

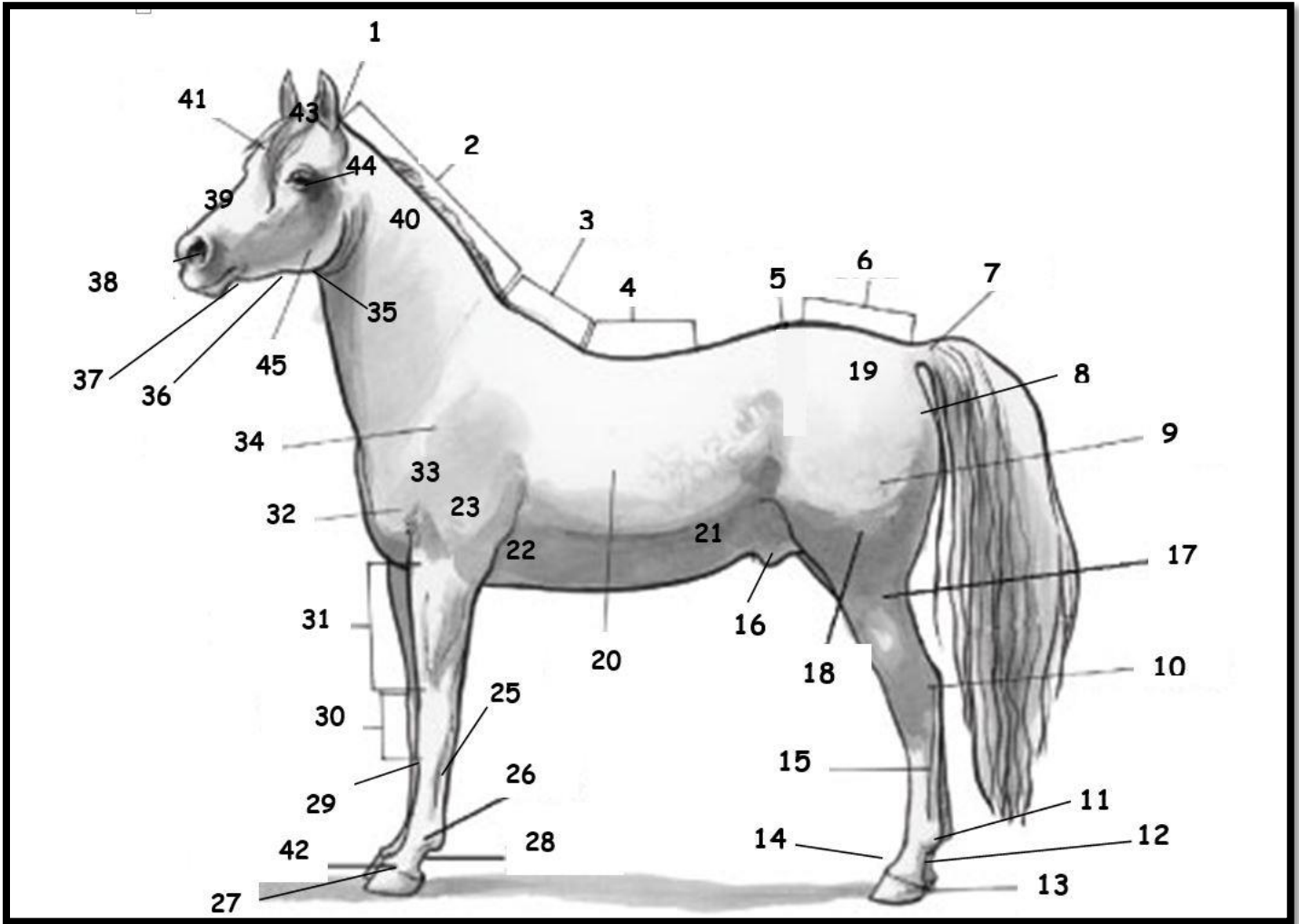
# Canterbury Pony Club

## D-1 Bookwork



- Pony Parts, Colors, Markings, and Breeds
- Leading
- Stable Management
- Veterinary Knowledge
- Conditioning
- Nutrition
- Foot and Shoeing
- Travel Safety
- Turn-out and Preparation for Certifying
- Riding Expectations
- Safety
- [D Standards of Proficiency and D-1 Test Sheet](#)

**Pony Parts:** Read USPC D Level Manual of Horsemanship, pg. 246

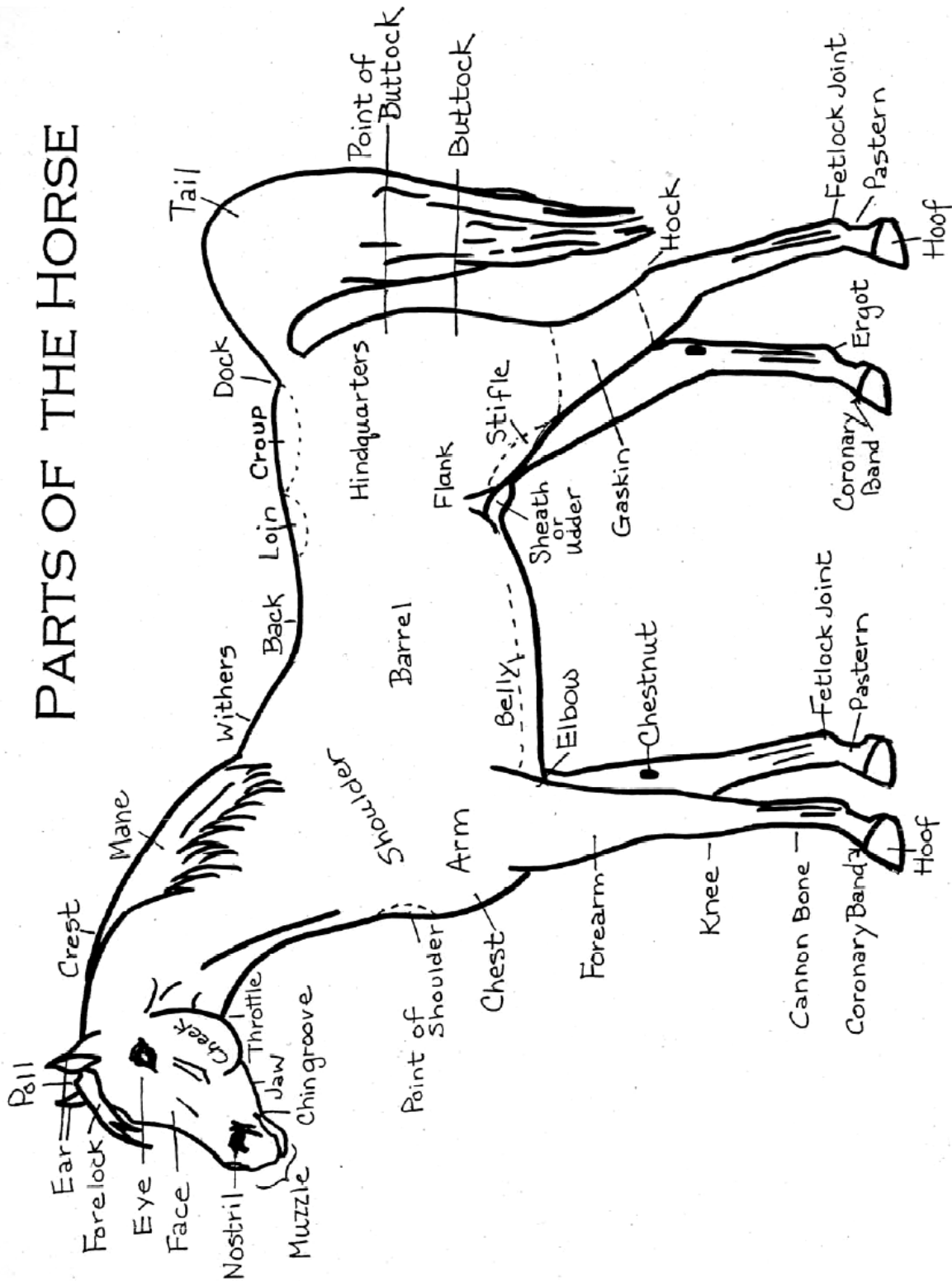


- |                       |                  |                       |              |
|-----------------------|------------------|-----------------------|--------------|
| ___ arm               | ___ croup        | ___ hock              | ___ poll     |
| ___ back              | ___ dock         | ___ hoof (2)          | ___ sheath   |
| ___ barrel            | ___ elbow        | ___ jaw               | ___ shoulder |
| ___ belly             | ___ eye          | ___ joint (2)         | ___ stifle   |
| ___ buttock           | ___ face         | ___ knee              | ___ tail     |
| ___ cannon bone (2)   | ___ fetlock      | ___ loin              | ___ tendons  |
| ___ cheek             | ___ flank        | ___ mane              | ___ throttle |
| ___ chest             | ___ forearm      | ___ nostril           | ___ withers  |
| ___ chin groove       | ___ forelock     | ___ pastern joint (2) |              |
| ___ coronary band (2) | ___ gaskin       | ___ point of buttock  |              |
| ___ crest             | ___ hindquarters | ___ point of shoulder |              |

Parts of a Pony

Read USPC Manual of Horsemanship "D" Level, page 246.

**PARTS OF THE HORSE**



**Pony Markings:** Read *USPC D Level Manual of Horsemanship*, pgs 247-248.

Face markings are \_\_\_\_\_ areas on a pony's face and head.

Label each face marking in the box. Choose from the list below.

