

RSPC EQUESTRIAN NEWS

By Lorraine Bottreau

THE RIDING SCHOOL AT RSPC

We welcome all our new members that recently joined the RSPC Riding School.

- You are all invited to watch Polo club Chukkers and tournaments. Chukker days are Tuesdays, Thursdays, Saturdays and Sundays. Weekday starting time is 4:30pm and weekend starting time is 3:30pm.
- The Riding School training and competitions classes are on a Sunday morning each month. Gymkhana Pony club type games for the younger children are fun and we do hope this second half of 2018 will have better weather once the rainy season decides to leave us at last.
- Pony club activities – Pony club activities will start in September 2018. Please check the notice board at the clubhouse and at the Riding School.
- We wish to remind all riders and friends that we have a Facebook page where the details of events and results are posted and updated. We invite members, friends and riders to post any pictures of interesting news or comments.

To all Riding School Riders who wish to join the Pony Club or Competitions: please check with your instructor to take your assessment test for Certificates. The next assessment will be in September 2018. This information will be posted in the Riding School Office.

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RIDER LEVEL AND PROGRESSIVE RIDING AT RSPC

Get to know your level and qualify for these trophies:

- 1 Beginner Level E Riders (First timers)
- 2 Level E+ (Walk Trot Preparatory, Lead Gymkhana Games)
- 3 Level D Preliminary Riders (walk, trot and a bit of canter in Lessons in the Paddock)

PREPARATORY C TEST Gymkhana Games without leader walk and trot, cross poles at 30cm.
Completed and Passed D Test

- 4 Level D+ (Preliminary Dressage Test, Gymkhana without Leader, Small jumping obstacles up to 50cm. Completed and Passed D+
- 5 POLO TEST RIDER This test will prepare you to take up polo and progress to Polo Riding Skills and Polo Playing
- 6 C Level RIDER Is able to ride with an independent seat in walk, trot canter. Novice Level Test and Jumping 80cm Course
- 7 C+ Level RIDER is able to ride with a very independent seat in pace changes within the pace at walk, trot, canter, Elementary Dressage Test and Jumping 90cm to 1 meter competitions

Details of the Levels - which level are you? Ask your instructor and sign up for the Test to get a Certificate. Do you want to become a good overall confident rider and enjoy riding to the fullest? Do you want to be part of the Leader Rider Board and train through all the Levels of Dressage and Show Jumping? Or do you want to become a Polo Player? Read on and decide your PATH ... Prepare for the assessment tests.

LEVEL E RIDER:

Recommended age is starting from 5 years old. Children and young riders may prepare for this level test with their instructors.

Objective

To improve and enjoy learning about ponies and horses. To be happy both on and around ponies and horses. To know the basic points of the pony/horse.

Riding

To be able to sit on a pony/horse in halt and at walk. To be able to hold the reins. With help, carry out physical exercises such as: touch parts of the pony, mane, neck, tail etc.

Ride a pony/horse away from assessor at walk, turn around a cone and go back to the assessor.

To be able to show trot rising on the leading rein. To be able to stop at a designated point and say "thank you".

Pony/Horse Care

To know the name and colour of the pony / horse they are riding.

To recognise: bridle, mane, tail, ears, mouth, legs, hooves and feed a carrot the correct way, this must all be done with an adult helper (for child).

LEVEL D RIDERS

Are you ready? Ask your instructor to teach you the following and prepare for your Certificate.

Objective

To have a basic understanding of ponies and horses. To achieve confidence in handling and riding a pony/horse. Improve and enjoy learning about ponies/horses.

Riding

Mount and dismount. Understand and show a correct position in the saddle at halt.

Be able to hold the reins correctly. Be able to ride a quiet pony safely, in an enclosed area without the leading rein, in walk and trot.

Pony Horse Care

Approach and handle a pony/horse correctly. Know basic needs of a pony /horse. Catch a pony/and put on a headcollar. Proper way to give a pony/horse an apple or carrot. Lead a pony/horse in hand in walk and turn correctly. Tie up correctly. Name simple points of the pony/horse.

Name different parts of saddle and bridle. Recognise a dandy brush and rubber curry comb.

Mount and dismount. The correct length of stirrup. The position of the rider in the saddle.

Holding single reins. Handling a horse. Fitting a headcollar. Leading and showing in hand.

The parts of a saddle. The parts of a snaffle bridle. Putting on a saddle and bridle.

LEVEL D+ RIDER

Are you a balanced rider? Get ready for your D+ Riding Test.

Objective

To be working towards developing a balanced seat independent of the reins.

Riding

1. Mount and dismount correctly.
2. Know how to alter your stirrups correctly when mounted.
3. Know how to check your girth.

4. Sit correctly at the walk and be able to describe the correct position.
5. Hold the reins correctly and carry a whip in either hand.
6. Walk on a loose rein and shorten the reins.
7. Begin to demonstrate a balanced seat in trot and canter.
8. Count the rhythm in trot of the pony/horse you are riding
9. Correct use of your legs as aids.
10. Simple turns and circles in walk and trot.
11. Show accepted aids to achieve correct canter lead.
12. Rising trot on either diagonal; change of diagonal.
13. Show a few strides of sitting trot through transitions.
14. Walk without stirrups.
15. Ride up and down hills in walk.
16. Ride over a single pole and very small fence.
17. Be able to control a quiet pony/horse in company, on the roads and in the countryside.

What you need to know:

18. To understand and describe the aids to halt, walk, trot, canter, and circles, and be able to apply them.
19. Give a simple definition of a pony/horse working forwards.
20. Be able to explain rhythm – evenness and regularity in trot.

