

# PONY CLUB



**THE PONY CLUB**  
**STANDARDS OF EFFICIENCY**  
TEST SHEET 2016

## 'C' RIDING

### GENERAL

The Efficiency Tests provide a staircase of knowledge and progression when taken in sequence.

Before being awarded the 'C' Test Certificate, Candidates must have trained for and passed The Pony Club's Road Rider Achievement Badge or The Pony Club Road Rider Test or the BHS Ride Safe test.

### OBJECTIVE

- To understand the importance of, and to be working towards a secure correct balanced seat, independent of the reins.
- To understand why a correct seat is important.
- To apply simple aids correctly.

### RIDING

1. Turn-out of pony and rider.
2. Check bridle, saddle, girth and stirrups before mounting.
3. Mount and dismount safely and correctly on either side.
4. Hold the reins correctly and at a suitable length for the work being done.
5. Ride with stirrups of a suitable length.
6. Ride in a secure and balanced seat independent of the reins.
7. Alter stirrups when mounted and check they hang correctly.
8. Tighten and loosen girth when mounted.
9. Use of seat, legs and hands as aids to increase and decrease pace.
10. Ride in balance without stirrups in walk and trot.
11. Sitting trot, rising trot on the correct diagonal and change of diagonal.
12. Understand the meaning of and start to establish the pony's rhythm.
13. Walk on a long rein.
14. Canter on both reins.
15. Riding school drill.
16. Ride up and down hill in walk and trot.
17. Independent work in the open.
18. Show trot and canter in a balanced light seat with stirrups at a suitable length.
19. Ride in a correct, balanced position in walk and trot over poles on the ground as a preliminary to jumping.
20. Ride in a correct, balanced position over small fences.
21. Show a smooth progression from one fence to the next.
22. Riding in the countryside, across farm land and bridle paths.

23. Open and close gates.

**What you need to know:**

**(this is likely to relate to the pony you are riding)**

24. Know simple aids and ride turns and circles at walk, trot and canter.

25. Aids for canter on a named leg on a circle.

26. Explain sequence of legs in trot and canter.

27. Understand the meaning of rhythm and tempo.

**READ**

So You Want to Buy a Pony?

Pony Guide File

The Manual of Horsemanship – read the sections below:

Mounting and dismounting (Omit 'to dismount using the stirrup)

The stirrups

The position of the rider in the saddle

Holding the single rein

Position of the rider in motion

The aids

The basic paces (Omit 'the rein back')

Jumping

The correct approach

Identification and classification

Saddling up

Putting on and fitting a bridle, unsaddling

Care of saddlery

'The Country Code' – The Countryside Commission

Wallcharts: Tack, Grooming, Native Ponies, First Aid

**VIEW**

DVDs: Road Rider

**Recommended Minimum age: 11 years**

**Felt Colour: Grey**