



Canadian Pony Club



C STUDY GUIDE

Abstract

Study Guide for those working towards their C Level in Pony Club.
Prepared by CPC Education Committee.



CANADIAN PONY CLUB

STUDY GUIDE

LEVEL "C"

2019

Loyalty

Character

Sportsmanship

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Reference Books

- MH Manual of Horsemanship (11-13th Editions)
- USPC D USPC D Manual (1994/2012)
- USPC C USPC C Manual (1995)
- CMS USPC Conformation, Movement and Soundness (Harris)
- HCH Horse Conformation Handbook (Heather Smith Thomas)

Lesson 1

General

Topic Outline

1. How to describe a horse
 - Colour, markings, breed, age, sex, height
MH
USPC D
2. How to measure a horse
 - Location, stance, tools
MH
USPC D
3. Bone
 - What does it mean, where do we measure it?
MH
4. Cooling out procedure
 - Beginning to condition: principles of exercise vs. work; plan to condition
MH
USPC D
USPC C
5. Conformation and Unsoundnesses:
 - Good and bad points of conformation;
 - Explain how to determine which is the lame leg;
 - How to find the site of lameness



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Assignment

Review

1. Define these terms:

- a) a new born horse of either sex _____
- b) a young male horse up to three years old _____
- c) a young female horse up to three years old _____
- d) a castrated male of any age _____
- e) an uncastrated male horse over three years of age _____
- f) a female horse over three years old _____

Description

1. Describe your own horse in detail.
2. List five things to take into consideration when measuring your horse.
3. Where is the measurement of bone taken?
4. Why is good bone important?
5. What is considered to be good bone?
6. What terms other than 'good' can be used to describe bone?
7. List three types, three breeds of horse and three breeds of pony.
8. Compare and contrast types and breeds.

Conformation and Unsoundness

Discuss the conformation of the candidate's own horse with respect to its good and bad points, type and bone. Explain how to determine which is the lame leg and how to find the site of lameness (heat, pain and swelling).

1. Define the following terms:

- a) upright pasterns
- b) bull neck
- c) ewe neck
- d) built downhill
- e) parrot mouth



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- f) sway backed
- g) cow hocked

2. Sort the following conformation terms into the appropriate column:

- bull neck
- pigeon toes
- swan neck
- dish face
- roman nose
- open throatlatch
- roach back
- sway back
- upright pasterns
- short coupled back
- deep girth
- splay feet
- sloping pasterns
- short cannon/long forearm
- pig eyes
- high withers
- high set neck
- long neck
- large feet for size of body
- goose rumped
- long sloping shoulder

Good	Poor	Breed/Discipline Specific



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3. Take three pictures of your horse: side view, front view and rear view (tie up the tail so you can see the hind legs). Make sure the horse is standing square in all photos. Evaluate your horse's conformation - what is good, and is not ideal.

Good conformation features:

Less than ideal conformation:



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4. **Heat, pain and swelling** are the three clinical signs of lameness. Explain how to:
 - a) tell if your horse is lame
 - b) tell which leg your horse is lame on
5. There are different signs to look for if your horse is lame on a fore leg or a hind leg. Explain the difference.
6. Go out to the barn with your instructor and learn how to put on a polo and stable bandage.

Conditioning

1. Define soft condition and hard condition.
2. Explain the difference between work and exercise.
3. Your horse has been laid off with an injury for 4 months and confined to a stall. Rally is coming up in 4 months. Explain the steps you would go through prior to getting on your horse's back for the first time.
4. Your horse has been checked out and is ready to go with a fitness program. It will be your first day on his back after his 4 month lay-off. Outline a conditioning program that will ensure your horse is fit enough for your Rally in the summer. Include approximate timelines.
5. Explain how to tell if your horse has achieved fitness.
6. Explain how your horse's feeding program will change over the course of his fitness program.
7. Explain how to warm up your horse properly.
8. Explain why it is so important to warm up your horse.
9. You have just gone through the finish line in the cross-country phase of Rally. Outline the steps you will take to ensure that your horse is returned to the stall cooled out and happy. Don't forget to explain HOW you will know he is cooled out.
10. Explain why cool out is so important.



