic leg conformation.

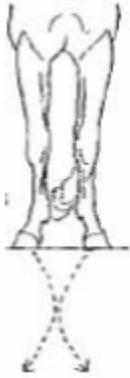
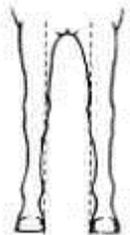
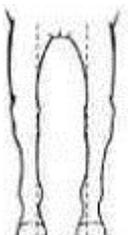
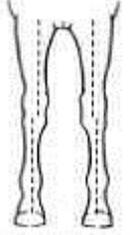
Foreleg – Side View:

	<p>Name of Fault: <i>Camped Out</i> Effects on the horse:</p>
	<p>Name of Fault: <i>Camped Under</i> Effects on the horse:</p>
	<p>Name of Fault: <i>Over at the knee</i> Effects on the horse:</p>
	<p>Name of Fault: <i>Calf Kneed (Back at the knee)</i> Effects on the horse:</p>
	<p>Name of Fault: <i>None</i> Effects on the horse: <i>This is the good one</i></p>
	<p>Name of Fault: <i>Long, Flat Pastern</i> Effects on the horse:</p>

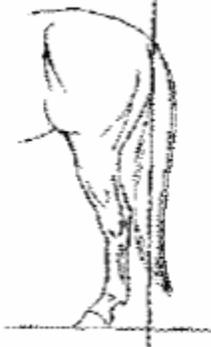
	<p>Name of Fault: <i>Short, Steep Pastern</i> Effects on the horse:</p>
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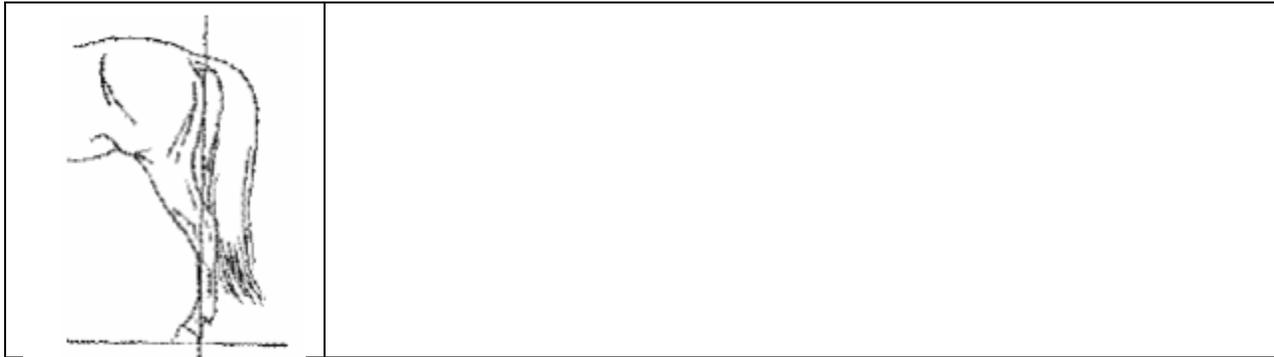
Forelegs – Front View

	<p>Name of Fault: <i>None (Straight leg)</i> Effects on the horse: this is the good one</p>
	<p>Name of Fault: <i>Base Narrow</i> Effects on the horse:</p>
	<p>Name of Fault: <i>Toes In (Another name : _____)</i> Effects on the horse:</p>