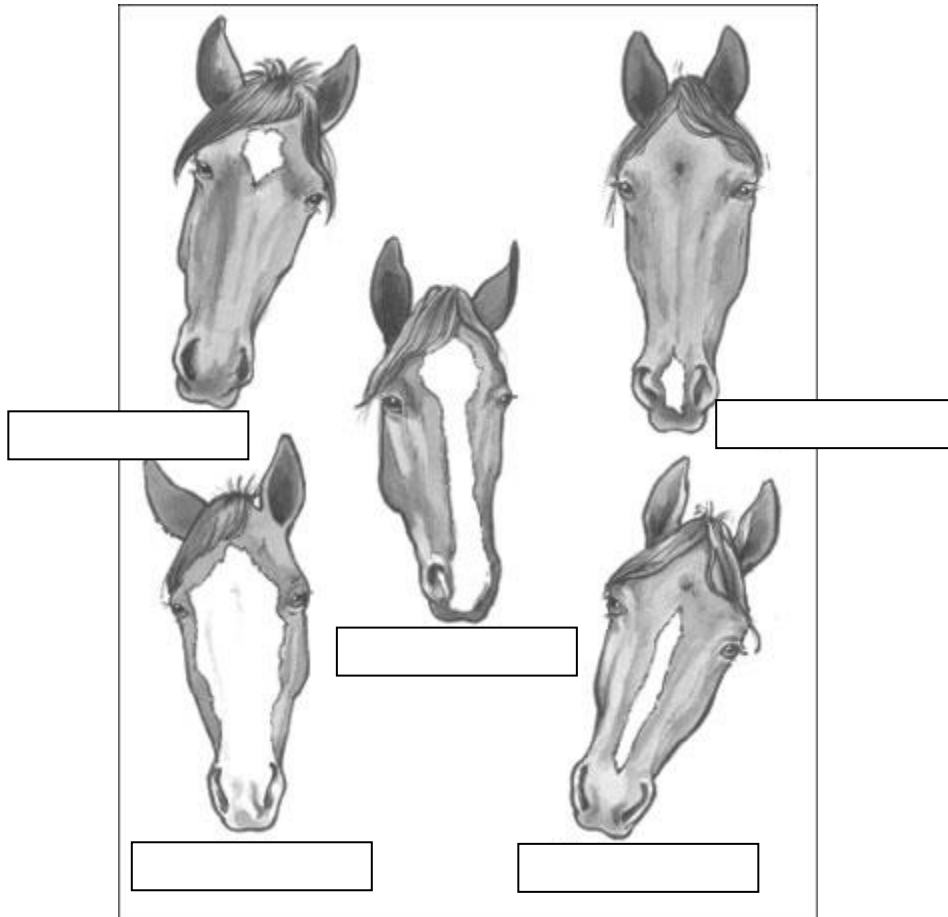
Bald face

Star

Blaze

Strip

Snip



## Pony Markings

Read *USPC Manual of Horsemanship "D" Level*, page 247-248.

Leg markings are usually described by saying \_\_\_\_\_ far \_\_\_\_\_  
the leg the white reaches. What markings does your pony have? \_\_\_\_\_

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Label each leg marking. Choose from the list below.

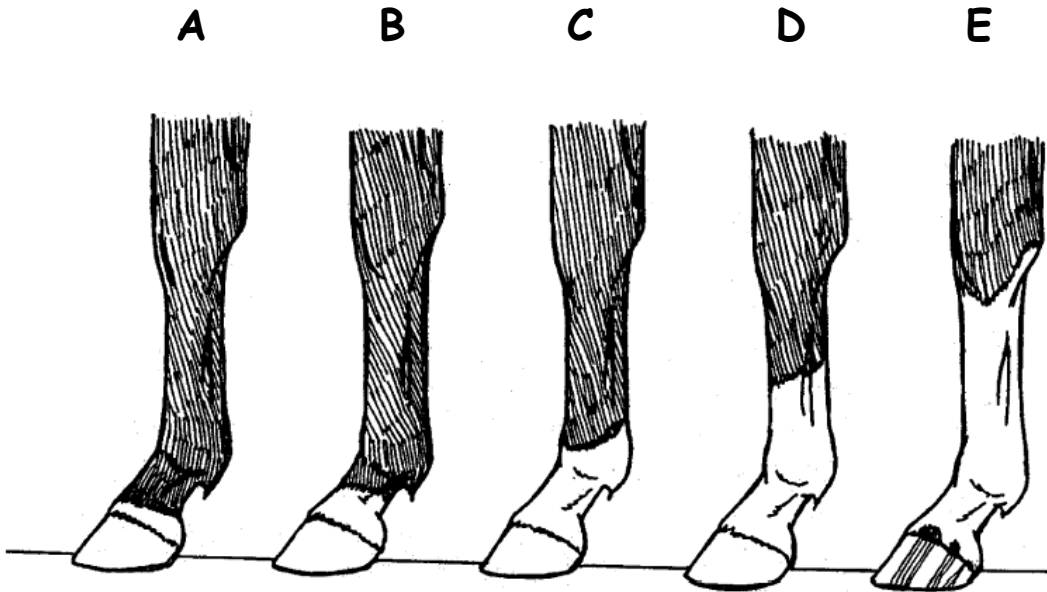
\_\_\_ Coronet

\_\_\_ Half-Cannon

\_\_\_ Half-Pastern

\_\_\_ Sock (white to top)

\_\_\_ Stocking (with ermine spots)



## Pony Colors

Read *USPC Manual of Horsemanship "D" Level*, page 246-247.

What color is your pony? \_\_\_\_\_

**Appaloosa:** white coat with spots or speckles. May be dark with light spots or light with dark spots. May have a roan coat with white hindquarters and roan spots called a "blanket" or an all-white coat with any color spots called and "leopard spotted."

**Bay:** brown horse with black points, mane, and tail, may have white markings on face or legs

**Black:** black horse with black points, no brown highlights, may have white markings on face and legs

**Brown:** dark brown or nearly black with brown highlights may have white markings on face and legs

**Chestnut:** reddish brown with the same color legs, mane and tail. May be liver chestnut, red chestnut or light chestnut, mane and tail may be blond

**Dun/buckskin:** tan or golden with black mane, tail and points with a dorsal stripe

**Grey:** grey, or white with dark skin eyes and muzzle, may be iron grey, dappled, flea-bitten grey, or white grey

**Grullo (grew-yo):** rare smoky gray coloring but unlike gray the hairs are actually grey not grey mixed with white

**Palomino:** golden coat with light blonde mane and tail. May have white markings on leg or face

**Pinto:** large colored patches of any color and white. A black and white pinto is a piebald, and a brown and white pinto is a skewbald. A pony with 3 colors is called a tri-colored or odd-colored.

**Roan:** black, bay, brown, or chestnut hairs mixed with white throughout the coat. The three main types are *blue roan* - black and white hairs. *Red roan* - chestnut or bay hairs mixed with white. Also *strawberry roan* - light chestnut hairs mixed with white.

**White:** true white ponies are born with pink skin. Most white horses are actually an older grey.

## Breeds

Read *USPC Manual of Horsemanship "D" Level*, page 252-255.

Knowing breeds is not a requirement for the D-1 certification, but it's a good idea to start learning them for further certificates.

What breed is your pony or horse? \_\_\_\_\_

### Light horse breeds

Appaloosa  
Arabian  
Morgan  
Paint  
Quarter horse  
Saddlebred  
Thoroughbred  
Warmblood

### Pony breeds

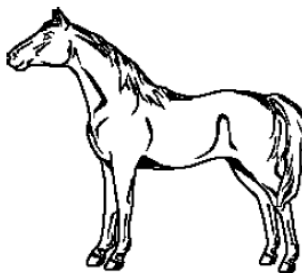
Connemara  
Pony of America (P.O.A.)  
Shetland  
Welsh  
Welsh Mountain

### Draft horse breeds

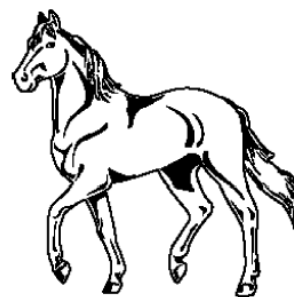
Belgian  
Clydesdale  
Percheron  
Shire  
Suffolk Punch



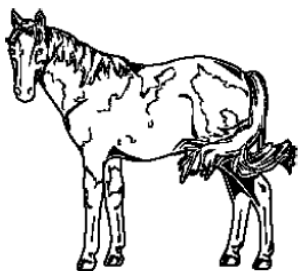
ARABIAN



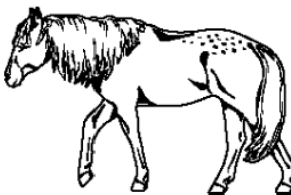
CONNEMARA



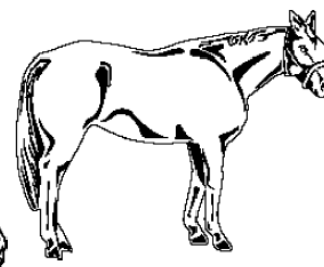
MORGAN



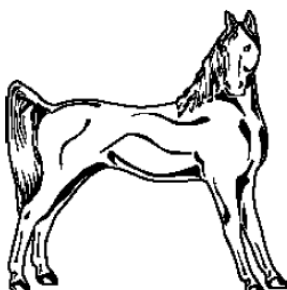
PAINT



P.O.A.



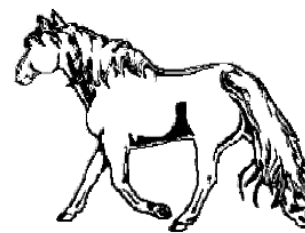
QUARTER HORSE



SADDLEBRED



SHETLAND PONY



WELSH PONY

## Leading

Read *USPC Manual of Horsemanship "D" Level*, page 150-154.

### **Safety rules:**

- A horse has two main blind spots, directly in front and directly behind. Never approach a pony from his blind spots, as it could startle him.
- Always move slowly and speak quietly around horses. Never run, shout or make loud noises.
- When you go up to a horse, speak kindly, and let him smell your hand and pat his neck and shoulder instead of his face or nose.
- If a horse is tied to a fence or in his stall and you have to approach him from behind, speak to him until he looks at you and gently put your hand on his hip and use a voice command to ask him to move over.
- Watch out for your horse's feet and stay away from his rear end.



*Your instructor(s) will help you learn how to correctly handle a pony. Practice!*



## Leading

Read *USPC Manual of Horsemanship "D" Level*, page 150-154.

1. Where are a horse's two blind spots?

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2. What two things should you remember when approaching a horse?

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3. What are four things you should not do when approaching a horse?

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4. Rules of tying:

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5. You should use a panic snap or safety string when leading.  
true      false

## Leading and Tying

Read *USPC Manual of Horsemanship "D" Level*, page 155-159.

1. When leading a pony you should remember:

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2. What might your pony do if he is startled or scared and can't get away?