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Lesson 2

Feeding, Stall & Pasture

Topic Outline

Feeding: discuss the feeding rules and ways they should be followed; identify common grains/concentrates for the region and processing methods; discuss the daily routine and ration for your own horse.

Stable and Pasture: discuss good and bad features of stables and pastures with an emphasis on safety, including the materials used, set up, and where appropriate, possible ways to improve the situation. While cleaning a stall, candidates will show good understanding in your choice of tools, appropriate for the bedding type and the removal of both solid waste and wet spots

1. Identify common feeds.
 - MH
 - USPC D
 - USPC C
2. Know the basic rules of good feeding and the reasons for them.
 - MH
 - USPC D
3. Understand basic feeding routines, ways to water and feed hay.
 - MH
 - USPC D
 - USPC C
4. Feeding your own horse.
5. Bran mash - how to make one, when and why to feed one.
 - MH
6. Good and bad features of a stable and a pasture.
 - MH
 - USPC D
 - USPC C



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7. Different types of bedding, mucking out tools.

- MH
- USPC D
- USPC C

8. Able to discuss your own situation.

9. Uses of Water

- MH
- USPC C

Assignment

Feeding

1. List five rules of good feeding and explain the reason for each rule.
2. What must be done to beet pulp before it can be fed?
3. Make up a feeding chart for your own horse. Indicate how you are following the rules of feeding with this chart.
4. Describe how you would make a bran mash.
5. When would you feed a bran mash? Why?
6. How much water does a horse require in a day? Will this stay the same every day, or are there factors that will cause the amount your horse drinks to vary? If so, what would these factors be?
7. List three uses of water in the horse's body.
8. What are the three commonly fed grains?
9. What are three ways grain can be processed?

Stable and Pasture

1. Fencing, shelter, water, grass and soil types, and adequate land are some of the features to look for in a good pasture. Name one thing that is important about each.
2. Stall size, safety, dedicated areas for grooming/tying, window and door types, and storage for hay/feed/utensils are features to look for in a good stable. Name one thing that is important about each.
3. Describe your own horse's situation (where it lives).



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4. What is the correct size for a box stall door? If the door swings, which way should it open?
5. Name two safety features you would like to see in your barn.
6. Name two examples of good bedding.
7. Name two tools used to clean stalls.
8. Give three reasons why bedding is necessary for a stabled horse.
9. What are three important goals when cleaning a stall?
10. Compare and contrast a stabled horse, a grass-kept horse, and a horse kept using the combined system.

Feeding Highlights

Know the Rules of Good Feeding:

1. Feed little and often.
 - avoid large meal feedings, try to make grass available
2. Feed plenty of roughage.
 - try to make grass available; feed hay throughout day; use a slow feeder
3. Feed according to work done, age, size and temperament.
 - match calories in to calories expended; assess weight and energy frequently
4. Make no sudden changes in the feeds.
 - plan for a 5-7-day introduction of new grains and hays
5. Keep to the same feeding hours daily.
 - make a plan for assistance in case you are unable to get to the barn on time
6. Feed clean and good quality forage only.
 - buy from reputable dealers; harvest hay in the best weather possible
7. Feed a succulent daily.
 - try to allow access to grass, and failing that, provide carrots, apples, etc.
8. Don't work immediately after a full feed.
 - coordinate work out and feed times to avoid this
9. Keep water available at all times.



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- use troughs, tubs or automatic waterers to ensure a constant source of fresh water

10. Ensure feed buckets and water buckets are cleaned regularly

- failure to do so may result in the development of disease

Identify common grains/concentrates for the area:

This may vary from region to region but typically across Canada the most commonly fed grains for horses are oats, corn and barley.

1. Grains may be fed:

- oats - whole, bruised, crushed, crimped, or rolled
- barley - rolled, crushed, crimped, flaked
- corn - flaked, cracked (avoid feeding whole, as it's too hard, and avoid feeding crushed, as it's too dusty)

2. Concentrates may include various types of pellets, extruded feeds, oil seed meals, and mixed/prepared commercial feeds.

Feeding your own horse:

To determine a feeding plan:

1. Assess your horse's weight - use a weight tape for accuracy
2. Assess amount of work being done
3. Aim for 2 lbs. of food (includes grain, hay and grass) for every 100 lbs. of body weight
 - for example, a 1000 lb. horse should get 20 lbs of food (hay, grain, grass) each day
4. For the average horse working at 'C' level, expect to have 70-100% of the diet in roughage (hay and grass).
5. Be prepared to adjust the amount of food based on the horse's weight and energy level.

