



# Pony Club Efficiency Test

D +



**These are work manuals only**

D+ Manual



## THE PONY CLUB STANDARDS OF EFFICIENCY 'D+' STANDARD

### GENERAL

This is an official voluntary test of a standard halfway between 'D' and 'C'. It is not necessary to either take it or pass it before attempting 'C'

### OBJECTIVE

To be working towards developing a balanced seat independent of the reins. To understand elementary aids and be able to apply them.

### RIDING

- Mount and dismount
- Hold the reins correctly and carry a whip in either hand
- To be able to control a quiet pony in company, on the roads and in the countryside
- Walk without stirrups
- Use of legs as aids
- Simple turns and circles in walk and trot
- Walk on a loose rein and shorten the reins
- Ride up and down hills in a walk
- Be able to canter
- Ride over a single pole and very small fence

### ROAD SENSE

- To know on which side of the road you should ride
- To understand a simple "green cross" code
- How to ride along a road, cross a road and say 'thank you', and how to signal to turn right or left
- To know it is safer to ride on a road with parents or adults
- To show an awareness of dangers when riding on the road, understanding what is likely to frighten a pony or cause him to slip
- To understand how to ride with a friend whilst on the road
- Recognize the dangers to ponies from cars and other traffic

### HORSEMASTERSHIP

- To have some knowledge of care and working a pony off grass
- Put on a saddle and bridle
- Have some knowledge of correctly fitting tack
- Elementary care of saddlery
- Catching a pony and turning it away in the field

- Lead a pony in hand at walk and trot and turn correctly
- Tie up a pony correctly
- Names and uses of essential grooming kit
- Pick up and pick out feet
- Points of the pony, colours and markings
- Be able to recognize New Zealand Rugs, sweat rugs and a night rug

**READ:**

“The Manual of Horsemanship”

- Points of a pony
- Colours and markings
- Care and working a pony off grass
- Putting on a saddle
- Putting on a bridle
- Unsaddling
- Saddle fitting
- Bridle fitting
- To tie up correctly
- Care of saddlery
- Grooming
- Aids (Omit gallop and rein back)
- Jumping position

Pony club booklet “Riding on the Road”

**Recommended age 10 years**  
**Felt colour – White**

## **SOUTH AFRICAN PONY CLUB D + TEST INFORMATION SHEET**

### **General:**

1. All general rules apply
2. Felt colour is white
3. Pass mark is 65% on each section. Both sections must be passed
4. Both sections of the test must be passed independently and both must be retaken should a candidate be unsuccessful
5. The examiner can choose to examine in groups of up to 8 riders for the ridden section of the test. The candidates should be examined individually for the horsemastership section
6. Keep clear records of the test day noting the name of the candidates and whether they passed or failed. It is a good idea to have a separate file in which these records are kept for posterity. There may be a query in later years as to whether a candidate passed or failed and if the records are properly kept there can be no discussion. It is also sensible to transfer this to the individual's record card in your files
7. In the D+ test riding section, the examiner is looking for a basic knowledge of the correct position and the aids to walk, trot, canter and jump. In the horsemastership section the candidate is expected to understand safe, sympathetic handling of the pony with a basic knowledge of the various items on the test card. This test should be an encouragement to the candidate to go on to learn about riding and the care of his pony

### **Venue and Equipment**

1. An enclosed arena
2. A mounting block e.g. Hay bale
3. Trotting pole on the ground
4. A small upright (maximum height 50 cm)
5. A quiet pony in the paddock
6. Head collar, grooming kit, NZ Rug, sweat rug, night rug
7. Examination sheets, clipboards, pens, note paper, chair and table for examiner (and umbrella if outside)
8. Carrots cut up as tidbits
9. Someone to act as secretary if the examiner requires it
10. A loo with loo paper

### **Candidate:**

1. Must be a member in good standing
2. Must have been a member of the pony club for at least 6 months
3. Must have attended at least three rallies prior to the test
4. Must supply his or her own food and drink and food for the pony
5. Must have passed D test



# Pony Club Efficiency Test

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## These are work manuals only

### D+ STANDARD

#### A. GENERAL

This is an official voluntary test of a standard halfway between 'D' and 'C'. It is not necessary to either take it or pass it before attempting 'C'

#### B. OBJECTIVE

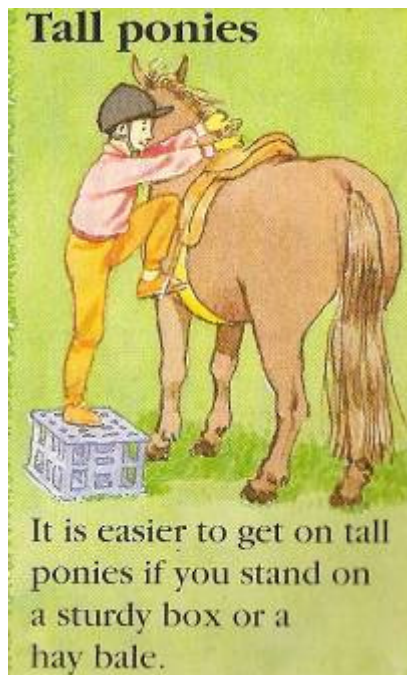
1. To be working towards developing a balanced seat independent of the reins.
2. To understand elementary aids and be able to apply them.

