

C-2 PREP GUIDE

2002

RIDING THEORY

1. What are the elements (and why?) of the warm up for the horse and rider on the flat?

2. List suppling exercises for the pony. Give the benefits of each exercise.

3. List and explain 3 different warm up schedules for the following activities:

Dressage

Cross Country

Stadium

Polo

Games

4. What are the aids for moving the pony away from the leg at the walk and trot?

5. What is a square halt?

What are the aids you use? (how do you achieve it?)

How do you hold it for 5 seconds?

5. What are some gymnastic exercises for the rider at the trot and canter over a grid? What are the strides / distances?

7. Give a description of coordinated aids.

8. What is free forward movement? Include what the difference is between FFM (free forward movement) and a fast gait?

9. Describe what a transition is?

10. Discuss different lengths of stirrups - why and when you would adjust your stirrups. Describe the proper procedure while mounted and dismounted.

11. What are impulsion & rhythm & collection? How? Why? When? Results?

12. Explain safety measures for riding over varied footing (8 kinds) at the walk, trot and canter.

13. What is the appropriate speed for riding a cross-country course for a C2?

14. Describe correctly formal and informal attire. Include colors etc.

15. Updated health and maintenance record for at least 9 months.

16. Design a jump course on paper and develop a plan of how to ride the stadium course, not to exceed 3' (use separate sheet of paper) this is optional

HORSE MANAGEMENT

CONDITIONING

1. Present a written outline of a six to eight week conditioning and feeding program in preparation for a specific competition of candidate's choice.
(Separate sheet of paper)

2. Be able to measure and record pulse, temperature and respiration of own pony at rest in front of examiner. (5 times signed off by an instructor or the DC and dated.)
1. _____ 2. _____ 3. _____ 4. _____ 5. _____

3. Know how much your pony weighs and how "tall" it is.

NUTRITION

1. Describe own pony's ration when (theory):
 - a. developing fitness

- b. maintaining fitness

- c. taking a day off

d. sick

e. roughed out

STABLE MANAGEMENT

- 1. Describe how to care for a pony efficiently and economically when stabled:
 - a. feed and water

b. minerals

c. clothing

d. exercise

e. grooming

2. Describe how to care for a pony efficiently and economically when at grass:

a. safety check of pasture fencing

b. water

c. mineral supply

5. Describe routine parasite prevention for own pony:

TEACHING

Assist a D-1 or D-2 to prepare for turnout

Candidate must present a letter or have Prep Guide signed by the supervising adult that he or she is assisting in simple unmounted instructional programs for D-level members.

LONGEING

1. Discuss methods:

2. Discuss equipment: for horse and person longeing

3. Discuss safety precautions:

BANDAGING:

Sign off and date on 5 quality shipping and stable bandages / not just practice.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____

1. Give reasons for a stable bandage: (What is it used for? What does it protect?)

2. Give reasons for a shipping bandage: (What is it used for? What does it protect?)

C-2 Additional information:

Candidate should have a thorough knowledge of the requirements to be tested.

Candidate must have been a member in good standing for at least 3 months.

Candidate must have a record of regular attendance and participation in club activities

Candidate must be familiar with the Standards of Proficiency