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3. When you're around horses you should always \_\_\_\_\_

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4. It is okay to run and make loud noises around ponies.

true          false

5. Always use a lead rope when holding or leading an unbridled pony.

true          false

6. When turning a pony you should turn him toward you.

true          false

7. Why should you never tie your pony with a bridle?

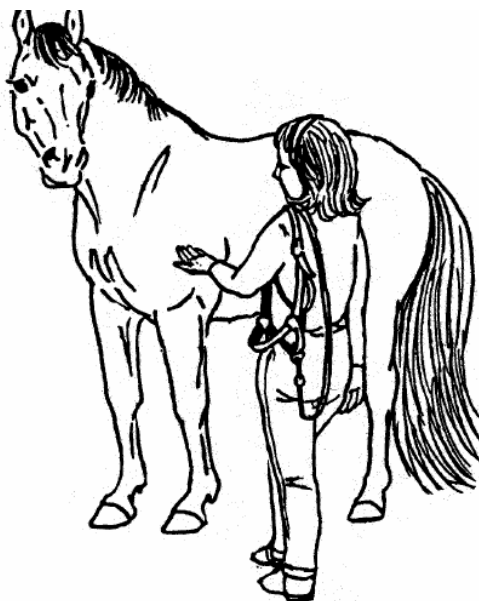
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Worksheet #3 **Stable Management: Tacking Up**

Read *USPC Manual of Horsemanship "D" Level*, pages 162-168.

1. Nylon makes a good lead rope.      true              false
2. Chain and lead shanks are only for leading and not tying.  
true              false
3. Carry your tack properly. The stirrups should be \_\_\_\_\_-\_\_\_\_. The girth should be \_\_\_\_\_ and \_\_\_\_\_. The saddle pad should be \_\_\_\_\_. The bridle and reins are \_\_\_\_\_. Your helmet should be \_\_\_\_\_.
4. None of your tack should ever drag on the ground. If you have to set your saddle down, set it on its \_\_\_\_\_ with the \_\_\_\_\_ leaning against a wall.
5. Getting ready to ride means having a clean pony. This is called \_\_\_\_\_. Grooming includes \_\_\_\_\_ his feet.
6. The first piece of tack to put on the pony is the \_\_\_\_\_.
7. The first piece of tack to come off when untacking is the \_\_\_\_\_.
8. When turning out, turn the pony to face the gate.      true              false



## Stable Management: Grooming & Turnout

Groom pony with brush and curry comb, pick out feet with assistance. Tack up and untack pony with assistance. Name any ten parts of the saddle and bridle. Know two reasons for cleaning tack.

**Grooming your pony:** See the pages in this packet about grooming tools and how to use them. See also "Grooming Your Pony" on pages 182-187 of the *USPC Manual of Horsemanship "D" Level*.

**Tacking up and untacking your pony:** See "Getting Ready to Ride" on pages 162-173 of the *USPC Manual of Horsemanship "D" Level*.

**Name any ten parts of the saddle and bridle:** See the pages in this packet for information.

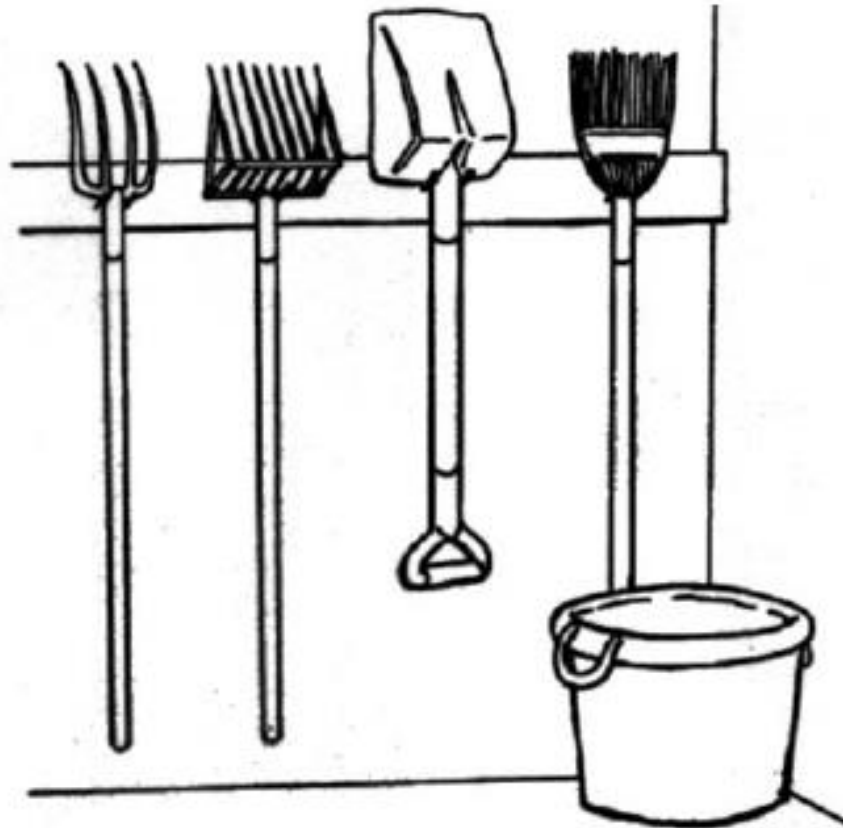
**Know two reasons for cleaning tack:** Good tack is expensive, but it can last for many years if you take good care of it. However, even the best tack can be ruined quickly if it is not properly cared for.

- Each time you use yours tack, it gets sweaty, dirty, and dusty. This makes the leather harsh and dry, and rough on the pony's skin and on your hands. It also makes the leather dry and crack faster if it is not cleaned. It is unkind to ask a pony to take a rough, rusty, or dirty bit into his mouth.
- Leather is animal skin that has been treated, or tanned, to seal the smooth side of the skin and leaves the underside able to absorb water, fat, or oil. Leather loses its natural fat when it gets wet and dries out, is exposed to heat, sweat, salt, and dirt, or when it is not cleaned or conditioned regularly.
- When you clean your tack, check it over thoroughly to make sure no repairs are needed. If there is loose stitching or any other problem, have it immediately repaired. If found and repaired early, these problems are not serious and are easily fixed.
- **Your bookwork instructor will show you how to do the things required for this standard.**
- ***Do not expect your mother to keep your pony clean or your father to give him exercise.***

Worksheet #4     **Stable Management: Barn Tools**

Read *USPC Manual of Horsemanship "D" Level*, pages 189-192.

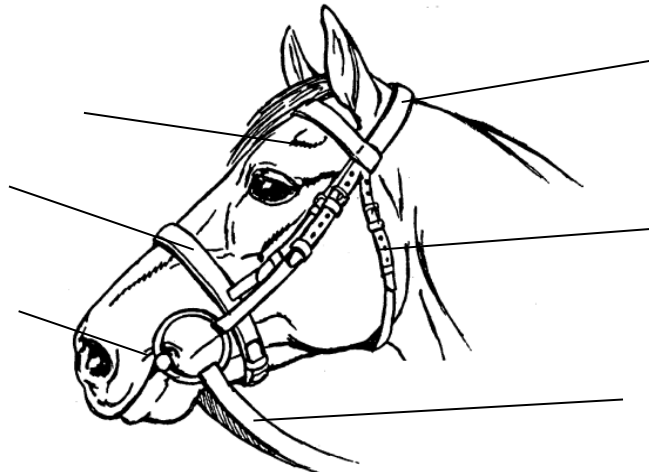
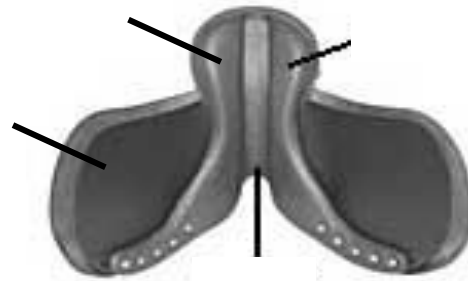
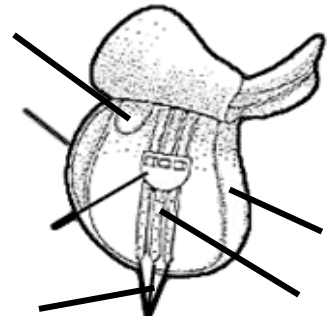
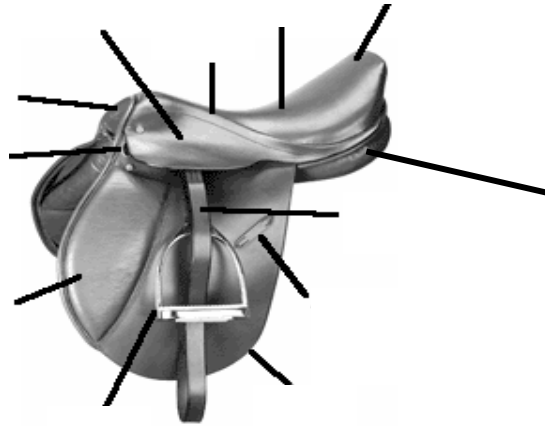
Label each of these barn/stable tools.



Worksheet #5 Stable Management: Parts of Tack

Label each saddle or bridle part. Choose from the list.

- billets
- bit
- brow band
- buckle
- guard
- calf block
- cantle
- cavesson
- nose band
- cheek piece
- crown piece
- D ring
- front panel
- girth
- girth loop
- gullet
- keeper (surcingle loop)
- knee roll
- point pocket
- pommel
- rear panels
- reins
- saddle flap
- saddle pad
- saddle pad tab
- seat (dip)
- skirt
- stirrup bar
- stirrup iron
- stirrup leather
- sweat flap
- throat lash (latch)



## Stable Management: Tack Cleaning

*USPC Manual of Horsemanship "D" Level, pages 268-273.*

Why should you clean your Tack?