#### C. RIDING

1. Know how to a) mount and b) dismount

##### a) Mount

1. Check girth
2. Pull stirrups down
3. Pick up reins, short enough to prevent pony walking off, both reins and whip in left hand. Hold neck, mane or pommel
4. Stand facing pony's tail at shoulder
5. Right hand hold back of stirrup. Foot in deep. Toe down
6. Right hand grab waist/ far side of saddle, never cantle
7. Jump up to stand in stirrups for a moment
8. Swing right leg over, lean slightly forward, don't kick the pony
9. Sit down quietly and gently
10. Find right side stirrup
11. Reins in both hands
12. Ask pony to walk off



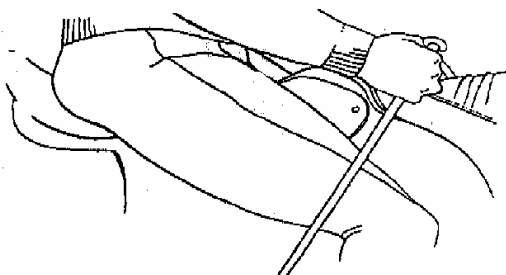
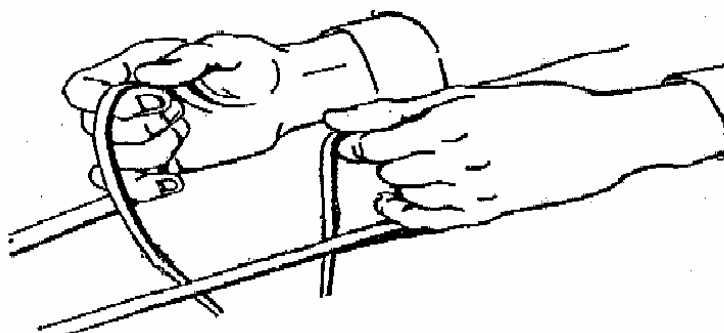
## b) Dismount

1. Reins and whip in left hand
2. Both feet out of the stirrups
3. Right hand on pommel or pony's right shoulder
4. Lean forward and swing right leg clear over rump, vault off facing forward and land at pony's left shoulder
5. Take reins over pony's head Run stirrups up
6. Slacken girth

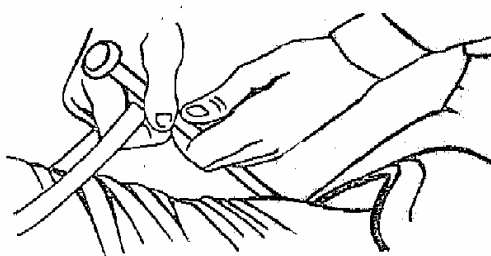
## 2. Hold reins correctly and carry whip in either hand

1. Always hold reins running through the hand from bottom to top.
2. Little finger may be inside or outside the rein if your hands are small
3. Thumb flat on rein coming out of the top of your hand over your first finger
4. Hold reins with closed hands but not tightly clenched
5. Never hold reins down or in the tips of your fingers
6. When carrying a whip hold it close to the knob at the top and let the length of the whip lie in the middle of your thigh
7. Changing the whip into the other hand is done over the pony's neck
8. Whips are a useful artificial aid therefore you should be able to ride with one in either hand

A good way to hold the reins especially if your hands are small. Little finger inside the rein



The whip is held close to the knob and both should lie just above your knee



Changing whip from right to left. Put reins into right hand with whip, then lift

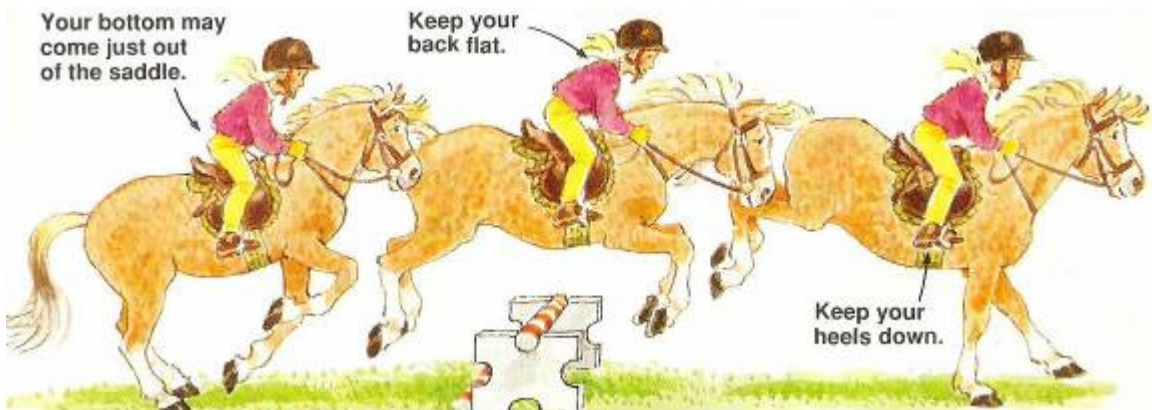
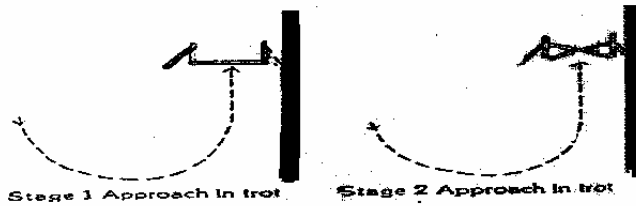
right thumb for an instant to release whip, and lift it cleanly over the pony's neck before taking back the left rein

