

Canadian Pony Club



WESTERN PROGRAM - PILOT

CPC Western Pilot Handbook

A supplement to the Testing Procedures and Requirements Documents for Western discipline riders.



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1. Introduction

Canadian Pony Club (CPC) has developed this western pilot program in response to a growing interest from western riders to have access to the CPC educational program, while being able to continue riding in their western disciplines. This program is still under development, and as such, the information included in this document is subject to change from time to time. As of this issue, the program includes riding levels and stable management modifications for the D levels only. The C levels are currently under development and will be available for use when they have been completed.

As this is a pilot program, CPC appreciates any and all feedback regarding the content included in this document. Please send feedback directly to westernpilot@canadianponyclub.org.

2. Testing Procedures

The *CPC C/D Testing Procedures* is the primary resource for all testing information. For western riding tests, the following addenda apply. Anything not covered here shall be applied as it is written in the current *C/D Testing Procedures*. Where there are contraventions between this and the *C/D Testing Procedures* document, this guide takes precedence.

D. Test Facilities

II. 1.

b) tack requirements – need to add western equivalents

Saddle, halter and shank, etc., as usually worn by the pony. Bridles - any bit currently approved by the EC General Performance rules for western tack. Pelhams with converters, kimberwicks, curbs and shank bits are allowed. Wire and gag bits are prohibited. Grass reins or overchecks may be used at the D level test.

f) Dress

Dress: Western attire should be neat, clean and in good repair - not necessary to wear complete riding dress. Approved helmet, gloves, and safe footwear **MUST** be worn. Long-sleeved shirt with a collar must be worn, with tails of long shirts tucked in. Spurs (without sharp rowels) and chaps are optional. Pony Club pin. Hair tidy (if long or curly, wear a net).

3. Testing Requirements

The *CPC C/D Testing Procedure Requirements for Examiners, Coaches and Candidates* includes detailed descriptions of the requirements of candidates at each level. For western riding and stable management tests, the following addenda apply. Anything not covered here shall be applied as it is written in the current *C/D Testing Requirements*.

Stable Management - Saddlery

'D' Know the parts of the bridle and simple parts of the saddle (e.g. horn, seat, cantle, jockey, fork, fender, stirrup, cinch), saddle pad or blanket, and two reasons for cleaning tack. Demonstrate how to clean the bit.



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'D1' Tack up and un-tack pony, with assistance if necessary, and put up tack after use. Know all the parts of the bridle and saddle and basic care for tack. Explain how to clean tack, including cleaning and oiling leather; polishing metal; and washing other materials (nylon, webbing).

'D2' Tack up own horse and make correct adjustments to the bridle. Identify snaffles and other simple bits e.g. loose ring, eggbutt, D-ring, curb, and shank.

D Level Riding – On the Flat

'D' Demonstrate confidence and basic position at the walk and halt, including the transitions between gaits. Change direction at the walk. Able to jog their mount.

'D1' Demonstrate some independence of the reins and correct application of simple, natural aids to perform simple figures (e.g. turns, circles) and transitions. Correct basic position at halt, walk, jog and trot (sitting and rising). Able to lope their mount.

'D2' Demonstrate a firmer, more secure correct basic position while riding at all gaits, including sitting jog without stirrups. Correct use of natural aids to maintain forward movement at all paces. Knowledge of jog diagonals and lope leads. Ride a simple flat ride (as provided in the current Testing Procedures) at the discretion of the examiners.

4. Riding Tests

The following test sheets, and flat ride are to be used for the riding portion of a western rider's test. The stable management test sheets included in the C/D Testing Procedures will be used for both English and western tests, but the western saddlery requirements will be used for western rider's tests.



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D Level – Worksheet – Western

Based on the D Level Requirements in the Testing Procedures
Approximate time: 20-30 minutes for 1 to 4 candidates.