To write up a feeding plan:

1. Write the times the horse is being feed.
2. Weigh all foods (hays, grains, supplements) and include the weight amounts that are fed throughout the day.
3. Don't forget to include any access to grass - can state in hours/day horse is on grass.
4. Don't forget to include water at all times.



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5. Don't forget to be specific about types of hays and types of grains or concentrates that are fed.

An example would look like this:

Horse: Ivan (16 hh TB/Oldenburger cross, 11 years old, doing second level dressage; weight 1000 lbs.)

- Water available at all times.
- 7 am - 5 lbs. timothy hay; 2 lbs. complete pellets
- 8 am - turn out in paddock/small field (accounts for approximately 3 lbs of food)
- 5 pm - return to stall paddock from field; 7 lbs. timothy hay; 3 lbs complete pellets plus vitamin/mineral supplement as per directions

Lesson 3

Saddlery

Topic Outline

Explain or demonstrate the correct adjustment, fit and care of the candidate's own saddlery; identify and fit a wide variety of nosebands, girths, and common items of tack; demonstrate how to put on and remove a blanket

1. How to put up and store tack.
 - MH
2. Care of new tack.
3. Identify all parts of saddle and snaffle bridle.
 - USPC D
 - MH
4. Identify a variety of girths, martingales and nosebands and their purpose.
 - USPC D
 - MH
5. Identify a variety of snaffle bits.
 - MH
6. Understand the action of a snaffle bit.
 - MH
7. Put on and remove a blanket.



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- MH
- USPC C

Assignment

Saddlery

1. What is a jockey?
2. Name two types of blankets.
3. Outline the steps to putting on a blanket.
4. What is the purpose of a:
 - a) flash noseband?
 - b) cross-over/Mexican (figure 8) noseband?
 - c) kinton noseband?
 - d) drop noseband?
 - e) crank noseband?
 - f) Which noseband can be used with a standing martingale?
5. Name the three areas where the snaffle bit acts in the horse's mouth.
6. Why is it important to clean your tack often?
7. Explain how to prepare your tack for long term storage.
8. Review all the parts of the saddle and the snaffle bridle.
9. You have purchased a new bridle. What will you check to make sure it fits well?
10. Describe your saddle. What type is it, why did you choose it, and how do you know that it fits your pony?
11. Explain how to tell if your saddle fits you.



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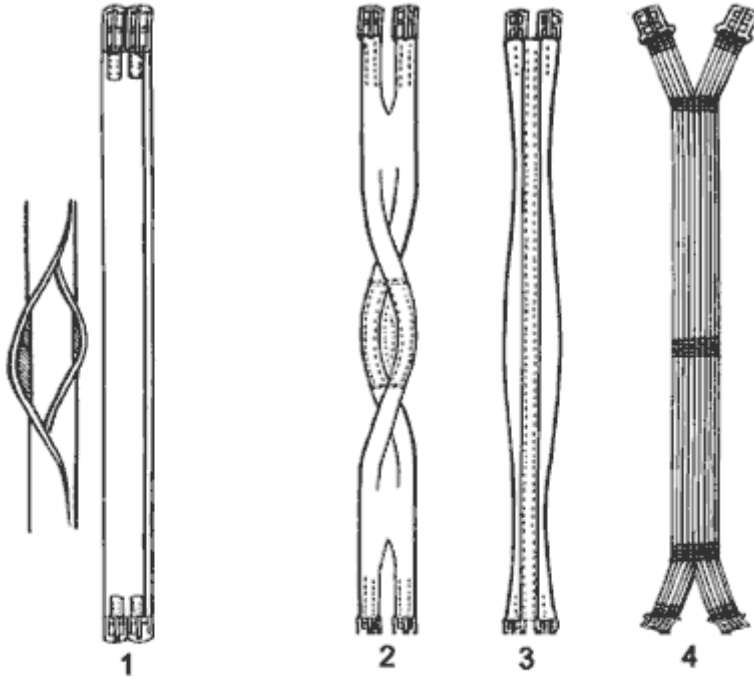
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Name the Girths