3. To be able to control a quiet pony in company on the roads and in the countryside
4. Walk without stirrups
  1. Sit in correct riding position with heels down
  2. Toes pointing forward
  3. Don't grip with your calves
  4. Sit with a relaxed long leg
5. Use of legs as aide
  1. Nudge pony gently to move off – if pony doesn't move
  2. Try again, just a little harder if there is still no response
  3. Reinforce the leg aid with a tap from the whip just behind your leg
6. Simple turns and circles in walk and trot
  1. Turn left – look left
  2. Use both legs to keep the pony going
  3. Open left rein to the side – don't pull back
  4. Use right leg behind the girth – to control the pony's hindquarters
  5. This all works the opposite way to turn right
  6. Remember – right leg with left rein and left leg with right rein
7. Walk on a loose rein and shorten the reins
  1. Gently let the reins slide through your hands as your pony takes them stretching his neck down
  2. To shorten them there are 2 ways
    - a) Take the buckle in your right hand and slide your left hand down both reins until they are short enough and then take reins in both hands
    - b) Pull the reins through the one hand with the other until the reins are short enough
8. Ride up and down hills at the walk
  1. Always ride straight up and down hills
  2. Never at an angle as the horse could fall and roll if he should slip
  3. Riding up hill – lean slightly forward
  4. Riding downhill – sit up straight (don't lean forward or back)



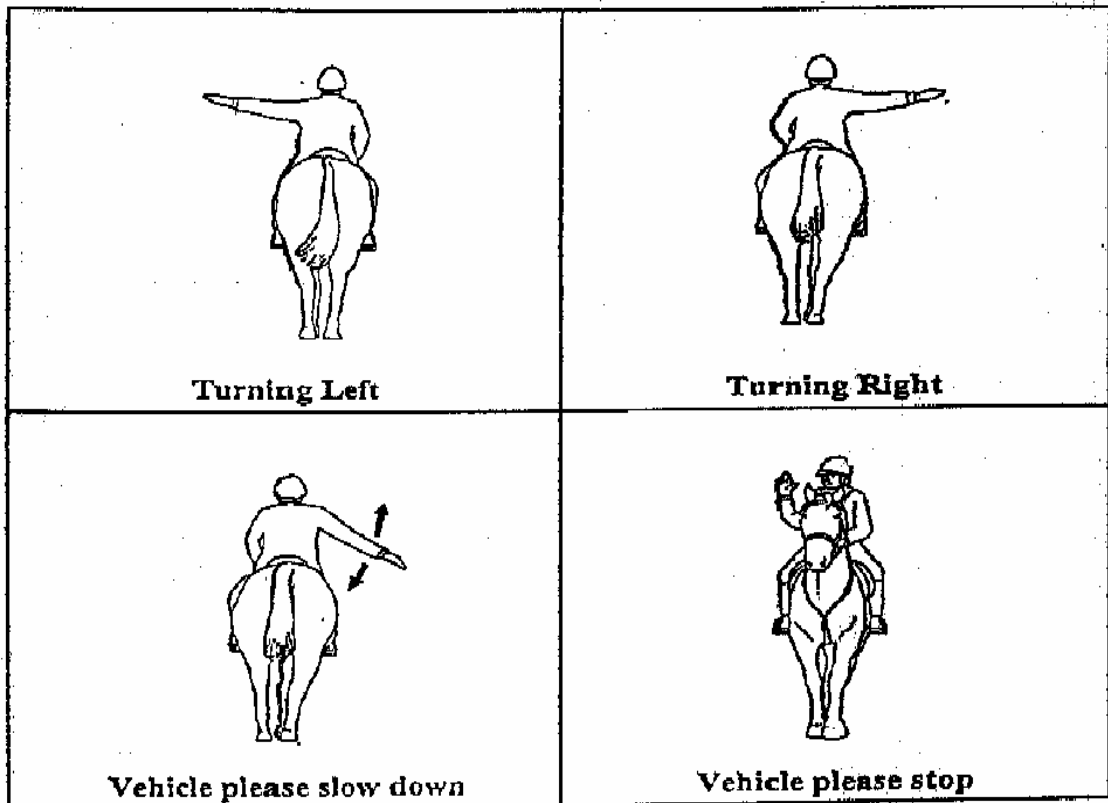
9. Be able to canter
  1. Shorten your reins
  2. Sitting trot
  3. Nudge pony's sides (Tap, tap)( you may hold the saddle to start with)
  4. Sit still, don't rock forwards and backwards

