

Pony Club Association of South Australia

Technical Criteria Document 2009-2010

Patch: Bareback Riding

Candidate Name	Date
----------------	------

Item	How the Rider must Present	C	NYC	Examiner Notes
Wear pony club uniform	The rider must wear full official uniform for their club, and must be clean and tidy.			Encourage the CI to ensure the Rider is satisfactorily turned out before presenting.
	Clean boots (as permitted by the rules).			
	The helmet must be of current standard and correctly fitted.			
	The rider must not be wearing any jewellery (except per the rules).			
Turnout of Mount	The pony should be reasonably neat and tidy and be free of loose mud and sweat.			
Safety wear	A bridle must be worn.			
	A neck strap (correctly fitted) must be worn.			Assistance may be given by the CI.

Item	What the Rider must demonstrate	C	NYC	Examiner Notes
General	Legs stretched with heels down. Steady hands.			Legs - at all times, check whether the heels and knees are creeping up. Steady hands – use judgement based on age of rider (hands should not be raised too high or move against the horse).
Mount	Mount from both the nearside and offside using a mounting block (if necessary).			Look for correct use of rein and a smooth, soft seat on landing.
Walk	Demonstrate a balanced seat and giving hands whilst walking large around an area of no less than 40mx20m.			Use as warm-up exercise for both horse and rider. Ask rider to practise some warm-up exercises once you are confident that the horse is settled.
Trot	Demonstrate a balanced seat and steady hands whilst maintaining sitting trot in a figure of eight.			Look for use of focus and leg before rein for turns.
Canter	Demonstrate a balanced seat and steady hands whilst maintaining canter around an area of no less than 20mx40m.			As above.
Trot Poles	Demonstrate preparation and balanced seat with steady hands whilst trotting over 4 poles off both reins in an area of no less than 20mx40m.			Look for preparation of the turn, steady hands and balanced over the trot poles.
Dismount	Demonstrate correct use of rein whilst dismounting and jumping smoothly to the ground on feet.			Look for reins in one hand, swift smooth dismount landing on feet.

Item	What the Rider must Know	C	NYC	Examiner Notes
Safety	Ride bareback in an arena in order to minimise the risk of the horse bolting any great distance.			Ask where best to practise bareback riding.
	Have someone on hand to help.			Ask the rider if they should try riding bareback on their own.
	Always wear an approved safety helmet properly fastened. Always wear jodhpur/long riding boots.			Ask what gear the rider should wear. Explain that although not using stirrup irons and that whilst perhaps sandshoes may be worn it is always safer to wear proper boots at all times when around horses.
	Always ride using a bridle (not a halter).			Ask if it is safe to ride in a halter. Emphasise that the rider will always have better control with a bridle.
	Understand that some horses are more suitable than others to ride bareback. That the most suitable is a quiet horse with a wide back and low withers.			Ask if their horse is suitable for bareback riding and why/why not.

Pony Club Association of South Australia

Technical Criteria Document 2009-2010

Item	What the Rider Must Know (continued 2/2)	C	NYC	Examiner Notes
Focus	On where you want to go. Look, Leg, Rein procedure			Ask what the rider's first thought should be when asking a horse to move off... (look where they are going)
Legs	Should be long and not grip the horse's sides. Gripping can cause the horse to go faster.			Ask why the rider should not grip the sides of the horse
Heels	Sink heels deep - below the ball of the foot as this helps with balance			Ask where the rider's heel should be
Balance	That it is important to maintain balance by practising without using the rein to balance. To use a neckstrap or the mane to regain balance (if necessary) so as not to pull on the horse's mouth.			Ask why it is important not to pull on the horse's mouth
Bareback Riding	Improves balance and confidence			Ask why bareback riding is a good exercise for the rider

Candidate Name		Club	
Examined By		Date	