1. \_\_\_\_\_
2. \_\_\_\_\_

### **You will need:**

Small sponges (2 or 3 kitchen sponges cut in half or tack sponges)

Clean rags

Small bucket with warm water

Leather cleaner (castile soap, Murphy's Oil, mild dish soap)

Leather protector (glycerin saddle soap bar)

Saddle rack and tack-cleaning hook to hold tack

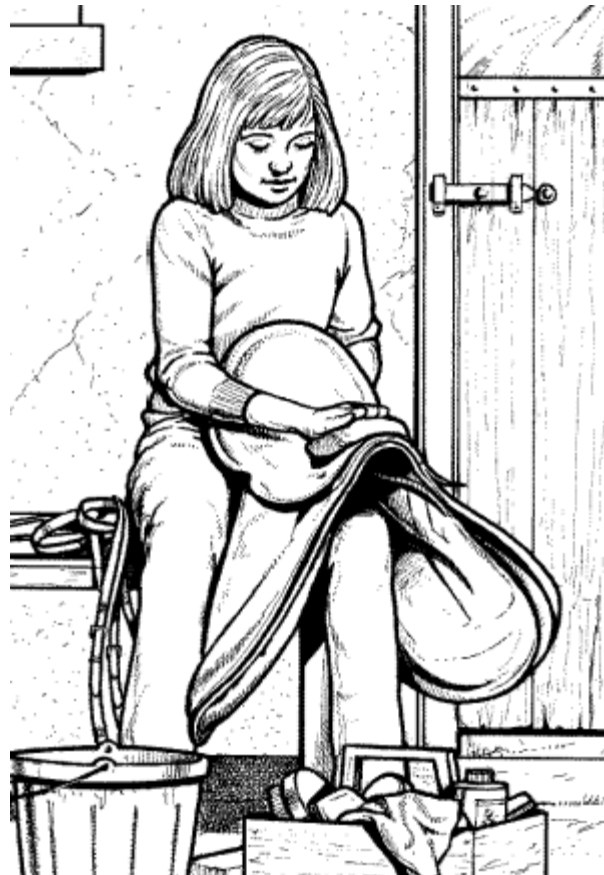
Metal polish (e.g., Never Dull)

Baking soda and/or whitening toothpaste

Toothpicks

Plastic mesh dish scrubber

Toothbrush(es) (soft)



### **To Clean Tack**

1. Prepare: Strip saddle by removing girth, stirrup leathers and irons. Remove stirrup pads from irons and take apart bridle. Place bit and stirrup irons in bucket of water. Make notes on which holes the equipment was set on.
2. Dip sponge in warm water and wring out until nearly dry. Rub sponge over leather to remove dirt and sweat. If tack is very dirty, add a very small amount of cleaner (castile soap) to water and if cleaner is used, be sure to wipe off with clean, damp sponge (be sure to use a damp, not wet, sponge) or towel. If the tack has "dirt jockeys" (dark greasy dots or patches of dirt), you may use a toothbrush or plastic mesh dish scrubber to remove them. Use toothbrush and scrub extra hard at wear points (where buckles sit and where stirrups sit on the stirrup leathers. All hair must be removed.

Use metal polish to clean ALL metal parts (e.g., stirrup bars, D rings, buckles, stirrups) but only the rings on the bit! NO METAL POLISH GOES IN THE HORSES MOUTH! .. Use a dry soft cloth to gently rub off any excess polish residue. Toothpicks may be used to remove green 'goop' that is sometimes around metal. Clean stirrup pads with brush and sink cleanser (e.g., Ajax). Clean elastic on girths with baking soda or toothpaste (not gel) and toothbrush to whiten (it rinses out easily). Use as little water as possible. Use castile soap if really dirty.

3. Conditioning: Leather should be soft and supple. If oil is needed, apply small amounts to the underside with a small, one-inch paint brush. Work the oil into the leather by bending it back and forth with your hands.
4. Protecting: Glycerin soap will seal the pores of the leather to protect and nourish it - do this after oiling. Dip the bar into water and work the glycerin into a dry sponge. Apply glycerin in a circular motion to all parts of the leather. If the sponge gets too dry, sprinkle water on it to dampen it. After glycerin is applied to leather, fingerprints may be seen. Use a toothpick to remove excess soap from holes.
5. Reassemble tack. Make sure bit is not put on backwards and everything is correct. It is a lot harder to fix once you have or have tried to put it on your horse.

Note: Tack should be wiped with glycerin after every ride. Do NOT oil after every ride. Over-oiling can weaken your tack and make it stretch faster. Oil only as needed. Stirrup irons and bits can be washed in the dishwasher.

### **Commonly Used Products**

#### **Cleaners**

Lexol Cleaner  
Hydrophone Saddler's  
Leather Care  
Kirk's Castile Soap  
Murphy's Oil Soap  
Horseman's One-Step

#### **Protectors**

Domestic Bar Glycerin  
Belvoir Glycerin  
Farnum's Liquid Glycerin  
Hydrolan  
Fiebing's Saddle Soap

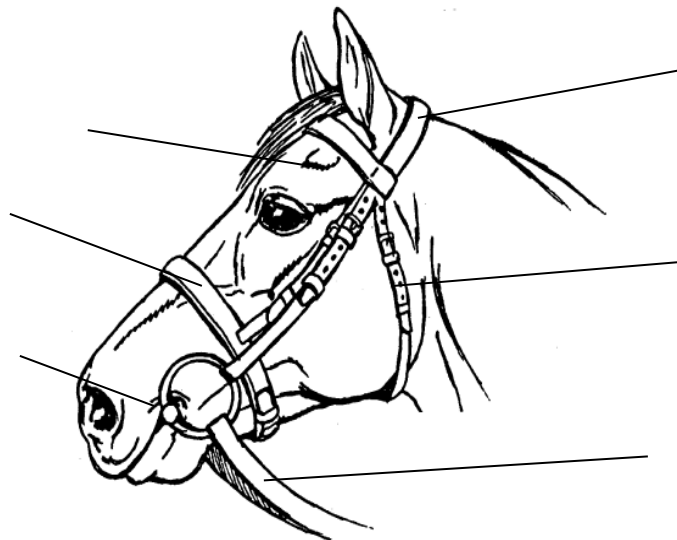
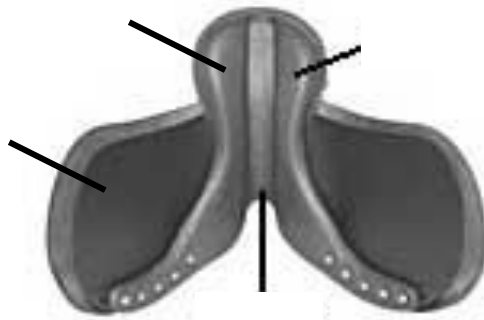
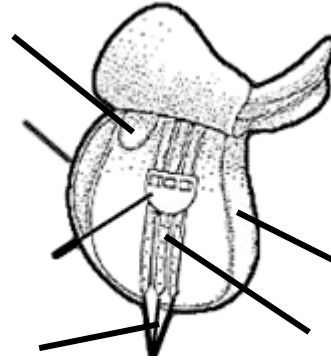
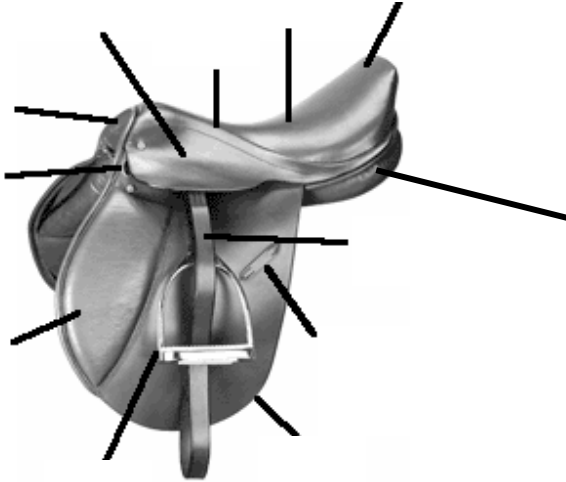
#### **Oils and Conditioners**

Fredelka  
Pure Neatsfoot Oil  
Vegetable oil  
Bienenwach's Leather Balsam  
Lexol Conditioner  
Lexol Neatsfoot Oil  
Tanner's Dressing  
Olive oil  
Horseman's One-Step

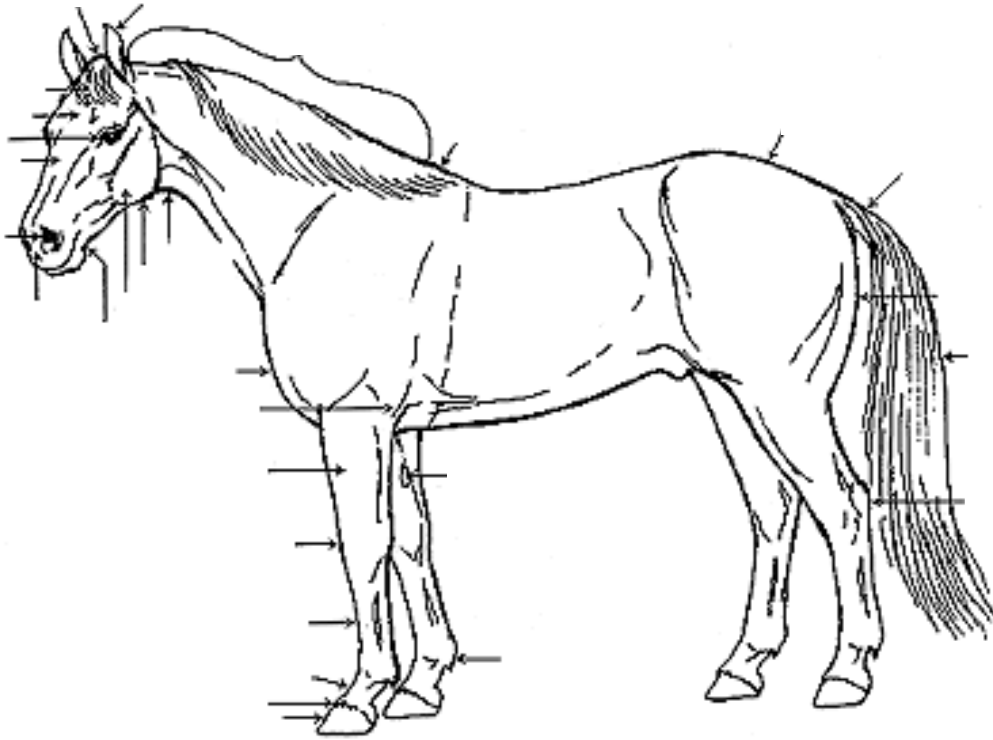


**Practice: Label ten parts of a saddle and bridle**

Read *USPC Manual of Horsemanship "D" Level*, page 260-263, 264.