10. Ride over a single pole and very small fence
  1. Short reins
  2. Legs close to pony's sides
  3. Aim for centre of the pole
  4. Ride positively at the pole
  5. Remember to go forward with your pony as he jumps
  6. Remember to look up



## D ROAD SENSE

1. To know which side of the road you should ride
  - a. Left. Horses in South Africa are a form of transport and therefore follow the same rules as other vehicles
2. To understand a simple "green cross" code



3. a) How to ride along the road, b) cross the road, c) say "thank you" and d) how to signal to turn right or left
  - a. How to ride along the road
    - i. Ride on the left
    - ii. Be aware of the surroundings, front, back and sides
    - iii. Ride at a steady pace
      1. Busy roads in town – walk only
      2. quiet side streets – trot
      3. off road only – canter

- b. Crossing a road
    - i. Shoulder to shoulder everyone across the road at once, only if impossible use option 2
    - ii. Place one or two riders in the centre of the road, rest of the ride, march over road smartly at a brisk walk
  - c. How to say "thank you"
    - i. Big smile
    - ii. Touch your hat
    - iii. Shout "THANK YOU" if possible
  - d. How to signal to turn right and left
    - i. See pictures on previous page
4. To know it is safer to ride on the road with adults or parents  
If you have to go on a busy road or in town or even just an outride, it is always better to have an adult with you even if they are following in a car, walking or cycling with you if they cannot ride.
  5. To show an awareness of dangers when riding on the road, understanding what is likely to frighten a pony or cause him to slip

Always be alert. Lots of things will frighten ponies

1. Dogs jumping up and down behind gates'
2. Prams
3. Balls
4. Noisy children
5. trucks
6. Motor bikes
7. Bicycles (Think of others yourself)

6. To understand how to ride with a friend whilst on the road
  - i. In single file unless you need to "box" in a nervous horse / pony
  - ii. Alert
  - iii. Attentive
  - iv. Pay attention (leave the gossip for later)
7. Recognise the dangers to ponies from cars and other traffic
  - i. Noisy vehicles
  - ii. Canvas flapping
  - iii. Taxis
  - iv. Large trucks
  - v. Rattling bicycles
  - vi. Motor bikes

## E HORSEMASTERSHIP

1. To have some knowledge of a) care and b) working a pony off grass

What does a pony need in a paddock to live happily?

a). Care

1. Grazing (bales or veldgrass)
2. Water – clean, fresh and cool
3. Shade
4. Safe fencing
5. Wind break (a field shelter would be nice)
6. No poisonous plants
7. No sharp objects that will hurt him
8. No holes

b). Working a pony off grass

1. Dry sweat off before he goes out
2. Don't over groom him, because it removes valuable oils from the coats
3. This oil is his raincoat and his hair is his blanket

2. Put on a) bridle and b) the saddle

Tie up the pony if necessary

a. Bridle

- i. Check cheek pieces are level and at correct height, undo noseband and throat lash
- ii. Put halter around pony's neck
- iii. Slip reins over pony's head
- iv. Hold headpiece in right hand
- v. Bit in left hand – thumb in pony's mouth – open mouth
- vi. Push bit into mouth (don't bang bit against teeth)
- vii. Pull bridle over right ear and then left ear
- viii. Tighten throat lash – fit hand side ways between cheek and throat lash
- ix. Tighten noseband
- x. Hold onto pony when fetching the saddle or tie up the pony – put halter over bridle – never tie up with reins

b. Saddle

- i. Run hand over back and girth area
- ii. Check saddle – numnah – no straw or other objects
- iii. Put saddle on slightly forward and slide saddle back into position
- iv. Walk around to off side – check girth and numnah
- v. Back to near side – do up girth gently until tight (Use girth straps 1 and 3) Why?