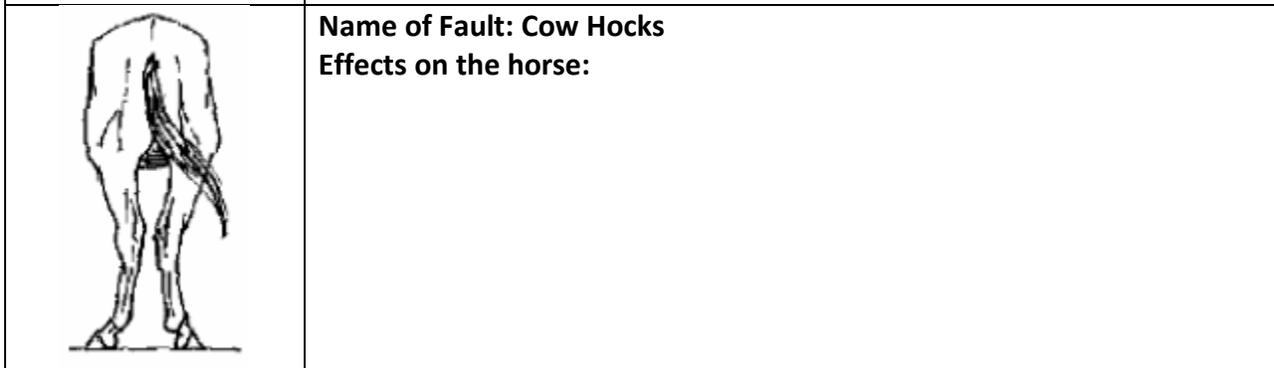
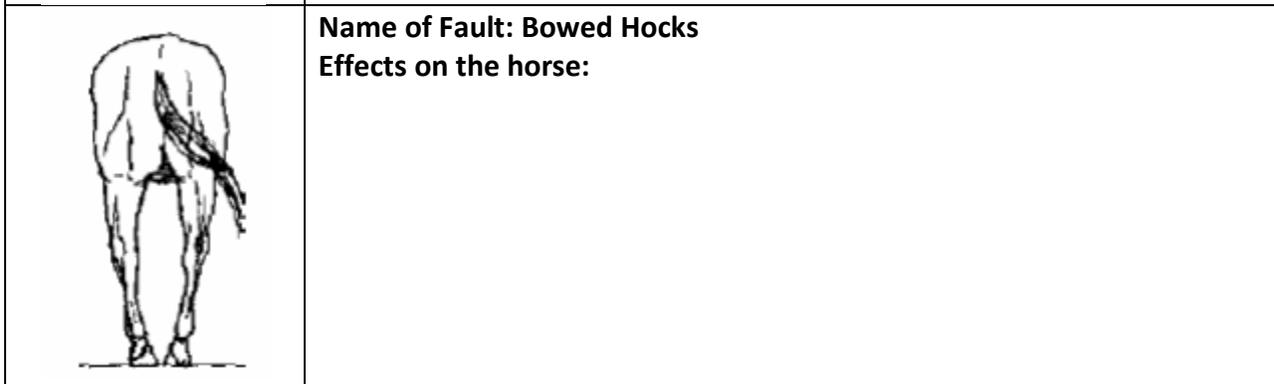
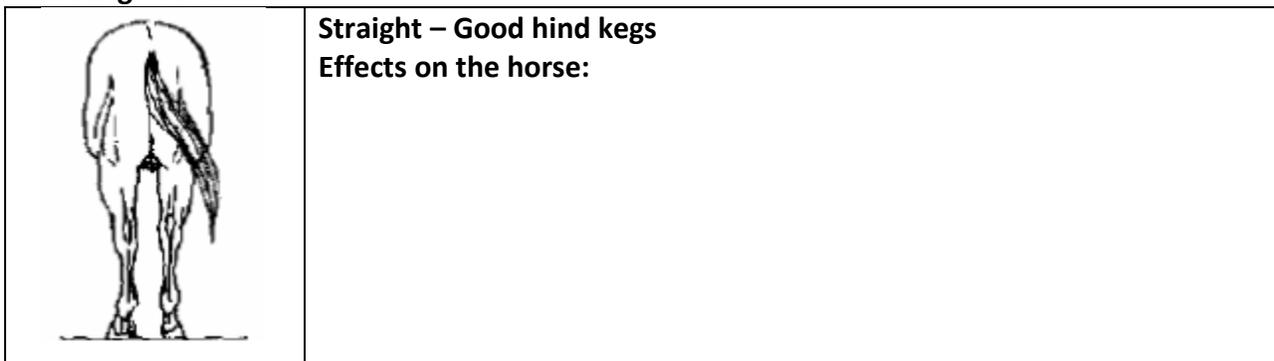
	<p>Name of Fault: Toes Out (Another name : _____) Effects on the horse:</p>
	<p>Name of Fault: Knock Knee Effects on the horse:</p>
	<p>Name of Fault: Base Wide Effects on the horse:</p>
	<p>Name of Fault: Bowed Knee Effects on the horse:</p>
	<p>Name of Fault: Bench Knee (Another name : _____) Effects on the horse:</p>

Hind Leg – Side view

	<p>Straight – Good hind legs Effects on the horse:</p>
	<p>Name of Fault: Post Leg (Another name : _____) Effects on the horse:</p>
	<p>Name of Fault: Sickle Hock (Another name : _____) Effects on the horse:</p>
	<p>Name of Fault: Camped Out Behind Effects on the horse:</p>

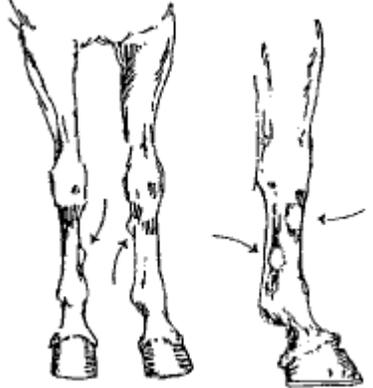
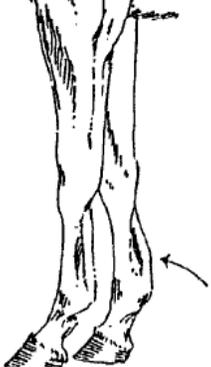


