



LUNGEING TEST

GENERAL

Before taking the Lungeing Test, Candidates must have passed the B Test or B Standard Horse & Pony Care.

It is necessary to pass the Lungeing Test before attempting the B+ or AH Test.

OBJECTIVE

To be able to work the horse for exercise on the lunge.

Requirements:

An enclosed, clear area for lungeing with a non-slip surface.

A lunge horse – Candidates may lunge their own horse or one provided by the Test organiser. The horse should be sufficiently groomed in preparation for work.

LUNGE A WELL BEHAVED HORSE OR PONY

Preparation

1. Check the lunge area for safety.
2. Check the required equipment for safety.

Tack Up for Lungeing

3. Fit the saddle, breastplate and girth, making sure stirrups are correctly secured.
4. Fit the lunge cavesson correctly and safely, checking the size.
5. Fit the bridle, removing the noseband and securing the reins in the throat lash.
6. Fit the side reins, adjusting them to the correct height and length.
7. Fit brushing and overreach boots.

Lunge a horse for exercise

8. Lead the horse correctly to the lungeing area.
9. Handle equipment safely, correctly and effectively to maintain health and safety.
10. Use clear commands.
11. Stand in a safe position.
12. Maintain control at all times.
13. Warm the horse up with the side reins clipped back to the saddle..
14. Use an appropriate size circle and include changes of rein.
15. Work the horse, maintaining a suitable rhythm, tempo and balance using appropriate exercises.
16. Show sensible use of side reins.

17. Lunge the horse for a sufficient length of time to show exercise which will maintain health and fitness.
18. Cool the horse off, allowing the horse to stretch.
19. Discuss the quality of work shown, recognising the correct or incorrect way of going, including rhythm and suppleness of the horse.
20. Remove the tack and boots safely.

What you need to know:

21. Discuss the value of lungeing and long reining.
22. Describe how artificial surfaces can be kept in good working order.
23. Know when ridden exercise can be substituted by lungeing and discuss its limitations.
24. Understand how conditions such as the weather, surfaces and other influences may affect the lunge session.
25. Be able to recognise and discuss any problems that may arise during lungeing.

READ

Pony Club Publications:

- The Manual of Horsemanship

Suggested further reading:

- Lungeing (Threshold Picture Guide) – Judy Harvey
- The Art of Lungeing – Sylvia Stanier
- The USPC Guide to Longeing and Ground Training – Susan E. Harris

Minimum age: 15 years

Felt colour – Light blue

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