**Practice: Label any ten parts of the pony**



## Stable Management: Grooming Tools

Your grooming tools should be kept in a grooming kit. Basic tools include:

**Currycomb (rubber or plastic):** for loosening caked mud and dirt, and rubbing the pony's skin. It should be flexible, not too hard and sharp. Metal currycombs should be only used for cleaning the body brush. They are too sharp to use on a pony's skin.



**Dandy brush or stiff brush:** for removing heavy dirt and dried mud. Good for long coats and pastured ponies.

**Body brush or soft brush:** has short set close together, to remove dirt, dust, and scurf sweat and dandruff) from the coat and skin. Best get a pony really clean!



bristles (dried tool to



**Hoof pick:** curved, metal pick for picking mud and dirt out of pony's feet.



**Hoof brush:** small, stiff brush for cleaning the feet.



the

Some hoof picks have a hoof brush on one end.



**Sponge:** one smaller sponge for cleaning eyes, nose, and lips and another for cleaning the dock. Use different colors or shapes for face and dock sponges so they won't get mixed up. A larger sponge is used for washing the pony.

**Mane comb or brush:** for untangling the mane and tail (after picking out tangles with your fingers).



**Stable rubber or towel (rub rag):** for removing stains or a final polish after grooming. Also good for rubbing out sweat marks.

**Water brush:** for wetting down the mane and tail, and scrubbing away stains.



### Rally Grooming Kit(s)

One per horse, labeled with rider's name

Brush, body/soft

Hoof pick

Rub rag

Brush, dandy/hard

Mane comb (optional)

Sponges (2)

Curry comb (rubber or plastic)

Name These Grooming Tools



## Conditioning

Read *USPC Manual of Horsemanship "D" Level*, pages 53, 177-182.

Know one reason for cooling out your mount after exercise.

There are many reasons why a pony must be cooled out after exercise; not cooling him out may lead to serious illness and even death!

- He may get chills, muscle cramps, or colic.
- Every ride should end by walking your pony for ten to fifteen minutes to gradually let his body come back to normal. This helps prevent sore muscles and other injuries. You can ride at a relaxed walk, or dismount and lead him around.
- If you are not sure whether your pony is completely cool or not, have him checked by a knowledgeable person.
- Your pony should have fresh, clean water available all the time. He needs 8-10 gallons each day. It is especially important in cold weather and when he is away from home at a rally or other event. Offer him water frequently away from home.



Worksheet #7 **Grooming, Conditioning & Turnout**

Read USPC Manual of Horsemanship "D" Level, pages 182-187.

1. All horses and ponies need \_\_\_\_\_ for their health and happiness. Your pony should be ridden at least \_\_\_\_\_ times a week.

2. Why must a horse be properly cooled out after being ridden?

\_\_\_\_\_

3. One way to help cool out your pony is to walk him. true false

4. Ponies should be groomed every day, even if not ridden. true false

5. Why should you groom your pony?

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

d. \_\_\_\_\_

6. When grooming, first tie your pony safely. Next, \_\_\_\_\_. Then, use the following grooming tools (number them in the correct order):

- \_\_\_\_\_ stiff (dandy) brush
- \_\_\_\_\_ water brush
- \_\_\_\_\_ curry comb
- \_\_\_\_\_ towel (stable rubber) and sponges
- \_\_\_\_\_ soft (body) brush



Worksheet #8

Tack

Read *USPC Manual of Horsemanship "D" Level*, pages 268-273.

1. Four words to remember when taking care of your tack are:

\_\_\_\_\_

\_\_\_\_\_

2. Tack should be cleaned each \_\_\_\_\_ it is used, and washable items should be laundered each \_\_\_\_\_.

3. The order of cleaning should be \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

4. Saddle soap is used to seal the pores of the leather after it has been cleaned and conditioned.    true        false

5. Every time you clean your tack, check it for \_\_\_\_\_.

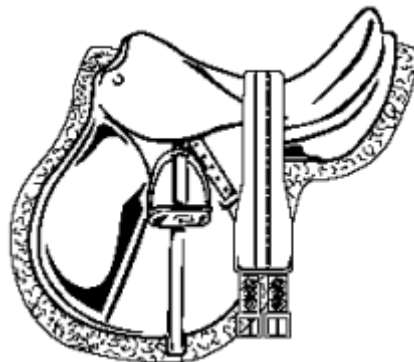
6. You can never over-condition or over-oil your leather tack.    true    false

7. Stirrup bars should always be in the \_\_\_\_\_ position.

8. A nylon halter should have a \_\_\_\_\_ crown piece.

9. Pony bridles should not have reins that are \_\_\_\_\_.

10. Stirrup irons should be \_\_\_\_\_ wider than the rider's boot.



## Veterinary Knowledge

Read *USPC Manual of Horsemanship "D" Level*, Chapter 9, pages 222-228.

Discuss what a veterinarian (vet) is. Give one reason why the veterinarian might treat your mount.

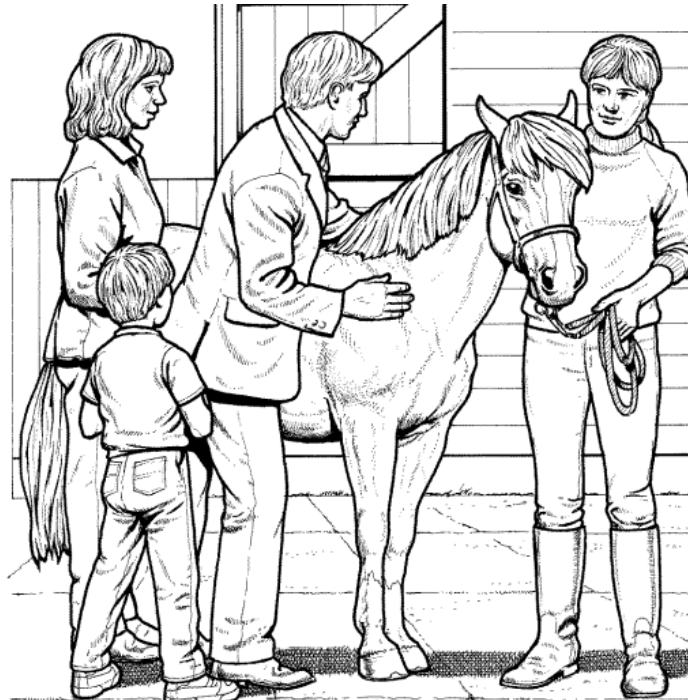
### **What is a veterinarian?**

A veterinarian is an animal doctor. Your pony should be treated by an "equine veterinarian" who is trained especially to work with horses and ponies.

### **Why might a veterinarian treat your pony?**

There are many circumstances that require a vet to examine your pony. Some common ones are:

- Regular check-ups. The vet will check your pony's general health and condition, float (file) his teeth if necessary, give vaccinations, and draw blood for a Coggins test if necessary.
- Your pony shows signs of being sick, uncomfortable, or distressed.
- Your pony has an injury that you are not able to treat yourself or with help. When your pony is lame, a vet should always be called. Serious cuts, punctures, and other wounds should also be checked by a vet.





## Veterinary Knowledge

Read *USPC Manual of Horsemanship "D" Level*, pages 222-228.

1. A healthy pony is \_\_\_\_\_ and \_\_\_\_\_.  
His coat is \_\_\_\_\_.
2. Why are visits from your veterinarian important?
  - a. \_\_\_\_\_
  - b. \_\_\_\_\_
3. When your vet came last to take care of your pony, what did they do for him? \_\_\_\_\_.

Read *USPC Manual of Horsemanship "D" Level*, pages, 25-28, 155-159.

4. At Pony Club events, every rider's tack must be checked for \_\_\_\_\_  
and proper \_\_\_\_\_ before riding.
5. Never tie a pony by the bridle or snap a cross tie into the bit ring.  
true                      false

## Nutrition

Read *USPC Manual of Horsemanship "D" Level*, Chapter 7, pages 199-208.

Know how to safely give water, grain, and tidbits to your mount.

### **Water**

Like all animals, a pony must have plenty of fresh, clean water to keep him healthy and help digest his food. A pony should have all the water he wants available to him at all times, except when he is hot and sweaty.

The water given to a pony must be clean. If it is dirty, he may not drink enough and this could lead to serious illness. His water bucket should be scrubbed every day. If your pony is turned out, he should have water available in a tank that is also kept clean. In cold weather, care should be taken not to let the water freeze.

In a stall, water should be hung in a bucket that is smooth with no sharp edges and hung in a corner. Automatic waterers are okay but one disadvantage is that you may not be able to tell if your pony is drinking or not.



### **Grain**

Grain should be given after your pony has been watered and hayed, and never when he is not cooled out after being ridden. Use a feed tub or bucket that is smooth, with no sharp edges. It may be placed on the ground but it's better to hang it in a corner of the stall at the height of your pony's shoulder. A knowledgeable person can help you decide how much and what kind of grain to feed your pony.

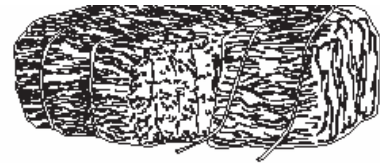
Feed should always be fresh; never mix it with old or stale feed. Feed buckets should be kept clean at all times. If your pony eats in the pasture, he should be fed from a tub or grain feeder. If he is fed with other ponies outside, it is

best to put them in separate stalls or tie them until every pony is finished. Otherwise, some ponies may not get their share. Never tease your pony when feeding him by making him wait longer than necessary but always insist that he have good manners.

## Hay

Since hay comes in bales tied with twine (string) or wire, care should be taken to properly dispose of the twine or wire since leaving them around could cause accidents.

Always feed good quality hay; check it for mold and dust. An experienced horseperson, instructor, or veterinarian can tell you how much hay to feed your pony.



