

# PONY CLUB ASSOCIATION OF SOUTH AUSTRALIA

## Technical Criteria document

### Achievement strip LUNGEING

This Achievement strip **MUST** be assessed by a “K” or Level 1 Assessor. Please contact Ann Olsen when candidate is ready for testing for a list of people able to assess this strip.

Candidate **MUST** be **14 years old** to do this strip

It is recommended that candidates choose a quiet horse which is experienced in lungeing.

NAME OF CANDIDATE		Date
NAME OF CLUB		

*Each certificate requirement must be marked either “C” for competent, or “N” for not yet competent.*

Item	How the rider must Present	C	NYC	Examiners Notes
Wear pony club uniform	The rider must wear pony club uniform (polo shirt permitted)			
	Clean boots			
	The helmet must be of current standard and correctly filled			
	The rider must not be wearing any jewellery (except per the rules)			
	Must wear gloves			
Item	What the rider must know	C	NYC	Examiners Notes
Know principles, benefits, and potential dangers of lungeing.	Candidate must understand the benefits of lungeing.			
	Candidate to be able to list potential risks of not lungeing correctly and the safety implications.			
Item	What rider must be able to do	C	NC	Examiners Notes
Know correct equipment required for horse and handler.	Horse to be turned out as for presentation, with correct, well fitting and well cared for equipment.			
	Snaffle bridle to be used including reins correctly secured but no noseband.			
	Correctly fitted lunge cavesson with jowl strap and rings. Saddle, including stirrups correctly secured.			
	Boots or bandages must be used. Lunge whip to be of the correct length and in good condition.			
	Lunge rein to be of suitable length and thickness.			
Understand safe practices to be adopted when lungeing. Demonstrate control of horse at walk, trot, and halt on command. On both reins.	Candidate to start horse off correctly			
	Candidate to demonstrate a warm up phase			
	Candidate to demonstrate the work session			
	Candidate to cool down the horse.			
	Examined By:			Date: