



## THE PONY CLUB

### TEST SHEET

2023

### Lunge Test

During the test, candidates will be required to lunge one horse or pony which is accustomed to being lunged, and wearing a saddle, bridle, and boots. A suitable lunging cavesson and adjustable side reins will be provided for the candidate to fit and use.

### OBJECTIVES

- To understand the importance of prioritising equine welfare whilst lunging
- To understand horses' behaviour whilst working on the lunge
- To understand learning theory as it relates to lunging
- To be able to fit and adjust tack for lunging
- To be able to exercise a trained horse on the lunge
- To be able to maintain a horse's way of going on the lunge

### SAFETY

1. Check the lunge area for safety
2. **Demonstrate best practice for your personal safety and the safety of others**
3. **Demonstrate best practice for equine safety**
4. Check the required equipment for safety
5. Handle equipment correctly and effectively
6. **Be dressed safely to lunge**

### DISCUSSION POINTS (Dismounted discussion)

7. **Discuss the value and limitations of lunging**
8. Explain how learning theory (pressure and release) affects the way you might lunge
9. Recognise and discuss problems that may arise during lunging, with reference to learning theory and use of the voice (classical conditioning)
10. **Discuss why equine welfare must be monitored during lunging**
11. **Discuss how to progressively train a horse on the lunge to get the correct response (shaping)**
12. Describe why artificial surfaces need to be kept in good working order

### LUNGING FOR EXERCISE

13. Fit the lunge cavesson correctly, checking the size
14. **Fit the side reins, adjusting them to the correct height and length**
15. Lead the tacked up horse or pony to the lunging area
16. Use clear commands
17. **Demonstrate a safe and effective position while lunging**
18. **Show safe and effective use of the lunge rein, whip, and voice**
19. Warm the horse up with the side reins not attached to the bit
20. Show appropriate use of side reins

- 21. Use an appropriate size of circle and include changes of rein**
- 22. Work the horse, maintaining a suitable rhythm, tempo, and balance using appropriate exercises**
23. Lunge the horse for a sufficient length of time to show exercise which will maintain health and fitness
24. Cool the horse off, allowing the horse to stretch
25. Discuss the quality of work shown, recognising the correct or incorrect way of going, including rhythm and suppleness of the horse
26. Remove lunging equipment safely

**Test notes:**

- The items shown in bold are particularly important; competence in these items will be given emphasis by the assessor when considering the result
- The Full B Test or B Test Care must be held before attempting the Lunge Test.
- The Lunge Test must be held before a member may take the B+ or AH Test.

**Minimum age: 15 years**

**Felt Colour: Pale blue**

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