Hind Leg – Rear view

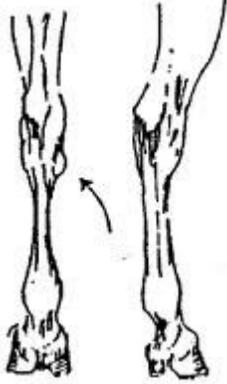
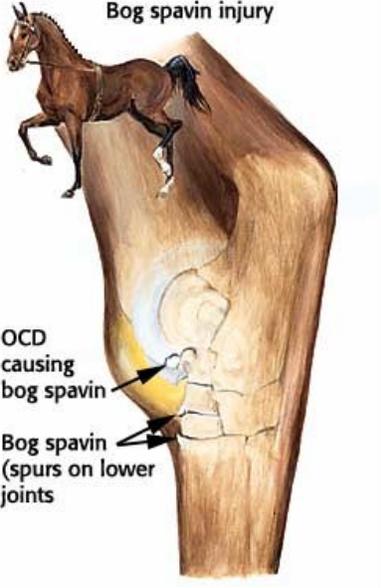
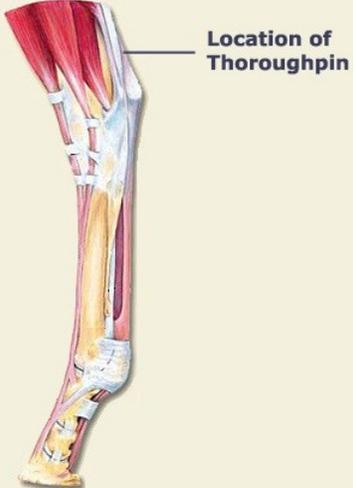


	<p>Name of Fault: Wide Behind Effects on the horse:</p>
	<p>Name of Fault: Narrow Behind Effects on the horse:</p>

- Describe five common unsoundnesses as to location and outward appearance.

	<p>Name of Unsoundness: Splint Location: Effects on the horse:</p>
	<p>Name of Unsoundness: Bowed Tendon Location: Effects on the horse:</p>

	<p>Name of Unsoundness: Navicular Disease Location: Effects on the horse:</p>
	<p>Name of Unsoundness: Ring Bone Location: Effects on the horse:</p>
	<p>Name of Unsoundness: Side Bone (red arrows, Ring bone is shown by yellow arrow) Location: Effects on the horse:</p>
	<p>Name of Unsoundness: Curb Location: Effects on the horse:</p>

	<p>Name of Unsoundness: Bone Spavin Location: Effects on the horse:</p>
<p>Bog spavin injury</p> 	<p>Name of Unsoundness: Bog Spavin Location: Effects on the horse:</p>
	<p>Name of Unsoundness: Thoroughpin Location: Effects on the horse:</p>

- Name three to four types of teeth found in a horse's mouth.

1.

2.

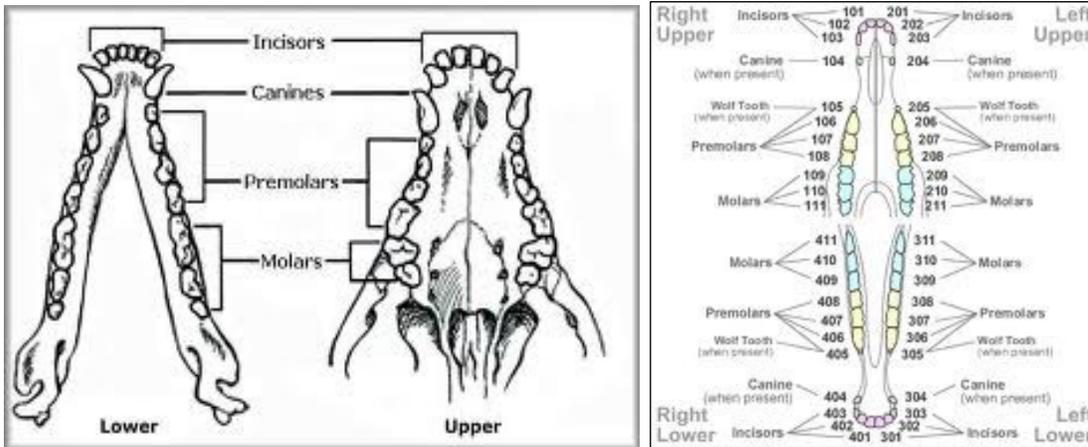
3.

4.

5.

6.

7.



- Name five coat colors or patterns which include white on the body.