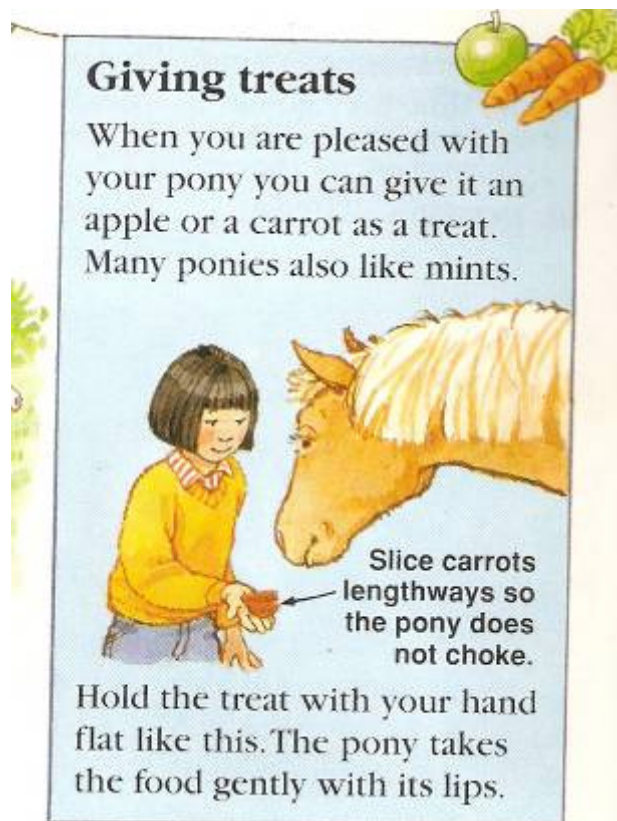
- vi. Check stirrups if necessary
  - vii. Never leave the pony
    - 1. Unattended
    - 2. With a tight girth, standing around
    - 3. Tied up with reins
    - 4. Standing with stirrups down
3. Have some knowledge of correctly fitting tack
- a. Saddle
    - i. Saddle must fit and be the correct size for the pony
    - ii. Not pressing on the pony's withers or spine
    - iii. Numnah pulled into the gullet of the saddle – correct size for the pony
    - iv. Girth that fits the pony- not in the first or last holes on the girth strap
  - b. Bridle snaffle cavesson noseband
    - i. Noseband – 2 fingers below cheekbone
    - ii. Bit high enough to make at least one wrinkle in the corner of the mouth
    - iii. Bit wide enough not to pinch lips
    - iv. Bit should not be too big as this will pull through the pony's mouth and be uncomfortable (Never use horse bits on ponies)
    - v. All straps put into keepers and runners
    - vi. Everything neat and straight
4. Elementary care of saddlery
- a. Saddle
    - i. Neatly on saddle rack
    - ii. If floor, girth under cantle and pommel to prevent scratching
    - iii. Away from ponies eating leather, don't leave on the stable door
    - iv. Always carry correctly
    - v. Girth double through run - up stirrups
  - b. Bridle
    - i. Always wash the bit
    - ii. Hang up neatly
    - iii. Reins through throat lash
  - c. Cleaning
    - i. Leather – saddle soaped and oiled to keep leather clean and soft
    - ii. Material – keep well washed and soft
5. Knowledge of a) catching a pony and b) turn it away in the field

a. Catching

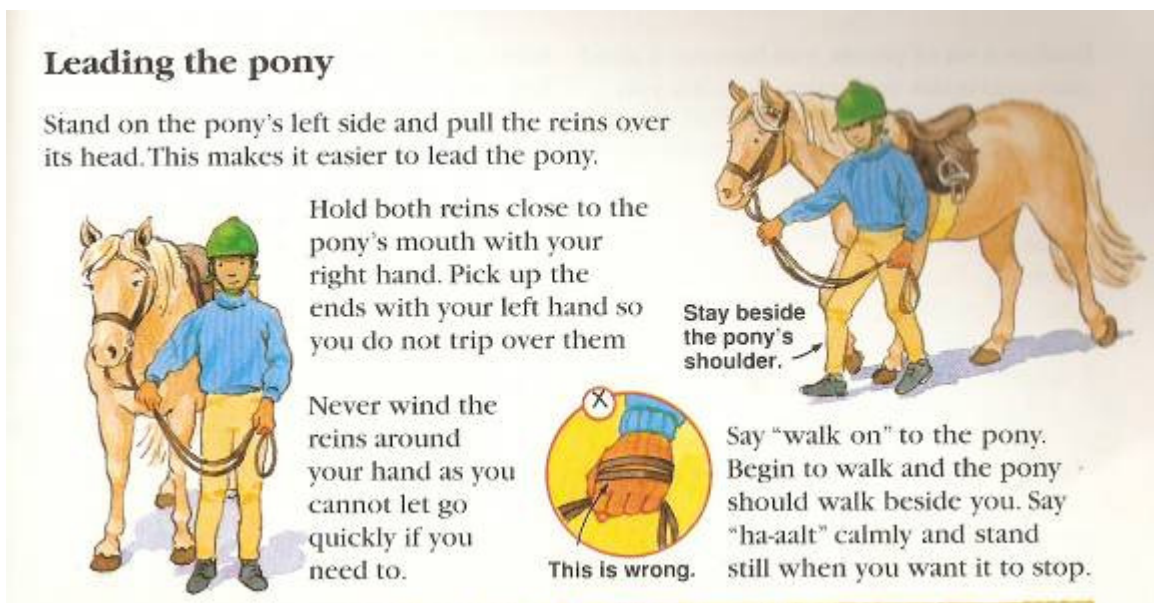
- i. Catch him daily, even if just to feed him a tidbit. This will make him easier to catch tomorrow
- ii. Have a tidbit
- iii. Halter and lead rope over shoulder
- iv. Walk to within calling distance and “call”
- v. Walk up to his left shoulder
- vi. Give him a bite of tidbit
- vii. Slide lead rope over his neck
- viii. Put the halter on while standing next to the pony’s neck
- ix. Do up strap behind the ears
- x. Give the rest of the tidbit
- xi. Say “Walk on” and walk