PHASE 2 – Riding Test

10+ Outstanding	6 Almost Sufficient
10 Excellent	5 Insufficient
9 Very Good	4 Unsatisfactory
8 Good	3 Poor
7 Satisfactory	2 Bad
6.5 Sufficient/Pass	1 Attempted but Not Executed
	0 Not Attempted

CANDIDATE'S NAME & AGE	Value	1.	2.	3.	4.
<u>Turn out</u> Pony and rider. Medical armband required.	10				
<u>Mount</u> Assist if necessary. Pick up reins (one or two hands). Exercise at halt.	10				
<u>Position</u> Walk, Halt. Shorten reins at halt	10				
<u>Effectiveness</u> Turns. Keep straight across pen. Ride on the rail.	10				
Transitions: Halt, walk, halt.	10				
Maintain position in group ride at walk	10				
Jog or trot in an enclosed area	10				
Walk & trot over poles on the ground. Randomly placed single poles & 3-4 poles in a row.	10				
<u>Dismount</u> Preparation to lead in hand	10				
Confidence and elementary riding knowledge.	10				
TOTAL Pass 65%	100				



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D1 Level – Worksheet – Western

Based on the D1 Level Requirements in the Testing Procedures
Approximate time: 20-30 minutes for 1 to 4 candidates.

PHASE 2 – Riding Test

10+ Outstanding	6 Almost Sufficient
10 Excellent	5 Insufficient
9 Very Good	4 Unsatisfactory
8 Good	3 Poor
7 Satisfactory	2 Bad
6.5 Sufficient/Pass	1 Attempted but Not Executed
	0 Not Attempted

CANDIDATE'S NAME & AGE	Value	1.	2.	3.	4.
<u>Turn out</u> Pony and rider. Medical armband required.	10				
<u>Mount</u> Pick up reins (one or two hands). <u>Dismount</u> Preparation to lead in hand	10				
<u>Position & Balance</u> Halt, Walk and Jog	10				
Trot: Rising & Sitting	10				
Exercises: at halt Walk, no stirrups.	10				
<u>Effectiveness</u> Transitions: halt, walk, jog, walk, halt. Shorten reins at walk and jog. Use of aids.	10				
<u>Maintain position in the group.</u> Circles, turns and bending poles at walk, jog and rising trot	10				
<u>Maintain forward movement.</u> Ride away from group in an open field. Ride over varied terrain.	10				
Lope, one at a time, in an enclosed area.	10				
Demonstrate two-point position. Walk & jog over poles (on the ground and raised)	10				
TOTAL Pass 65%	100				



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D2 Level – Worksheet – Western

Based on the D2 Level Requirements in the Testing Procedures
Approximate time: 60-90 minutes for 1 to 4 candidates.

PHASE 2 – Riding Test

10+ Outstanding	6 Almost Sufficient
10 Excellent	5 Insufficient
9 Very Good	4 Unsatisfactory
8 Good	3 Poor
7 Satisfactory	2 Bad
6.5 Sufficient/Pass	1 Attempted But Not Executed
	0 Not Attempted

CANDIDATE'S NAME & AGE	Value	1.	2.	3.	4.
<u>Turn out</u> Pony and rider. Medical armband required.	10				
<u>Mount, independently</u> <u>Dismount</u>	10				
<u>Position & Balance</u> Walk, jog and rising trot.	10				
Lope	10				
Exercises at walk, Jog without stirrups.	10				
<u>Effectiveness / Use of Aids</u> Transitions up & down.	10				
Circles and turns at jog and rising trot (correct use of diagonals). Circles, lope, correct leads.	10				
Ability forward movement; walk and jog on a loose rein.	10				
<u>Simple Trail Obstacles:</u> Walkover 4 to 5 poles, (staggered 18 to 24 inches); Jog and Lope single poles; Jog and Rising Trot bending poles; Negotiate 360- degree box (minimum 6 feet per side) from walk; Use one-handed rein position to enable "mail" pick up.	10				
<u>Riding in the Open</u> Walk, jog and lope safely in an open field. Ride up and down hill.	10				
TOTAL Pass 65%	100				



