



# Irish Pony Club

## Lungeing Test

Disc Colour: **Beige**

### Candidate Requirements:

- Complete B test or their B test Horse Care
- Candidates will be required to lunge their own horse/pony. The following equipment will be required, bridle, lunge cavesson and lunge lead, saddle/lunge roller, side reins, breastplate, protective boots and lunge whip. All equipment should be in good repair. A stable will be provided for tacking up and untacking.
- Candidates will be required to lodge a completed 'Lunge Test Training Log' with the test organiser, prior to the test day.
- Candidates must pass the Lungeing Test before sitting their H or A Test.
- Candidates must be in their 17th year to sit their Lungeing.

### Outcomes:

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

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

### Format:

*The test will consist of two sections.*

*First candidates will be asked to discuss their horse and equipment, prior to tacking up the horse for lungeing.*

*Following this candidate will be asked to lunge their horse.*

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

## Section A

### Tacking Up:

- Tack should fit your horse correctly
- Attach side reins and check height and length
- Correctly fit brushing and overreach boots

## Section B

### Lungeing:

- Safely bring the horse from the tackling up area to the arena
- Show knowledge and demonstrate correct handling of the rope, whip and horse, and correct position while lungeing.
- Demonstrate clear commands, and use of appropriate size circles
- Warm up the horse up and progress to working the horse
- Work the horse showing changes of rein, relating the work to the first four scales of training and in line with the horse's age and fitness
- Show appropriate cool down
- Discuss the quality of work shown, recognising the correct or incorrect way of going, and a plan for future sessions
- Lead the horse back to the stable and untack safely

### Discussion Points:

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

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