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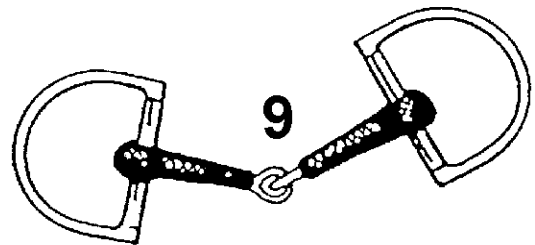
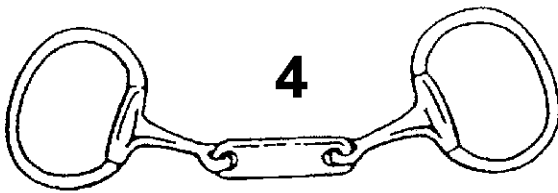
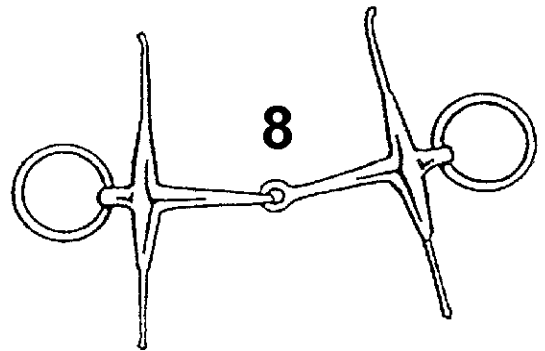
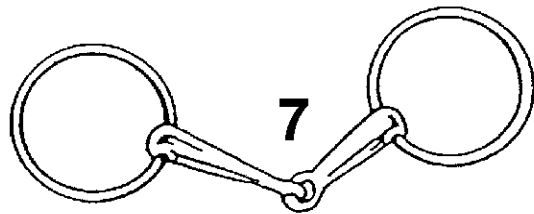
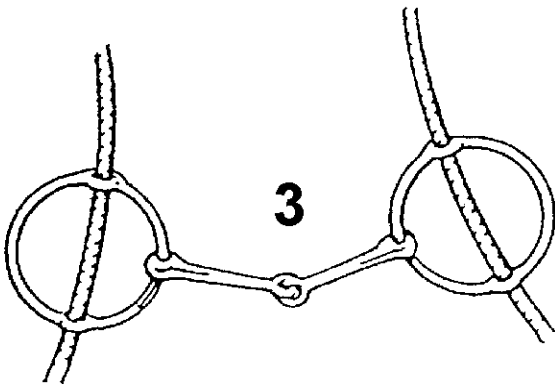
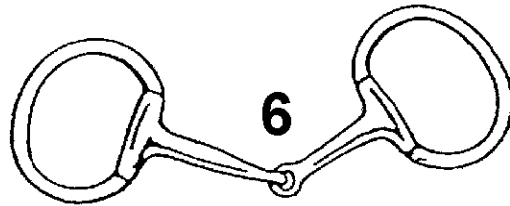
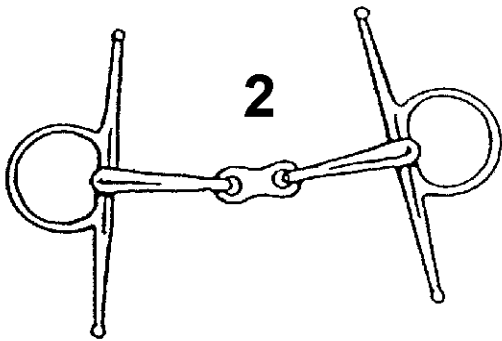
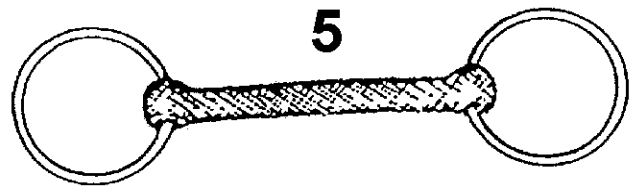
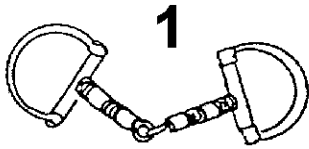
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Name the Snaffle Bits