b. Turning a pony loose in the field

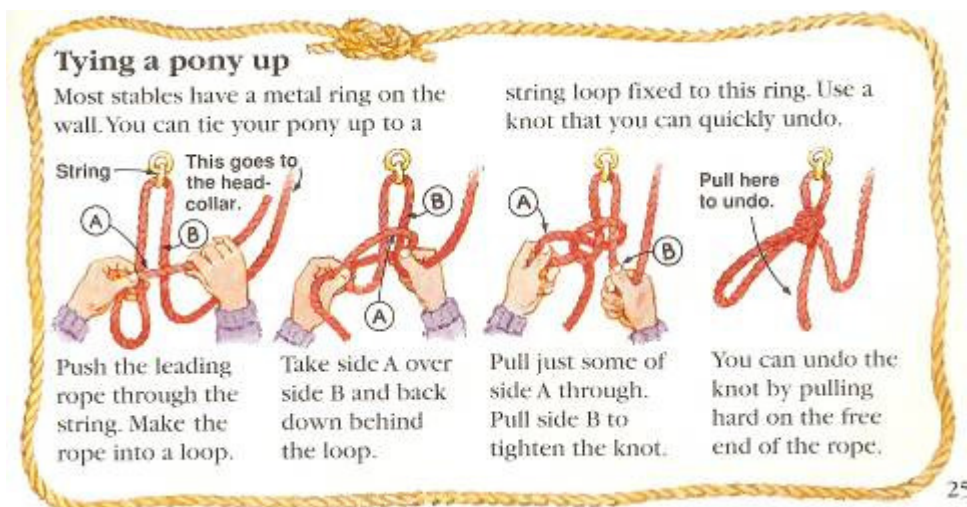
- i. Never with a bridle
- ii. Go into the paddock
- iii. Shut the gate
- iv. Walk away  $\pm$  5 m and turn the pony around
- v. Take the halter off
- vi. Let him walk away
- vii. Don’t chase him, this will make him harder to catch the next time



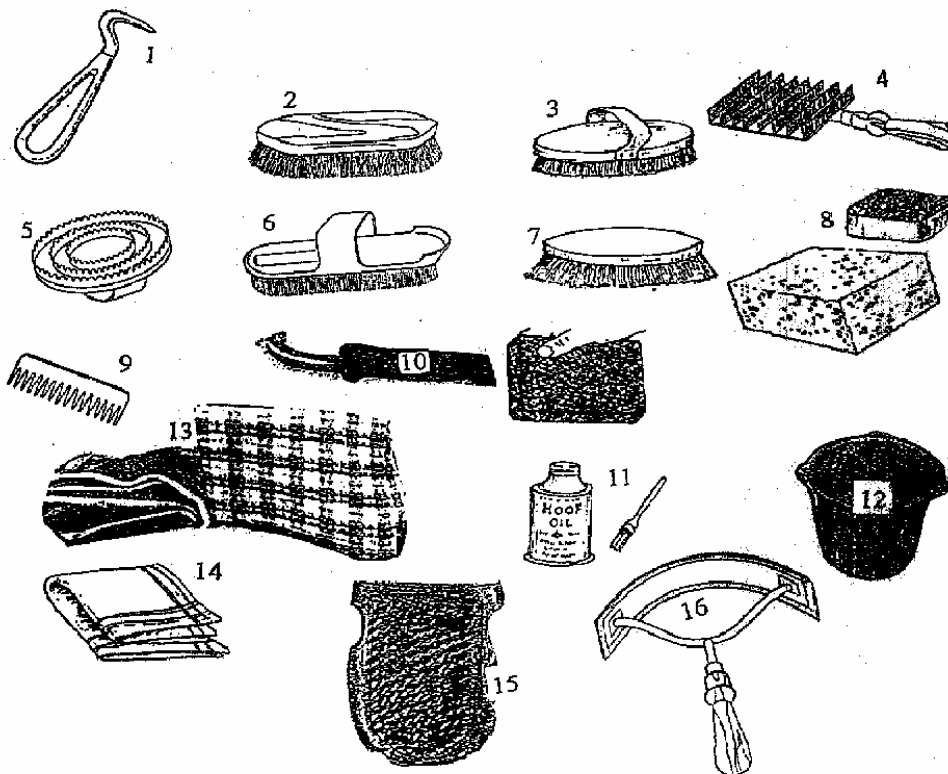
6. Lead a pony in hand at walk and trot, and turn correctly
  - a. Use the halter or a bridle (reins over head)
  - b. Usually from the left (practice right side as well)
  - c. Right hand – lead rein  $\pm$  30 cm from head, knuckles on top
  - d. Left hand – rest of lead rein. Never wrap lead rein around hand or slip hand into loop
  - e. Standing next to his left shoulder say “WALK ON”
  - f. Don’t turn and face the pony
  - g. When turning – walk around him – push him over
  - h. Never pull him around you, he could easily stand on your toes
  - i. To trot say “TROT ON” and run quietly next to his shoulder