SKEWBALD



PIEBALD



TOBIANO



OVERO



LEOPARD



FEW SPOTTED LEOPARD



FROST



SNOWFLAKE

- Name one breed that excels in each of these disciplines: racing, dressage, games, vaulting, eventing, foxhunting, hunter/jumper, endurance, driving and western.
 - Racing -
 - Dressage -

- *Games -*
- *Vaulting-*
- *Eventing-*
- *Foxhunting -*
- *Hunter/jumper -*
- *Endurance -*
- *Driving -*
- *Western –*

TRAVEL SAFETY

- *Discuss basic equipment needed for mount's safety and comfort during trailer travel.*

Equipment for care and safety of pony during travel:

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

Equipment needed for equine first aid kit

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.

- *Demonstrate trailer safety check from trailer safety checklist on USPC website.*
Refer to Trailer Safety
http://www.ponyclub.org/resource/resmgr/general_administration/trailer_safety.pdf

- *Discuss safety precautions for riding on a trail including additional precautions during hunting season.*
Some good tips in these pages :
<http://www.equiery.com/archives/TrailTips06.pdf>
<http://www.westbrookhorsefarm.com/news/trail-riding-during-hunting-season/>
<http://www.horsebuddies.com/2011/rides-during-hunting-season/>
Safety of pastured horses : <http://www.drsfostersmith.com/pic/article.cfm?aid=2009>

Safety Precautions you will take if you go trail riding during hunting season:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.

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.

Refer to http://www.ponyclub.org/resource/resmgr/instruction/health_record_book.pdf

HEALTH CARE & VETERINARY KNOWLEDGE

- Describe how to treat minor wounds.

Steps to treat minor wounds:

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

- Discuss: Regular worming control for own mount; how and why to deworm new mounts in barn and use of fecal test.

Worming schedule for your mount:

MONTH	WORMER USED	REASON / PARASITES CONTROLLED

Why would you deworm new mounts in the barn:

How would you deworm new mounts in the barn:

Why would you do a fecal test:

How would you do a fecal test:

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

	How Often	Last Done	Next Due
Teeth Floating			
Shoeing			
Wormer (Name & Reason)			
Wormer (Name & Reason)			
Wormer (Name & Reason)			
Vaccine (Name & Reason)			
Vaccine (Name & Reason)			
Vaccine (Name & Reason)			

- *Know the reason for having a Coggins test done.*

INTRODUCTION TO HORSE SPORTS

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

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.

TEACHING

- *Demonstrate a safety and tack inspection for a D Pony Club member under direct supervision of Examiner.*

Refer to: http://www.ponyclub.org/resource/resmgr/general_administration/safetypacket.pdf

Describe the steps you would take in performing a safety check for a rider:

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

How would you determine a proper helmet fit:

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

Describe the steps you would take in checking the mount and tack for safety and fit:

Mount:

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

Bridle:

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

Saddle:

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

Other Equipment:

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

- *Explain to the D member the reason for the check, the process, and any safety issues found.*

Why do you need to perform a safety check:

What would you do if you find a safety issue:

LAND CONSERVATION

- *Name three different uses of land on which you, or others, ride. Examples: Farmland, fair grounds, crops, etc.*
 - 1.
 - 2.
 - 3.
- *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.*
 - 1.
 - 2.
 - 3.

LEADING & LONGEING

- *Discuss reasons for longeing.*
List reasons for longeing:
 - 1.
 - 2.
 - 3.
 - 4.
 - 5.
- *Discuss equipment necessary and safety procedures.*
Equipment:
 - 1.

2.

3.

4.

5.

Safety Procedures:

1.

2.

3.

4.

5.

- *Demonstrate jogging mount, moving mount actively forward from the whip, with smooth transitions.*

FOOT & SHOEING

- *Discuss the five steps in shoeing.*

1.

2.

3.

4.

5.

6.

- Recognize farrier tools and know their uses.

	Name: Uses:
	Name: Uses:
	Name: Uses:
 <p>3D Model from www.ted-kyte.com</p>	Name: Uses:

	<p>Name:</p> <p>Uses:</p>
	<p>Name:</p> <p>Uses:</p>
	<p>Name:</p> <p>Uses:</p>
	<p>Name:</p> <p>Uses:</p>

	<p>Name: Uses:</p>
	<p>Name: Uses:</p>

- *Discuss causes of thrush and prevention.*

Causes of Thrush:

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

How do you prevent thrush:

BANDAGING

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

Materials needed (be sure to bring materials to the rating!):

- 1.
- 2.
- 3.

Steps in applying stable bandage:

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

Be sure to Practice !

RIDING 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.

Riding on the Flat

- Ride on the flat consistently demonstrating riding expectations.
- 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.
- 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.

Riding Over Fences

- Ride over fences using Riding Expectations.
- 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".
- 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.
- 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.

- 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".
- Discuss performance with Examiner giving reasons for any disobediences.