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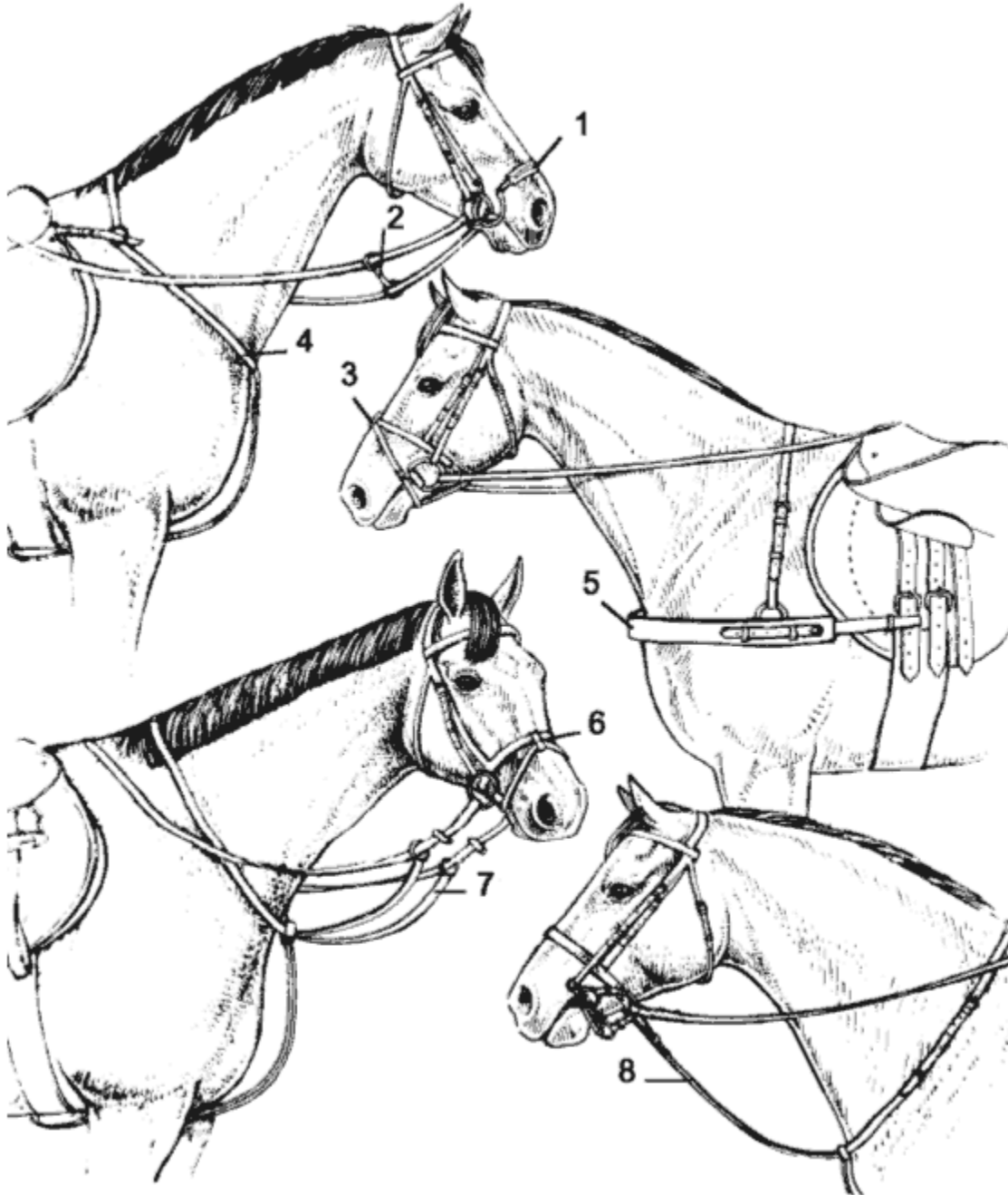
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Name the pieces of tack



Briefly describe how to fit items #3-8.