7. Tie up a pony correctly
  - a. Always to a piece of string around a pole or tie up ring
  - b. Always with a quick release knot

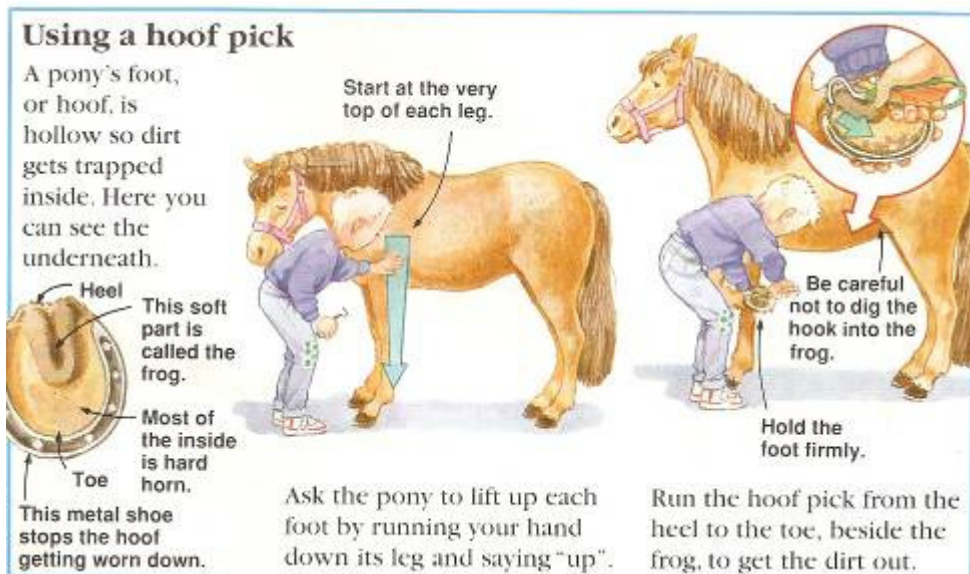


8. Names and uses of essential grooming kit
  - a. Hoof pick – for cleaning out feet
  - b. Dandy brush – for removing dried mud or sweat
  - c. Body brush for removing dust, scurf or grease from the coat, and for brushing the head, mane and tail
  - d. Metal curry comb – primarily intended for cleaning the body brush (Never to be used on a pony's body)
  - e. Rubber curry comb – for removing caked mud and sweat
  - f. Plastic curry comb (sarva brush)- for removing caked mud and sweat and also to get the winter coat out in spring
  - g. Water brush – for washing the feet and for “laying” the mane and tail (An old dandy brush or scrubbing brush will work)
  - h. Two sponges – one for cleaning the eyes and muzzle and one for cleaning the dock
  - i. Mane comb – for pulling the mane and tail and plaiting
  - j. Bot knife or bot block – for removing bot eggs
  - k. Hoof oil and brush – for special occasions and brittle feet
  - l. Small plastic bucket – for water to dampen mane and tail
  - m. Towels for drying off a damp pony
  - n. Stale rubber (piece of sheepskin or cloth) for finishing touches
  - o. Washing mitt – for curry combing while pony is being bathed
  - p. Sweat scraper – for removing water from the coat