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II. FLAT RIDE – D2 (WESTERN) (Optional)

1.	A X C	Enter at working walk. Halt. Salute. Proceed at working walk. Track left. Proceed to H
2.	H A	Working trot rising. Circle left, 20 m. working jog.
3.	Between A & B B	Working trot rising. Working jog.
4.	Between M & C C Between E & K	Develop working lope left lead. Circle left 20 m. Develop working trot rising.
5.	FXH H	Change rein at working trot rising. Working jog.
6.	Between F & A A Between E & H	Develop working lope right lead. Circle right 20 m. Develop working trot rising.
7.	C	Working walk.
8.	MXK K	Change rein at free walk on a loose rein. Working walk.
9.	A F E B K	Halt. Quit stirrups. Proceed in medium walk to F. Working jog. Turn left. Turn left. Working walk.
10.	A X	Turn down centre line. Halt. Pick up stirrups. Wait for examiners instructions.



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5. Recommended Reading List

As further resources are reviewed and developed, the western riding reading lists will be updated, and a required reading list will be developed. At this time, the recommended reading list is:

1. Lynne Palm's Head-to-toe Horsemanship – Lynne Palm
2. Western Horsemanship: The Complete Guide to Riding the Western Horse – Richard Shrake
3. Competing in Western Shows & Events – Charlene Strickland
4. The ABC's of Trail Class: Teach your Horse the Basics of Trail Step by Step – Laurie Truskauskas
5. Training for Trail Horse Classes – Laurie Truskauskas



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6. CPC GUIDE ON CONCUSSION IN OUR SPORT

CPC Risk Management Committee has reviewed the “Consensus Statement on Concussion in Sport 3rd International Conference on Concussion in Sport Held in Zurich, Nov 2008.”

After this review our recommendations to Organizers, Coaches and Parents are as follows:

1. If a rider has any blow to the head, face, neck or other part of the body that causes an impulsive force to the head, they should be screened for acute symptoms of concussion.
2. Symptoms to screen for include: loss of consciousness, seizure, amnesia, headache, pressure in head, neck pain, nausea or vomiting, dizziness, blurred vision, balance problems, sensitivity to light or noise, feeling slowed down or in a fog, “Don’t feel right”, difficulty concentrating or remembering, fatigue, confusion, drowsiness, emotional or irritable, sadness or anxiousness.
3. Any athlete with a suspected concussion should be immediately removed from riding, should not be left alone or allowed to drive, and should be referred for medical assessment.
4. Same day return to riding should only be allowed with medical clearance that there was not a concussion.
5. When a concussion is diagnosed CPC recommends that parents and coaches follow the Graduated Return to Riding Protocol (table 1) allowing at least 24 hours for each stage. This is adapted from the Consensus Return to Play Protocol and time frames may be extended for children under 10 where recovery can be more complicated.

TABLE 1. Graduated Return to Riding Protocol

Rehabilitation Stage	Functional Exercise at Each Stage of Rehabilitation	Objective of Each Stage
1. No activity	Complete physical and cognitive rest	Recovery
2. Light aerobic exercise	Walking, swimming or stationary cycling keeping intensity <70% MPHR; no resistance training	Increase HR
3. Sport-specific exercise	Light flat riding, walk/trot in controlled setting	Add movement
4. Non-contact training drills	Progression to more complex riding on flat	Exercise, coordination, and cognitive load
5. Full contact practice	Following medical clearance, participate in normal training activities (lessons and jumping)	Restore confidence and assess functional skills by coaching staff
6. Return to play	Normal competitive riding	

THIS CHILD’S BRAIN IS MORE IMPORTANT THAN THIS COMPETITION, TEST, OR LESSON.

This guide is to intend to support the existing rules regarding falls and shall not be used to overrule the decision of an official, examiner, instructor or safety officer to not allow a participant to continue.