

**PONY CLUB ASSOCIATION OF SOUTH AUSTRALIA**  
**'C Star' CERTIFICATE TESTING AND TECHNICAL CRITERIA DOCUMENT**  
**Effective 1/9/2022 as produced by PCASA**

<b>Name of candidate:</b>		<b>Date of birth:</b>
<b>Club or Centre:</b>		<b>Venue:</b>
<b>Name of Assessor:</b>		<b>Date:</b>
<b>Overall Result</b>		
	<b>Competent (yes/no)</b>	<b>Comment</b>
Written Paper (need 75% to pass)		
Journal		
Riders Tool Kit		
On the Ground		
Under the saddle		
Lunging		
Horse Management		
Alternative Discipline Component of their choice		
a Community Service Component or a New Skill Component		
Result overall		

**PRESENTATION**

<b><i>Syllabus Item</i></b>	<b><i>Technical Criteria</i></b>	<b><i>C</i></b>	<b><i>NYC</i></b>	<b><i>Notes</i></b>
Wear Pony Club Uniform.	The rider must wear full official uniform for their club and must be clean and tidy.			
	Clean boots (as permitted by rules).			
	The helmet must be legal (see PCA gear rules) and be correctly fitted.			
	The rider must not be wearing jewellery (except as per PCA gear rules).			
Clean and correctly fitted gear.	The bridle and bit must be clean.			
	The bridle and bit must be the correct size and fitting correctly (including noseband).			
	The saddle must be clean (including the girth).			
	The saddle must be correctly fitted.			
	The stirrup leathers and irons must be safe.			
	If a breastplate or a martingale is used, they must be clean and correctly fitted			
	The saddlecloth must be clean and the correct size for the saddle.			
	If boots or bandages are used, they must be clean and correctly fitted. (Bandages must be stitched as per rules.)			
All saddlery must be in good repair.				
Horse clean and tidy (not required to be clean to the skin).	The horse must be well groomed and have a clean face.			
	The mane and tail must be washed.			
	Horse as for Pony Club competition(including Plaiting)			
Hooves clean and showing evidence of regular care.	The horse must be appropriately trimmed or shod.			
	Feet must be cleaned out and oiled.			
Miscellaneous equipment	If spurs are worn they must be legal and correctly fitted.			
	If the rider carries a whip, it must be a permitted whip.			

Name of Candidate:	Date:
--------------------	-------

**Riders Tool Kit**

<b>Syllabus Item</b>	<b>Technical Criteria</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Discuss the ten principles of training	Discuss the 10 principles. 1. Prioitise safety when around horses. 2. Understand what the flight response looks like & how to manage it. 3. Understand that the horse's brain is different to ours. 4. Prioitise calmness & be consistent at all times. 5. Find ways to get the horse used to (habituate to) the things that scare him. 6. Use pressure-release & reward training effectively. Avoid punishment. 7. Use voice, seat & weight aids correctly & understand their limitations. 8. Train behaviors gradually. 9. Only give one aid at a time. Each aid should produce one response. 10. Always focus on self-carriage.			
Briefly explain the evolution and changing role of horses within human society	Horses have been on earth for 55 million years; first horses were much smaller and had 5 toes. Horses have been domesticated for 6 thousand years, used for pulling carts etc, then ridden, used for transport, battle and now competition and leisure.			
Discuss the horse's memory, ability to form habits and intelligence	Horses don't think back but their recognition memory is excellent. Very good at forming habits. Horse intelligence is different to human intelligence.			
Have a very thorough understanding of pressure-release and reward training.	Explain pressure-release and reward training.			
Explain conditioned reinforcers and their use	Discuss timing, consistency, repetition and reward			
Understand punishment and habituation	Explain and give an example of each			
Explain overshadowing	Explain and give an example			
Show a developing understanding of the shaping process.	Shaping scale BORSCP Basic response, obedience, rhythm, straightness, collection and proof.			
Overall Impression. (Assessors may comment here)				

