



The Irish Pony Club Standard of Efficiency

C+ Test 2022



Disc Colour: Pink

Candidate Requirements:

- Candidates must have passed their IPC Riding and Road Safety or BHS Ride Safe Award, before taking the C+.
- Candidates must be in their 14th year or older at the time of taking the C+ test.

Outcomes:

Candidates should understand and apply the first three of the Scales of Training and should show a secure and balanced position in all paces, over a course of showjumps (90cm) and over a short course of cross-country jumps.

Candidates should be comfortable swapping horses and assessing each horse they ride on the flat.

Format:

The ridden section of this assessment consists of flat work, show jumping and cross country. The flat work and showjumping can take place in an arena or field, and the cross country will take place in a field.

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

The show jumping and cross-country courses will be available to walk before the start of the assessment, it is recommended that candidate's avail of this.

The horse care section can take place in a stable yard or safely in the car park.

Riding:**Flatwork:**

Candidates should:

- Mount and dismount correctly (a mounting block may be used)
- Show a balanced, secure position in all paces
- Maintain an allowing contact
- Ride in open and closed order
- Show medium walk and free walk on a long rein
- Show rising and sitting trot
- Show various circles, 10m (walk) 15m and 20m in trot and canter
- Show some lengthened strides in canter
- Change of canter lead through trot
- Show loops and serpentines
- Turn about the forehand
- Introduction to Leg Yielding, through increase and decrease of circle
- Know the time and sequence of legs in all paces
- Ride another candidate's horse on the flat and assess the way of going

Show Jumping:

Candidates should:

- Know what to look for and how to walk a showjumping course.
- Show a secure, balanced position, including jumping position
- Warm up over a cross pole, upright and over.
- Jump a course that should include a double, a bending line and a related distance (A minimum of 6 fences)
- Describe your round, including positives and areas for improvement

Cross-Country:

Candidates should:

- Show a balanced cross-country light seat position, including over undulating ground
- Be able to ride over a variety of cross-country
- Ride with regard to weather, ground conditions
- Have a knowledge of different speeds for different fences
- Discuss the recommended speeds for IPC Junior / Intermediate eventing

Horse Care and Knowledge:

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

- Practical care of the stabled horse
- Recognise and fit a stable rug, outdoor rug, cooler and exercise sheet
- Clipping: Types of clip, why we clip, prepare a horse for clipping
- *Have a knowledge of how to trim a pony and be able to plait and turn out correctly*
- Be able to turn out a pony correctly
- Understand the importance of daily checks
- Rules of watering and feeding.
- Identify common feeds in everyday use
- Understand the importance of roughage
- Describe your own horses feeding regime
- Describe your own worming programme
- Describe how you would get your horse fit for Pony Club activities.
- Have a knowledge of your own tack and its effects
- How to fit a running martingale
- How to fit and put on brushing, tendon, over-reach boots
- Travelling: how to protect the legs, travel bandage / travel boots, tail bandage / guard, documents to accompany the horse
- Different types of shoe and when they might be used
- Name a selection of farrier's tools
- Basic knowledge of the foot internal and external
- Common causes of lameness in the foot
- How to treat a variety of wounds
- Basic knowledge of azoturia, laminitis, sweet itch, mud fever
- Signs of colic and what action to take
- How to prepare and apply a poultice
- Contents of a veterinary cupboard
- Good paddock management
- Recognise and treat common poisonous plants
- *Mucking out including the advantages and disadvantages of different bedding types*