Horse & Pony Care

21. To have some knowledge of care and working a pony at grass.
22. Put on a saddle, snaffle bridle and saddle cloth.
23. Have some knowledge of correctly fitting tack (noseband, throat lash, saddle cloth).
24. Know about elementary care of saddlery (daily bit washing; importance of clean girths, saddle cloth and saddle cloths).
25. Catch a pony/horse and turn it out in a field.

26. Lead a pony/horse in hand at walk and trot and turn correctly.
27. Names and uses of essential grooming kit.
28. Show how to use a dandy brush.
29. Pick up and pick out feet.
30. Know basic points of the pony. Know colours and markings.

LEVEL C RIDER

Are you ready for Interclub Competitions and Gymkhanas?

Objective

To understand the importance of, and to be working towards a secure correct balanced seat, independent of the reins. Why correct seat is important. Simple aids. Care of working pony/horse. Control horse/pony in road and outdoors, track. Proper regard for arena rules and outdoor rules of riding. Independent seat at Walk trot and canter

Riding

1. Show safe and tidy turn out.
2. Check bridle, saddle, girth and stirrups before mounting.
3. Mount and dismount safely and correctly on either side.
4. Hold the reins correctly and at a suitable length for the work being done.
5. Ride with stirrups of a suitable length.
6. Ride in a secure and balanced seat independent of the reins.
7. Alter stirrups when mounted and check they hang correctly.
8. Tighten and loosen girth when mounted.
9. Use of seat, legs and hands as aids to increase and decrease pace.
10. Ride in balance without stirrups in walk and trot.
11. Demonstrate sitting trot, rising trot on the correct diagonal and change of diagonal.
12. Understand the meaning of and start to establish the pony's rhythm.

13. Walk on a long rein.
14. Canter on both reins.
15. Ride safely in closed and open order in a group.
16. Ride independently in the open.
17. Ride up and down hill in walk and trot.
18. Show trot and canter in a balanced light seat with stirrups at a suitable length.
19. Ride in a correct, balanced position in walk and trot over poles on the ground as a preliminary to jumping.
20. Ride in a correct, balanced position over small fences.
21. Show a smooth progression from one fence to the next.
22. Show suitable skills to be able to ride in the countryside, across farm land and bridle paths.
23. Open and close gates.

What you need to know:

24. Know simple aids and ride turns and circles at walk, trot and canter.
25. Aids for canter on a named leg on a circle.
26. Explain the sequence of legs in trot and canter.
27. Understand the meaning of rhythm and tempo.

Horse & Pony Care

28. Explain how to care for and work a pony that lives out at grass.
29. Elementary feeding, watering and cleanliness of the pony.
30. Groom a grass kept pony.
31. Put on a tail bandage.
32. Know when a pony needs shoeing.
33. Put on a saddle, bridle and martingale.
34. Have some knowledge of correctly fitting tack (saddle clearing withers, height of bit).
35. Be able to do up a curb chain correctly.

36. Know the correct fitting of a flash nose band.
37. Elementary care and cleaning of saddlery (tack care after daily exercise).
38. Know the main indications for health in the pony.
39. Know how to clean a minor wound.
40. Know which wounds require veterinary attention.
41. Understand the reason for anti-tetanus vaccination and know when the pony you are riding was vaccinated.
42. Recognise when a pony is clearly lame.
43. Explain how to load and unload a horse or pony safely, considering yourself, the pony and any helpers.
44. Understand the importance and the means of protecting the pony's legs while travelling.
45. Put on and take off stable and turn out rugs.
46. Understand and show how to safely lift objects in general use around the stable yard, for example feed and water buckets.

Once you have the Standard C Test you may progress further as a rider in C + and B Tests. This shows that we have a long lovely road to travel. The ultimate goal is to achieve the A Test the most sought after level.

I WANT TO BECOME A POLO PLAYER

Here is the path to achieve this dream.

Recommended minimum age is 10 or 11 years.

OBJECTIVE

The test is designed to encourage children youngsters who have chosen PCP as their main sport to further their knowledge of horsemanship and care of the polo pony.

RIDING

Tack up and turn out - to understand the use of bits, martingales and breastplates.

Mount and Dismount from the ground, from the mounting block, with a leg up.

To hold the reins correctly in one hand shorten and lengthen.

To be able to alter stirrups when mounted - using one hand with feet in stirrups.

Tighten & Loosen Girth when mounted.

Position at walk, trot and canter with use of seat, legs and hands as an aid to increase/decrease pace.

Turns and circles in all paces Aids for canter and the ability to recognise the correct leg.

Work in an open area.

RIDING & OUTDOOR FIELD SAFETY

Knowledge of the Riding and Road Safety Achievement Badge Syllabus level.

HORSEMASTERSHIP

Care and work of a horse. Elementary feeding and watering. Basic horse conditioning. Basic use of the grooming kit and brush recognition. Care of the mane and tail .Washing down and cooling. Care of the foot.

Tack care and cleaning. Basic knowledge of tack fitting and bits. Basic lameness recognition.

Knowledge of leg protection for travel and play (including fitting of boots).

Knowledge of rug fitting and type.

READ

The Manual of Horsemanship.

Whatever your goals are, if you only want to be with horses, starting in June 2018, we will introduce monthly Pony Club sessions with fun games that include horsemanship. Look out for notices and check our Facebook page or contact our Pony Club Instructor in charge, Miss Deborah.