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Lesson 4

Vet & First Aid

Topic Outline

Vet and First Aid (20 marks total)

Discuss pulse, temperature, respiration and signs of health. Identify and discuss the care, cause and simple treatment of minor injuries (thrush, abscess and mud fever/scratches) - 10 marks

Discuss the signs of a cold and laminitis, and the CAUSES of colic; when to call the vet and what to tell him/her - 10 marks

1. Minor injuries - names, causes and treatments

- MH
- USPC C

2. Thrush - causes, treatment

- MH
- USPC D

3. Colic - symptoms, causes, treatment

- USPC D
- USPC C

4. When to call the vet

- MH
- USPC D
- USPC C

5. Temperature, pulse and respiration

- MH
- USPC C

Assignment

1. Name the five types of minor injuries and give a possible cause for each one.
2. Name the four steps in treating a minor wound.



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3. What is the main cause of?
 - a) thrush?
 - b) hoof abscess (aka subsolar infection)
 - c) mud fever/scratches
4. How would you treat:
 - a) thrush?
 - b) an abscess?
 - c) mud fever/scratches?
5. Give two causes of colic.
6. Give two symptoms of:
 - a) colic
 - b) cold
 - c) laminitis
7. What could you do while waiting for the vet if your horse had colic?
8. Give the normal temperature, pulse and respiration of a horse at rest.
9. Describe two situations when a wound would require a vet's attention.

Highlights - Vet and First Aid

Temperature, Pulse and Respiration are often referred to as TPR

Temperature: 36 degrees Celsius (C) or 100.2-100.5 degrees Fahrenheit (F)

- if the temperature rises to 39 degrees C or 102 degrees F, call the vet

Pulse: 36-40 beats per minute (bpm)

- this is the heart rate; you can measure it with a stethoscope on the chest
- you can feel it with your finger (not thumb):
 - under the top of the lower jaw
 - on the cheek just above and behind the eye
 - on the inside of the foreleg level with the knee
- young horses may have a higher resting heart rate of up to 45 bpm
- above estimates are for resting heart rate; when your horse works or is nervous or upset, you can expect the heart rate to be higher



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Respiration: 8-10 breaths per minute

- it's easiest to observe the flanks for this measure

Signs of Health:

The signs of health include normal TPR, no obvious sign of injury or trauma, alertness, ears pricking to and fro, coat flat and glossy, skin loose and supple, no undue sweating or restlessness, eyes clear and bright, mucous membranes of eyes and nostrils salmon pink, good capillary refill in gums, good appetite, normal urine and droppings (rate, colour and consistency), horse does not appear lame

When to Call the Vet:

Call the vet if there is any visible sign of severe trauma or injury, if you are worried about any of the above signs of health, if the horse appears to be colicking and has not improved within 20 minutes, or in the case of an eye injury, arterial bleeding, protruding object, puncture wound, inability to bear weight on a limb, if showing signs of laminitis, unable to rise, etc.

What to Tell the Vet:

State your name and address; give a cell phone or barn phone number for immediate contact. Tell the vet what you have observed (signs of trauma, symptoms of disease) and be prepared with horse's TPR.

Symptoms of:

- cold: nasal discharge
- laminitis: hot hoof wall; raised digital pulse; inability/reluctance to walk; severe pain

Causes of colic: abrupt change in feed types or times; poor quality food causing excess gas; lack of water; too much dry food; excess worm load; etc.

Wounds:

1. Types

- clean cut
- torn wound
- puncture
- bruise
- gall

2. Treatment

- arrest the bleeding



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- clean
- dress
- protect

Treatment of thrush, mud fever/scratches:

- remove the cause; keep horse in dry, clean environment; medicate appropriately

Treatment of abscess:

- stop work, reduce feed, and confine horse to a clean stall or paddock.
- call the vet - he/she may have to drain the abscess and prescribe medication (antibiotics)
- you may have to poultice the foot and/or soak the foot in warm water and epsom salts to draw the infection from the wound

Lesson 5

Foot & Shoeing

Topic Outline

Discuss care of the foot and conditions requiring shoeing/re-shoeing while showing an understanding of the external structures of the foot. Discuss the benefits of shoeing a horse and going barefoot. Name the farrier tools and know how they are used.