Hay can be fed in a hay feeder or manger, hay net, or on the ground. A hay feeder should not be so high that dust could fall into the pony's eyes and nose as he eats. A low trough makes a good hay feeder for pens and pastures as it keeps hay off the ground and cuts down on wasted hay. If you use a hay net, it must be tied safely and hung high enough so that your pony cannot get his leg caught in it. Feeding hay on the ground is the easiest and most natural way for a pony to eat, but some hay will be wasted and the pony may pick up internal parasites (worms) because the hay gets manure in it. If you feed hay on the ground, put it in a corner or the stall or a dry place in the pen or pasture. Do not feed hay on sandy ground because you risk your pony getting sand colic.

When you feed hay to a pastured pony, it should be fed in a dry, open area away from anything your pony could get hurt with. If your pony is fed hay with others in a pasture, put the hay in piles a few pony lengths apart to make sure every pony gets his share.

## Tidbits

Give ponies that are nippy or pushy tidbits in their feed bins. Otherwise, to give a tidbit safely, put it in your hand and keep it flat as you hold it up to the pony's lips. Do not hold it with your fingers. The pony might get your fingers with the treat by mistake. If you offer the tidbit treat and then jerk away your hand, the pony may think you are teasing and try to grab it. Tidbits should be healthy for your pony; carrots and apples are good choices.

## Nutrition

Read *USPC Manual of Horsemanship "D" Level*, Chapter 7, pages 199-208.

### **Basic Rules of Feeding**

The basic rules of feeding should always be followed when deciding how to feed your pony. A D-1 is not required to know these rules by heart, but should begin to study and understand them in preparation to becoming a D-2.

- Feed small amounts often.
- Feed plenty of roughage.
- Feed according to the pony's size, condition, temperament, and work that he does.
- Feed on a regular daily schedule.
- Feed only clean, good quality hay and grain.
- Clean, fresh water must be available at all times.
- Salt must be available at all times.
- All changes in feed should be made gradually over 10-14 days.
- Learn how your pony normally eats and drinks
- Do not ride a pony when his stomach is full. A pony must be completely cooled out after work before being fed.

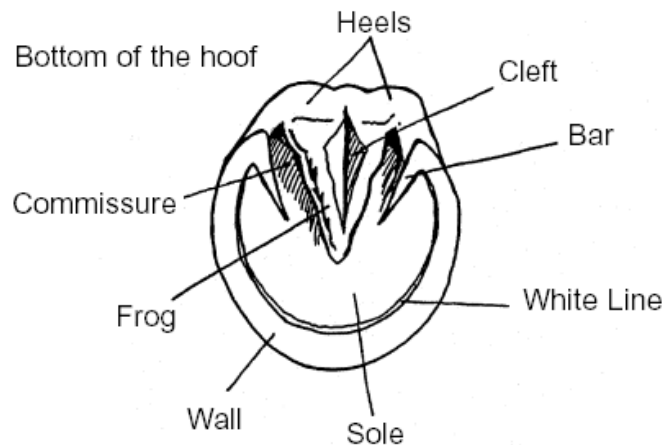
## Feet and Shoeing

Read *USPC Manual of Horsemanship "D" Level*, Chapter 8, pages 214-221.

Give one reason to pick out feet.

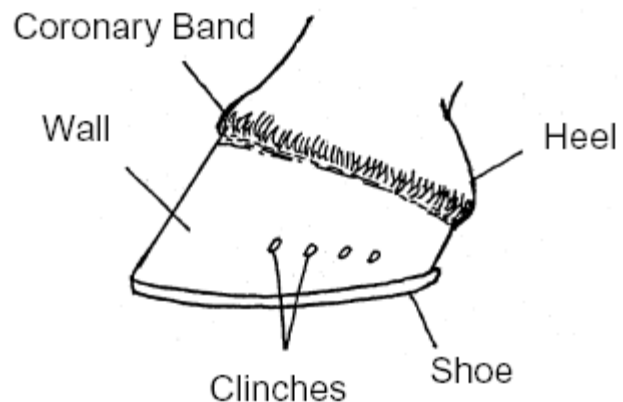
Picking out your pony's feet before you work him is one of the most important steps in grooming him. It should be the first thing you do when grooming and should be done every day, even when he is not being ridden. Here are reasons why:

- A pony may pick up a stone in his hoof or step on a nail, which can get stuck in his foot. If you don't pick out his feet and miss it, his foot could be hurt and he could go lame.



- Cleanliness: If a pony's feet are packed full of dirt and manure for too long, or if he stands in a wet, dirty stall or pen, he can get an infection called thrush. This is caused by a fungus and attacked the frog, the soft part of the hoof, and has a very bad odor.

- Picking out your pony's feet lets you check his shoes, if he wears them, and the condition of his feet. You should notice a loose shoe or bent nail, or if his hooves are too long and starting to crack. These mean that his feet need attention from a farrier.



Worksheet #10 **Stable Management, Nutrition & Hoof Care**

Read *USPC Manual of Horsemanship "D" Level*, pages 189-192.

1. A pony's stall or pen must be kept clean.            true            false
2. Why? \_\_\_\_\_.

Read *USPC Manual of Horsemanship "D" Level*, pages 199-208.

3. A pony should be fed on a \_\_\_\_\_.
4. Never feed grass clippings to a horse or pony.            true            false
5. When feeding your pony a tidbit, put it on your hand and keep your fingers \_\_\_\_\_.
6. A pony should have \_\_\_\_\_ available to him at all times so he can drink whenever he wants EXCEPT when he is \_\_\_\_\_.
7. Number the correct order to feed;

\_\_\_\_\_ grain

\_\_\_\_\_ water

\_\_\_\_\_ hay

Read *USPC Manual of Horsemanship "D" Level*, pages 214-219.

8. A pony's feet should be picked out every day, whether he is ridden or not. Why?  
\_\_\_\_\_  
\_\_\_\_\_
9. Always pick out the hoof from the \_\_\_\_\_ toward the \_\_\_\_\_.

## Travel Safety (Riding in a Group)

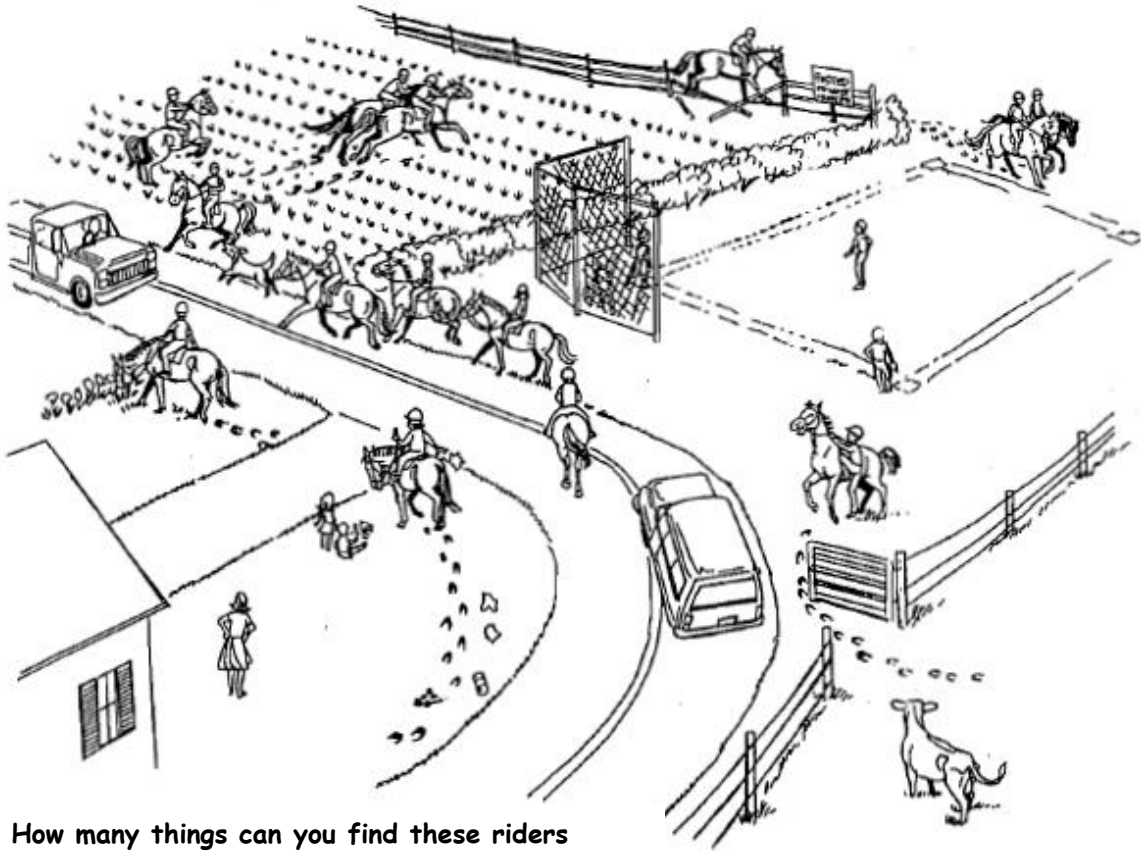
Read *USPC Manual of Horsemanship "D" Level*, Chapter 8, pages 127-139.

Know basic rules of safe riding in a group and in an enclosed area.

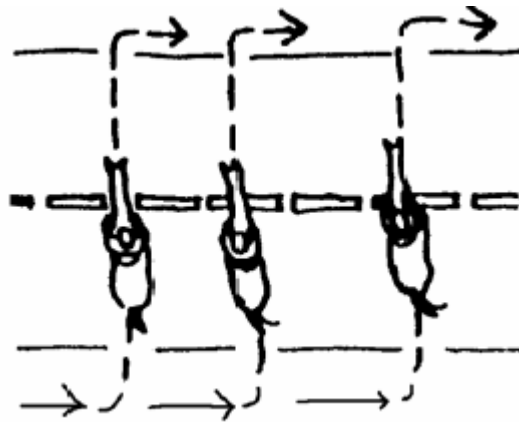
- Keep a safe distance between you and the pony ahead of you. Keep proper spacing. A safe distance is at least one pony length between ponies; another way to determine safe spacing is to be able to see the hind hooves of the pony ahead of you. Be firm with your pony about not crowding the pony ahead of him
- When passing, always do it to the inside and warn the rider ahead of you that you are going to pass.
- When moving in opposite directions as another rider, always pass each other left shoulder to left shoulder.
- Especially when an arena is crowded, warn the other riders if you are going to change directions or go across the diagonal.
- Riders on a circle always stay on the inside of riders on the rail, no matter what direction.
- If confusion arises over whether you should go to the inside or outside, call what you are going to do before it becomes a problem by saying 'inside' or 'outside' loud enough for the other rider to hear you.
- Pay attention to your pony. If he lays back his ears or swings his rump toward another pony, he may be about to kick. Tell him "NO!" as you turn his head toward the other pony. This turns his rump away so that he cannot kick.
- Never let your pony bite another.
- If you know your pony kicks if another gets too close, braid a red ribbon into his tail to warn others.