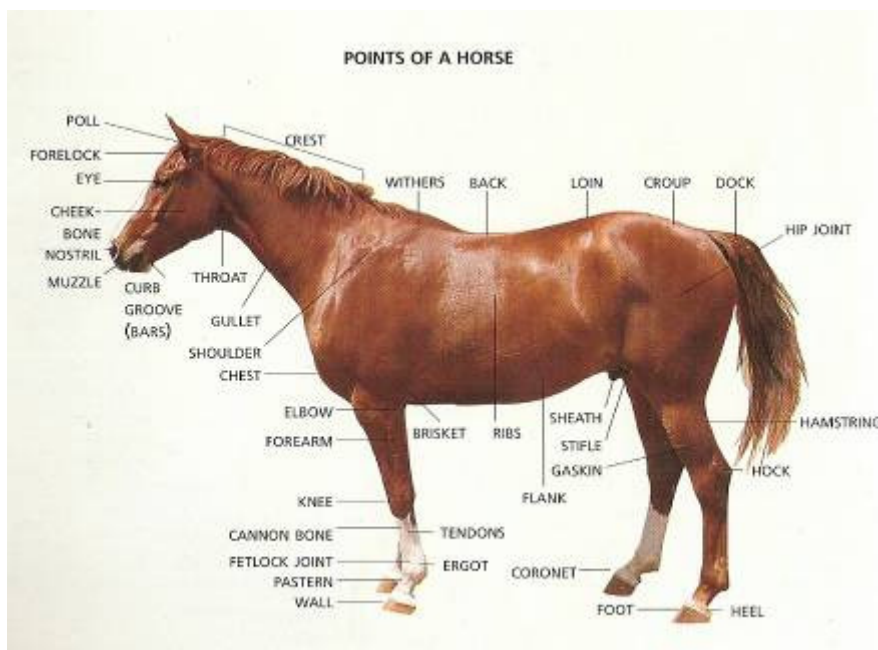




9. Knowledge of how to pick up and pick out feet
  - a. Tie pony up
  - b. Part of everyday grooming routine
  - c. Stand next to shoulder facing his tail
  - d. Run your hand down the inside and back of his front leg
  - e. Push him over with your shoulder
  - f. Sit "foot" and pick up his leg when you reach the fetlock joint
  - g. Hold his foot firmly at the toe (cannot put his weight on you)
  - h. Clean his foot out carefully but thoroughly working from the heel to the toe (preventing damage to the frog)
  - i. Don't drop the pony's foot – gently put it down



10. Knowledge of a) points of the pony, b) colours and c) markings



a. Colours

Points are the deciding factor if there is any doubt regarding a pony's colour. Points are muzzle, tips of ears, mane, tail and lower parts of legs

- i. Black – black all over including the muzzle and other points (may have white markings on face and legs)
- ii. Brown – Dark brown body with dark brown or nearly black points
- iii. Bay – a lighter reddish shade of brown body with black points. Light, dark, red bay
- iv. Chestnut – a yellowish or reddish colour, body points of the same colour or lighter (flaxen). Light, dark, liver or golden chestnut
- v. Grey – mixture of black and white hairs
  1. Iron grey – predominantly black hair
  2. Light grey – predominantly white hair
  3. Flea bitten grey – tufts of dark hair occurring on a white coat
  4. Never describe a pony as white
- vi. Dun – a yellow to mousy golden colour body with black points and a dark stripe along the back “List” and sometimes zebra marks on the limbs
- vii. Blue Roan – basic coat colour is black or dark brown with a sprinkling of white hairs and black points
- viii. Strawberry roan – basic colour is chestnut with a sprinkling of white hairs. Generally a chestnut mane and tail
- ix. Red or Bay Roan – basic colour is bay with a sprinkling of white hairs and black points
- x. Cream coloured coat on unpigmented skin – eyes often appear pinkish due to lack of pigment
- xi. Palomino – golden colour with flaxen or white mane and tail
- xii. Appaloosa – spotted – snowflake and blanket spotted
- xiii. Piebald – large irregular patches of black and white
- xiv. Skewbald – large irregular patches of white and any other colours
- xv. Whole coloured – same colour all over with no white markings



b. Markings

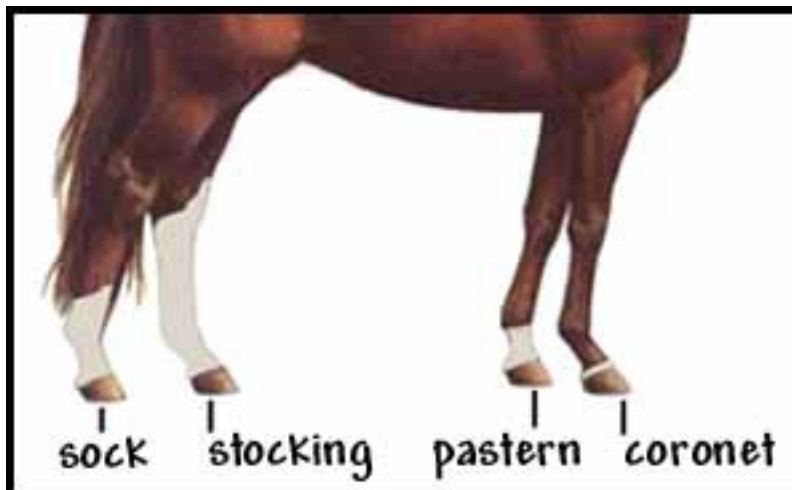
Head

- i. Star – white mark on forehead
- ii. Stripe – Narrow white mark down face
- iii. Blaze – broad white mark down face – extend over bones of face (usually from eyes to muzzle)
- iv. White face – includes forehead, round the eyes, the nose and part of the muzzle
- v. Snip – white mark between nostrils – sometimes extending into the nostril
- vi. Wall – eye – shows white or blue – white colouring- lack of pigment



Legs:

- i. Stocking – white leg marking from hoof to knee or hock
- ii. Sock – involves fetlock and possibly part of cannon
- iii. Fetlock, pastern, coronet and heels are also referred to, to describe area of white marks
- iv. Ermine – black spots or areas on white markings



11. Be able to recognize New Zealand Rugs, sweat rugs and a night rug



**F READ**

“The Manual of Horsemanship”

1. Points of the Pony	Front page
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4. Putting on a saddle	242-245
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