Name of Candidate:	Date:
--------------------	-------

### On the Groundwork

<b>Syllabus Item</b>	<b>Technical Criteria</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Understand the importance of clear, obedient responses on the ground	Explain why it is important to have clear obedient responses on the ground first.			
Demonstrate an understanding of the shaping process throughout ground work	Candidate to show knowledge of the shaping process throughout groundwork.			
Discuss the process of training a horse to step backward from voice cue	Explain the steps of the process			
Know the difference between steps and strides	Explain the difference between steps and strides			
Demonstrate a developing ability to move the horse's hindquarters.	Demonstrate how to move the horses hindquarters correctly, including handler position and use of whip.			
Demonstrate Park and head down	Demonstrate Park, handler to be able to step away and walk around to other side and back. Demonstrate head down with a light pressure.			
Overall Impression (Assessors may comment here)				

### Under Saddle

<b>Syllabus Item</b>	<b>Technical Criteria</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Discuss how a metronome can be used in horse training	Explain the benefits of using a metronome in assessing rhythm			
Demonstrate stop, slow and step back from light aids	Slow & stop to happen in 2 beats. Step back 2 steps with a light aid.			
Understand the biomechanics of turn	Explain the two separate phases of a turn, swing & stance.			
Ride a turn on the forehand	Demonstrate a turn on the forehand. Horse shouldn't walk forward or backward. Needs flexion at the poll, away from the direction of the inside leg			

**Under Saddle Cont'd**

<b>Syllabus Item</b>	<b>Technical Criteria</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Ride with reins in one hand at walk, trot and canter	Demonstrate riding with reins in one hand correctly, maintain rhythm and line.			
Ride without stirrups at walk, trot and canter	Maintain correct position in all gaits. Right stirrup to be crossed over first. Horse to be in self carriage			
Demonstrate correct position	Demonstrate at halt, walk, trot and canter.			
Be fluent with diagonal changes and be developing a feel for the correct diagonal	Be on correct diagonal throughout assessment			
Be proficient in cantering – able to achieve correct leads most of the time and correct them when they are incorrect	To be shown throughout the ridden assessment.			
Know the footfalls of all gaits	Be able to explain footfall to assessors.			
Ride at 220, 350, 400 and 450 metres per minute with a degree of accuracy	Two C assessors can assess this item during the year covered by the journal. A 5 sec window either side is allowed. Written confirmation to be included in the journal.			
Discuss warming up and cooling down	Explain reason for warming up & cooling down.			
Discuss how to manage the horse when they first start going to events and competitions and have a clear understanding of safe practices in this situation	Discuss how to manage the horse when they first start going to events and competitions and have a clear understanding of safe practices in this Situation.			
Discuss the etiquette for the warm up arena.	Flatwork & jumping.			

Name of Candidate:	Date:
--------------------	-------

### Jumping

<b>Syllabus Item</b>	<b>Technical Criteria</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Understand two different forms of rein release (i.e. crest and automatic (direct) release)	Demonstrate two different forms of rein release.			
Negotiate small show jumps with calmness and an understanding of good training practices (height and width of 85cms)	Demonstrate a calm and correct round over fences of 85cm. Rider to discuss good training practices.			
Relate a discussion of shaping and punishment to jumping	Rider to discuss how punishment can have a negative effect on the horse.			
Demonstrate riding over small cross - country obstacles (at least 85cm)	Ride over a variety of cross country obstacles.			
Know the different types of cross - country obstacles	Discuss the different CC obstacles.			
Overall Impression (Assessor may comment here)				

### Lungeing

<b>Syllabus Item</b>	<b>Technical Criteria</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Discuss the reasons for lungeing	Discuss the advantages and disadvantages of lungeing.			
Discuss correct and safe attire and tack for lungeing	Demonstrate correct tack and attire.			
Demonstrate correct, safe lungeing practices	Demonstrate correct, safe lungeing practices, including size of circle & length of time spent lungeing.			

### Horse Management

<b>Syllabus Item</b>	<b>Technical Criteria - What you need to know and demonstrate.</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Discuss the Five Freedoms	Freedom from hunger & thirst. 2. Freedom from discomfort. 3. Freedom from pain, injury & disease. 4. Freedom to express natural behaviors. 5. Freedom from fear & distress.			
Demonstrate how to neatly plait a mane and tail	Candidate may use rubber bands or stitched.			