## Safe and Courteous Riding

Read *USPC Manual of Horsemanship "D" Level*, pages 127-142.



How many things can you find these riders doing wrong? Why are they wrong?



**Crossing the road in a group**



**Worksheet: Basic rules for safe riding include:**

- a. \_\_\_\_\_
- b. \_\_\_\_\_
- c. \_\_\_\_\_
- d. \_\_\_\_\_
- e. \_\_\_\_\_
- f. \_\_\_\_\_
- g. \_\_\_\_\_
- h. \_\_\_\_\_

**Draw:** Pretend you are in an arena and your instructor asks you to ride safely with others on the rail (how far apart should you be?) and then reverse direction. In the space below, draw a picture of how you would do that safely.

## **Turn-Out and Preparation for a Certification**

Read *USPC Manual of Horsemanship "D" Level*, Chapter 13, pages 298-309.

[And the D-1 Standards of Proficiency & Test Sheet.](#)

Rider in safe and neat attire. Mount neatly brushed; feet picked out (with assistance) showing farrier care. Tack safe and neat (properly adjusted with assistance if necessary).

### **What is turn-out?**

Turn-out is the way you and your pony are dressed and prepared to ride. Good turn-out means being safe, neat, clean, and workmanlike, not fancy. This means having the right clothes (also called attire or dress), tack, and equipment, having everything in good condition and fitting properly, and having your pony clean, properly prepared and in good condition.

### **What is a formal inspection?**

Formal inspection is not to be confused with formal attire. Every certification begins with a formal inspection. This is when the candidate cleans up his/her pony and tack so it is spotless, dresses up in attire appropriate for his/her level, and gives the examiner an introduction. Sometimes the examiner will ask the candidate questions from the standard that requires the horse to be present.

### **What should I say in my introduction?**

Your introduction should include your name, club, present certificate (for D-1 candidates, unrated) and the certificate for which you are testing. Tell the examiner about your pony, including his name, age, sex, breed, color, height, and how long you have been working together. Practice! Be polite and friendly!

### **How clean does everything need to be?**

Your pony should be as clean as possible with no dust or mud. His eyes, nose, lips, and dock should be wiped clean. Definitely clean out his feet! Any white markings should be WHITE. Brush his mane and tail neatly. Put petroleum jelly (e.g., Vaseline) on any cuts or scrapes your pony has. His tack should be freshly cleaned, with no dust or dirt jockeys. The saddle pad should be freshly laundered and rubber stirrup pads should be scrubbed clean. You should be dressed neatly with your boots wiped free of dirt and dust. Make sure your tack is properly adjusted and the stirrups are run up for your inspections! Above all, make sure everything is in safe condition (e.g., no loose stitching, broken pieces, etc.).

**Know your bookwork, practice answering out loud, and HAVE FUN!**

## Pony Club Attire

It is the combination of footwear, jacket, neckwear and pant color that determines whether attire is informal or formal. Dress for certification is either formal or informal, depending on the certificate level. Check the USPC D-certificate level standards for exact attire requirements.

## Pony Club Attire

See [USPC Horse Management Rulebook](#) for more details.

Unrated and D	C-1 and Higher
Safe, neat and clean, following the requirements below. <ul style="list-style-type: none"> <li>• Correctly informal or formal is optional at this level.</li> </ul>	Either correctly informal or correctly formal. The combination of footwear, jacket, neckwear and pant color determines whether the attire is considered informal or formal.

	Unrated and D	Informal (Certifications/Clinics)	Formal (Certifications)
<b>Helmet</b>	Current ASTM/SEI certified equestrian helmet, any color with or without cover	Current ASTM/SEI certified equestrian helmet. <ul style="list-style-type: none"> <li>• Helmet (or cover): Black or any conservative color</li> <li>• Not allowed: Brightly colored or decorated helmets</li> </ul>	Current ASTM/SEI certified equestrian helmet. <ul style="list-style-type: none"> <li>• Helmet (or cover): Black</li> </ul>
<b>Hair</b>	Tied back and in hairnet if long hair	Tied back, and in hairnet if long hair	Tied back if long hair, hairnet optional
<b>Jacket</b>	Not required. If worn, any color or pattern jacket is acceptable.	Any color or pattern other than solid black	Solid color (no pinstripe/pattern) Acceptable colors: <ul style="list-style-type: none"> <li>• Black</li> <li>• Navy blue</li> <li>• Dark gray/charcoal</li> <li>• Hunt colors</li> </ul>
<b>Pin</b>	USPC pin, worn on left of shirt or on helmet	USPC pin, worn on left of shirt or on helmet	USPC pin, worn on left of shirt or on helmet
<b>Shirt</b>	Collared shirt or riding shirt <ul style="list-style-type: none"> <li>• White or any color</li> <li>• Short or long sleeves</li> <li>• Examples:               <ul style="list-style-type: none"> <li>○ Riding shirt/Ratcatcher</li> <li>○ Dress shirt</li> </ul> </li> </ul>	Collared shirt or riding shirt <ul style="list-style-type: none"> <li>• White or any color</li> <li>• Short or long sleeves</li> <li>• Examples:               <ul style="list-style-type: none"> <li>○ Riding shirt/Ratcatcher</li> <li>○ Dress shirt, or</li> </ul> </li> </ul>	Riding shirt (Ratcatcher) <ul style="list-style-type: none"> <li>• White only</li> <li>• Short or long sleeves</li> </ul>

	Unrated and D	Informal (Certifications/Clinics)	Formal (Certifications)
	<ul style="list-style-type: none"> <li>○ Turtleneck</li> <li>○ Polo</li> </ul>	<ul style="list-style-type: none"> <li>○ Turtleneck (Neckwear not required w/turtleneck)</li> </ul>	
<b>Tie</b>	<p>Not required. Optional: Choker, necktie or stock tie (standard or pre-tied). Optional: stock pin</p>	<p>Choker or stock tie (standard or pre-tied) or solid colored necktie</p> <ul style="list-style-type: none"> <li>• White or any color</li> <li>• Optional: Stock pin fastened through the knot, tails secured.</li> </ul>	<p>Stock tie (standard or pre-tied)</p> <ul style="list-style-type: none"> <li>• White or off-white</li> <li>• Stock pin fastened through the knot, tails secured.</li> <li>• Men may wear a solid colored white, black or navy necktie in place of a stock tie</li> </ul>
<b>Pants</b>	<p>Breeches, Jodhpurs or Riding tights:</p> <ul style="list-style-type: none"> <li>• Any color</li> <li>• If Jodhpurs are worn with Jodhpur/paddock boots, knee straps (garters) and/or pant clips must be worn.</li> </ul>	<p>Breeches or Jodhpurs:</p> <ul style="list-style-type: none"> <li>• Any conservative color</li> <li>• If Jodhpurs are worn with Jodhpur/paddock boots, knee straps (garters) and/or pant clips must be worn.</li> </ul>	<p>Breeches</p> <ul style="list-style-type: none"> <li>• White</li> <li>• Canary</li> <li>• Tan</li> <li>• Buff</li> </ul>
	Skirted Breeches or Riding Skirts in a conservative color are permitted at all levels.		
<b>Boots</b>	<p>Any color:</p> <ul style="list-style-type: none"> <li>• Tall boots</li> <li>• Jodhpur/paddock boots with or without smooth or suede half-chaps or leggings (leather or synthetic)</li> </ul>	<p>Black or brown:</p> <ul style="list-style-type: none"> <li>• Tall boots</li> <li>• Jodhpur/paddock boots with or without matching full-grain smooth, leather half-chaps or leggings</li> </ul>	<p>Black:</p> <ul style="list-style-type: none"> <li>• Tall dress boots</li> <li>• Tall field boots, neatly laced</li> <li>• Jodhpur/paddock boots with matching full-grain, smooth leather half-chaps or leggings</li> </ul>
<b>Gloves (optional)</b>	If worn, any color is acceptable.	<p>If worn:</p> <ul style="list-style-type: none"> <li>• Black</li> <li>• Brown</li> <li>• White</li> </ul>	<p>If worn:</p> <ul style="list-style-type: none"> <li>• Black</li> <li>• Brown</li> <li>• White</li> </ul>
<b>Belt</b>	Required if pants have belt loops	Required if pants have belt loops	Required if pants have belt loops