1. Parts of the foot.

- MH
- USPC D

2. Basic foot care.

- USPC D

3. Reasons to shoe.

- MH
- USPC C

4. Reasons to reshoe.

- MH
- USPC D

5. What to look for in a newly shod foot.



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- MH
- USPC C

Assignment

1. Make notes in point form on the five lesson topics.
2. Make up three questions from your notes and exchange them with the others in your group. Answer the questions.
3. What are the five signs that indicate that a horse is in need of re-shoeing?
4. List five things to look for in a newly shod foot.
5. List the steps in removing a shoe.
6. List the farrier tools used in order, starting from removal. Explain the purpose of each tool.
7. Explain the function of the frog.
8. Compare and contrast the shape of fore feet and hind feet.
9. Give three advantages and three disadvantages of letting a horse go barefoot versus being shod. Give three advantages and three disadvantages of shoeing a horse.
10. Explain the function of the following external structures of the foot:
 - a) wall
 - b) frog
 - c) bars
 - d) white line
 - e) coronet band
11. Explain how the frog helps to pump blood.
12. Explain how to care for your horse's feet:
 - a) daily
 - b) monthly
 - c) seasonally



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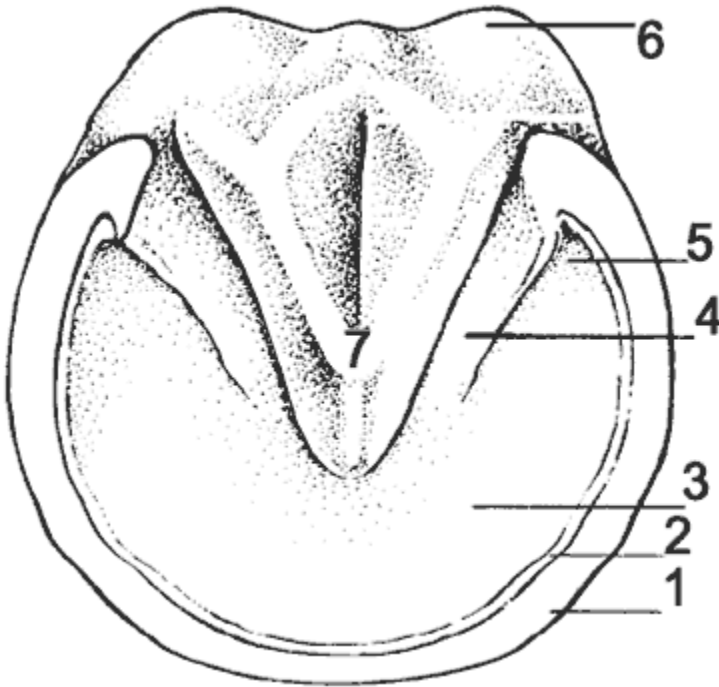
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13. Name the parts of the foot.





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Lesson 6

Grooming

Topic Outline

Grooming: display an efficient routine and use of the complete kit. /10

1. Identify and know purpose of each tool in a complete grooming kit.
 - MH
 - USPC D
2. Demonstrate a thorough grooming.
 - MH
 - USPC D
3. Turn out - oiling hooves, check sheath/udder and dock.
 - USPC D
 - USPC C
4. Reasons to groom
 - USPC D

Assignment

1. List ten different items found in a complete grooming kit. Give a purpose for each one.
2. Name three parts of the horse that should be sponged.
3. Give two purposes of the wisp.
4. Why should the dandy brush not be used on the mane and tail?
5. List three reasons to groom.
6. Give two reasons to pull a mane.
7. Why do you not use a body brush on the grass-kept horse?
8. Explain how to correctly groom a grass-kept horse.
9. Draw a picture of the different clips, and discuss when each is most appropriate.
10. Describe how to correctly pick up a hind foot and a fore foot.



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Lesson 7

Riding and Road Safety

Topic Outline

1. Number of beats in each gait.
 - MH
2. Aids - natural and artificial
 - MH
3. Riding on the road & private land.
4. Riding at night.
5. Review hand signals

Assignment

1. Give the number of beats in each of the following:
 - a) walk
 - b) trot
 - c) canter
 - d) gallop
 - e) rein back
2. Name four natural aids.
3. Give two general rules to follow when riding on private land.
4. If you must ride on the road at night, give two safety precautions you would follow.
5. Give two artificial aids.
6. Create a diagram that illustrates the different hand signals and their meanings.