Name of Candidate:	Date:
--------------------	-------

**Horse Management Cont'd**

<b>Syllabus Item</b>	<b>Technical Criteria - What you need to know and demonstrate.</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Discuss trimming and clipping styles. Understand the reasons for not trimming horse feathers and vibrissae (whiskers)	Explain the reason why we don't trim the horse whiskers, feathers & ears. Discuss clipping styles, full, trace etc.			
Discuss correct hoof management practices (shoeing, trimming etc.)	Candidate to understand that the shoe must fit the hoof, clenches should be even and not too low on the foot. Hoof should not be rasped excessively. Frequency of shoeing according to the activity.			
Know the farrier's tools (rasp, knife, cutters, hammer, buffer, pincers)	Candidate to name and explain the use of rasp, cutters, knife, hammer, buffer, pincers.			
Discuss the requirements for safe transportation of horses	Discuss float/truck maintenance e.g. floor, tail gate, lights, brakes, brake fluid, ventilation, tyres, tyre pressure & hitch. Towing regulations. Leg protection & rugging. Travel times. Safe loading & unloading. Tying up horse.			
Know the paddock checklist	Discuss safe paddock practices e.g. fences, water supply etc			
Know the daily checklist for the paddocked horse	Candidate to explain their daily check list for a paddocked horse.			
Understand the care requirements for both a paddocked and stabled horse	Discuss the differences between the two.			
Discuss stable bedding types	Candidate to list 4 types of bedding and discuss their advantages and disadvantages of each and their care.			
Discuss feeding guidelines	Candidate to have knowledge of feeding in relation to work. As the workload increases so must the type of food the horse is fed. The type of feed is also related to the type of work the horse is asked to do.			
Discuss different types of hay and basic feeds appropriate to the local area	Candidate to explain what they feed their horse and why. Discuss the quality of the different types of hay. What does good feed look and smell like.			
Discuss letting the horse down for spell	Candidate to explain why this must be done gradually. Decrease feed and work and remove rugs gradually over a period. Attend to teeth, feet and worming.			
Discuss the process of getting a horse fit after spell	Candidate must know that this is done gradually with the feed increasing gradually as the workload increases. To including grooming. Should also include care of teeth, feet and drenching.			
Know when to call the vet	Candidate to explain when they would call the vet.			
Know how to take the following observations for the vet: heart rate, respiration rate, temperature, manure	Candidate should know the three readings of a healthy horse at rest and how to take each			

Name of Candidate: \_\_\_\_\_ Date: \_\_\_\_\_

**Horse Management Cont'd**

<b>Syllabus Item</b>	<b>Technical Criteria - What you need to know and demonstrate.</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Know the signs of a healthy horse	Candidate must be able to describe a healthy horse, including			
	eyes			
	alertness			
	condition			
	legs			
	coat			
	appetite			
	type and quantity of manure.			
Describe a well-stocked first aid kit and the use of each item of contents	Candidate to show and discuss the contents of their horse first aid kit.			
Bandage a minor leg wound	Candidate to demonstrate how to apply a bandage to a minor wound.			
Be able to detect lameness	Candidate to discuss how to detect lameness in a front leg and a hind leg.			
Discuss how to treat deep wounds and skin disorders	Candidate to explain how they would manage a deep wound and list some skin disorders and treatment.			
Discuss the identification and treatment of common ailments including laminitis, colds, greasy heel and seedy toe	Candidate to explain how to identify and treat the conditions list to the left.			
Discuss parasite control appropriate to the local area	Candidate to explain parasite control and discuss the value of FEC & the value of dung beetles.			
Discuss vaccinations for tetanus and strangles, plus other vaccinations needed for the local area.	Candidate to discuss their annual vaccination program.			
Discuss dental care	Candidate to explain their horses ongoing dental care.			
Be able to tell a horse's age by looking at the teeth	Candidate to be able age a horse by their teeth up to age 8 years.			
Demonstrate an understanding of correctly fitted tack including martingales	Candidate to show an understanding on how tack fits correctly including martingales.			
Understand the different types of bits	Candidate to identify different bits including snaffles, gags, Kimblewick & Pelham and their action.			

Name of Candidate:	Date:
--------------------	-------

**Horse Management Cont'd**

<b>Syllabus Item</b>	<b>Technical Criteria - What you need to know and demonstrate.</b>	<b>C</b>	<b>NYC</b>	<b>Notes</b>
Discuss how to fit leg protection to the horse	Candidate to explain the difference in leg protection for travel and exercise. Boot VS bandage. How to stitch an exercise bandage.			
Explain how to maintain rugs and grooming equipment.	Candidate to explain correct care of rugs and grooming equipment.			
Be able to tell a horse's age by looking at the teeth	Candidate to be able age a horse by their teeth up to age 8 years.			