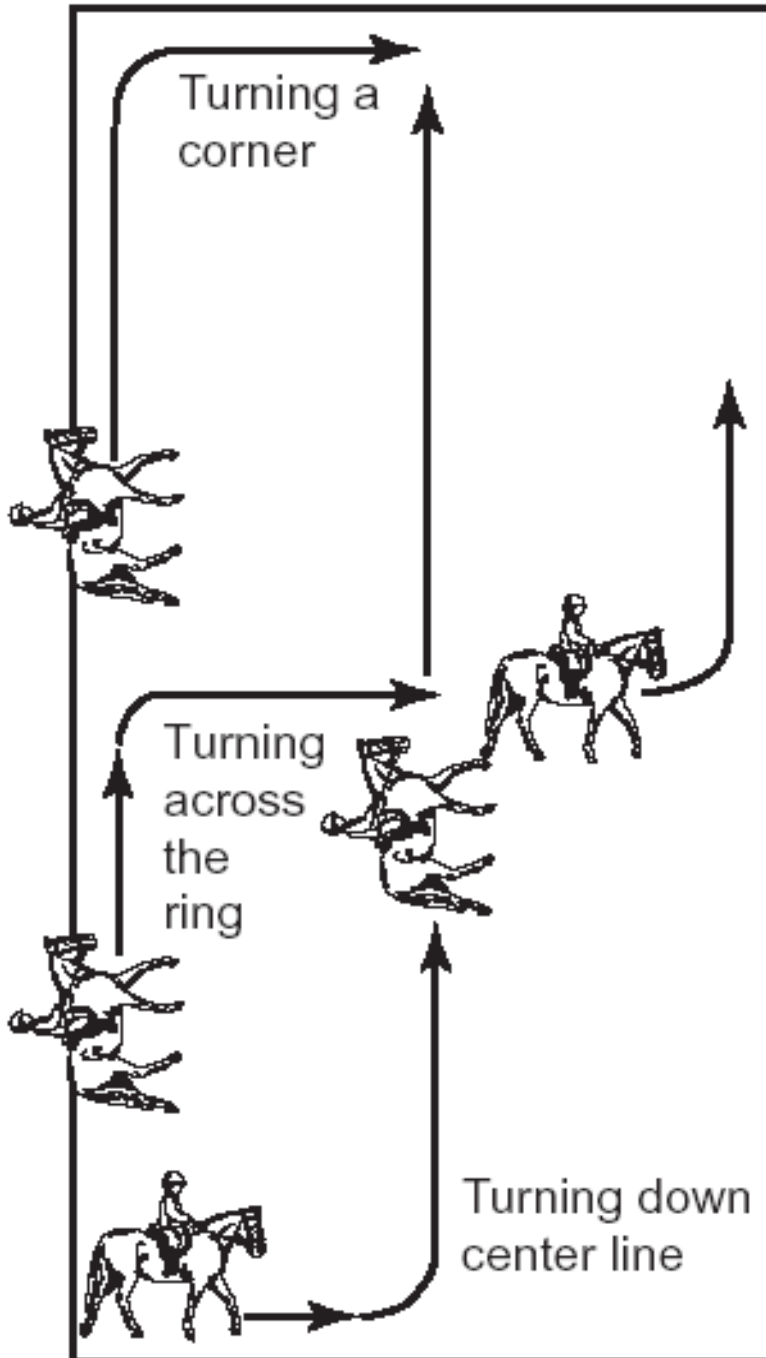
## Turn-Out

Read *USPC Manual of Horsemanship "D" Level*, pages 298-309.

1. \_\_\_\_\_-\_\_\_\_\_ means the way you and your pony are dressed and prepared to ride.
2. \_\_\_\_\_ turn-out is for riding lessons and clinics.
3. \_\_\_\_\_ turn-out is for competitions and some Pony Club rallies.
4. Safe footwear must be entirely closed, securely fastened, cover the ankle, and have a thick sole and heel.      true      false
5. Your helmet must be \_\_\_\_\_ and worn with the \_\_\_\_\_ fastened.
6. Hair accessories and earrings are always okay to wear.      true      false
7. When tightened, the girth should have \_\_\_\_\_ spare holes at the top, and \_\_\_\_\_ spare hole at the bottom of the billets.
8. Buckle guards are required.      true      false
9. A pony ready for inspection is always \_\_\_\_\_.



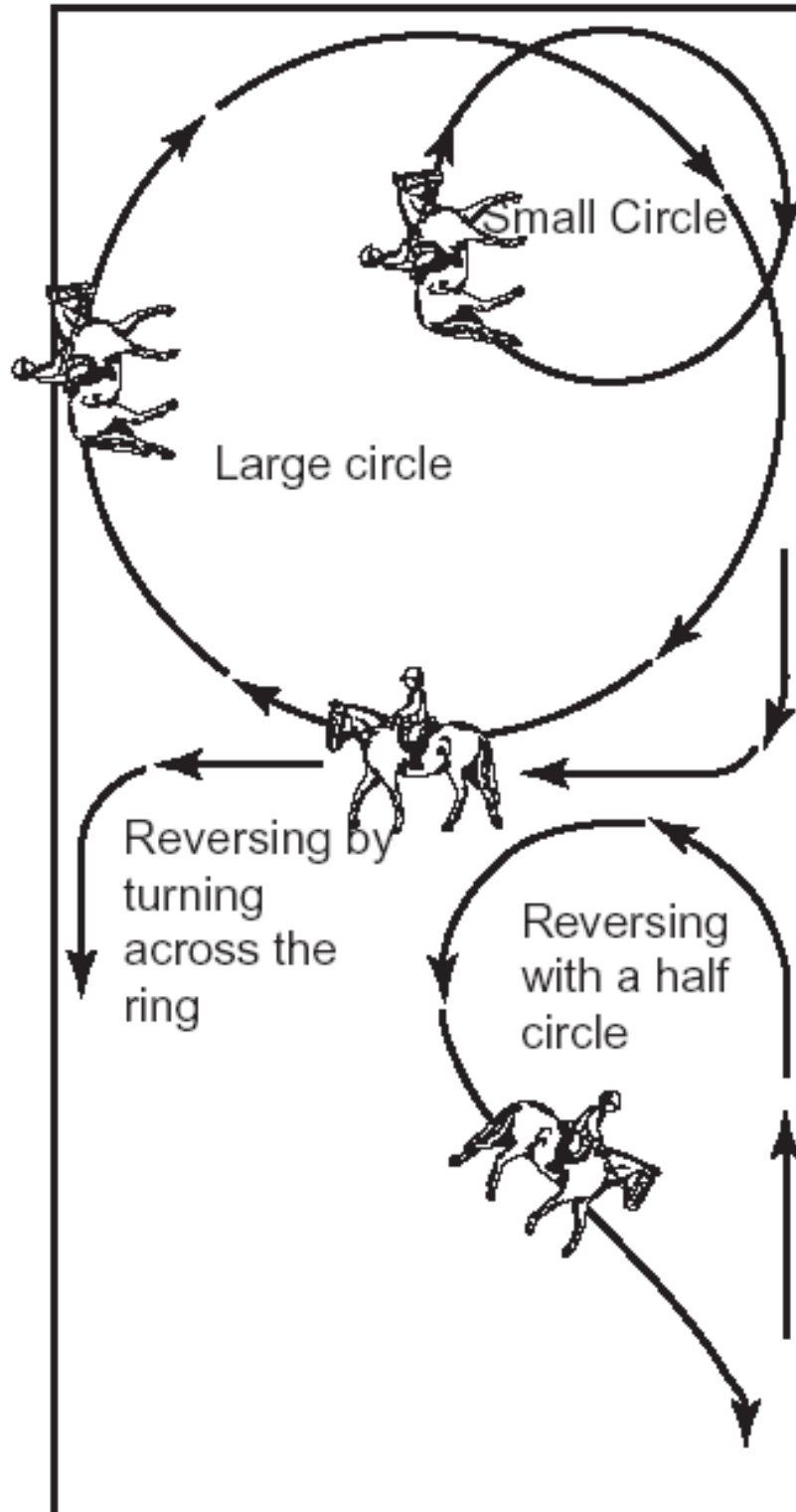
## Simple Riding Figures



Bending cones  
in line

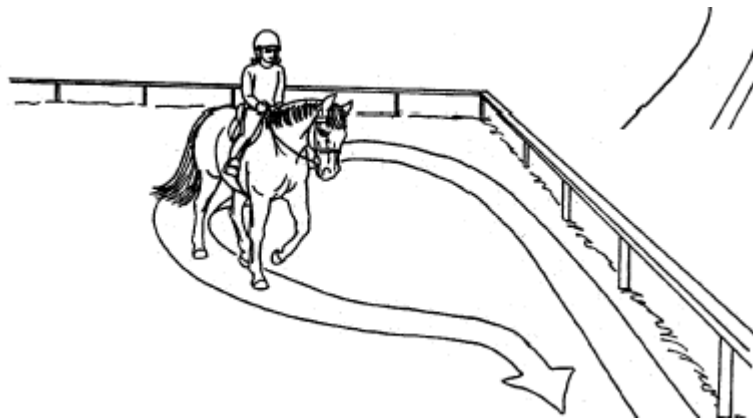


## Simple Riding Figures



# Riding

1. Before you have your own pony, you need \_\_\_\_\_ from a good \_\_\_\_\_.
2. A riding program is \_\_\_\_\_ and \_\_\_\_\_.
3. It is frightening and dangerous to be \_\_\_\_\_ on a horse or pony that is too much for you.
4. The most important part of your riding clothes is a properly fitted \_\_\_\_\_.
5. You also need safe \_\_\_\_\_ and \_\_\_\_\_.
6. Streets and roads are safe places to ride.    true            false
7. It is important to follow safety practices \_\_\_\_\_.
8. The \_\_\_\_\_ is riding by balance, not by strength and force.
9. What are some costs to keeping a pony?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
10. Ponies have to be taken care of \_\_\_\_\_ . What is the rider doing in the picture below? \_\_\_\_\_.



Worksheet



#13

## Safety

1. List safety rules for riding

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2. When mounting, is it okay to pull yourself up using the cantle?      yes  
no

3. Sink \_\_\_\_\_ into the saddle.

4. Be careful that your foot doesn't \_\_\_\_\_ the pony when mounting.

5. When dismounting, take both feet out of the stirrups.  
true            false

6. After dismounting, \_\_\_\_\_ your stirrups.

7. When your legs hang down, where should the stirrups touch?

8. The stirrup should be under the \_\_\_\_\_ of your foot.

9. Never look \_\_\_\_\_.

10. You should always grip with your knees.    true            false

11. If your reins are too \_\_\_\_\_, your pony will not pay attention.

12. List four natural aids:

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13. Changing direction is sometimes called \_\_\_\_\_.

14. The trot has \_\_\_\_\_ beats.

15. It is okay to use a neck strap or hold mane when you jump. true  
false
16. \_\_\_\_\_ is controlling the speed of the trot.
17. Always ask your pony with the strongest aids possible.  
true            false
18. What should you do when you are upset with your pony?  
\_\_\_\_\_
19. You should be in \_\_\_\_\_ every time you go over a pole or jump.
20. Name two (2) pieces of clothing or equipment that will help keep you safe when you ride.
1. \_\_\_\_\_
2. \_\_\_\_\_
21. Can you explain how this clothing keeps you safe? \_\_\_\_\_  
\_\_\_\_\_
22. Be sure your helmet has been checked by your instructor for proper fit.

**CREDIT:** Some diagrams and drawings are taken from the *USPC Manual of Horsemanship "D" Level*. Prep Guide adapted from [Rocky Mountain Region Pony Clubs](#).

