

Canadian Pony Club



WESTERN STREAM - PILOT

[Western Pilot Program Guide](#)

A supplement to the Testing Procedures and Requirements but for the Western Pilot Program within Canadian Pony Club.



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

TABLE OF CONTENTS

Introduction	2
Standards	2
Stable Management - Saddlery	2
D Level Riding – On the Flat.....	2
Transitioning between Streams	3
Lesson Plans	3
Testing.....	3
Supplements to the CPC Testing Procedures	3
Riding Tests	4
D Level – Worksheet – Western	5
D1 Level – Worksheet – Western	6
D2 Level – Worksheet – Western	7
D Level – Record Sheet – Western	8
D1 Level – Record Sheet – Western	9
D2 Level – Worksheet – Western	10
Flat Ride A – D2 (Western) (Optional)	11
Flat Ride B – D2 (Western) (Optional)	12
Recommended Reading List	13
CPC GUIDE ON CONCUSSION IN OUR SPORT	14



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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.

STANDARDS

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, skirt, fork, fender, stirrup, cinch), saddle pad or blanket, and two reasons for cleaning tack. Demonstrate how to clean the bit.
- '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 suede and oiling leather; polishing metal; and washing other materials (nylon, webbing). Know how to check stitching and rigging.
- '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/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



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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. Simple obstacles (e.g. straight back through, basic gate, basic 360 box (understanding of lateral movements and ideal execution not expected at this level), bending poles (flying changes not required, breaking stride not penalized)).

TRANSITIONING BETWEEN STREAMS

If a rider has previously tested at or above the D level in the Traditional, Flat, or Jumping streams, they may complete a western MLT to catch the western riding level up to their current English.

At all levels, the stable management test are the same, with the exception of the tack section.

LESSON PLANS

Lesson plans for the Western stream are available on the CPC website under “Education” in the “Instructor Login” section.

TESTING

SUPPLEMENTS TO THE CPC 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. Responsibility of Candidates and Parents

1. ‘D’ Level, ‘D1’ Level, ‘D2’ Level:
 - b) Saddle, halter and shank, etc., as usually worn by the pony. Bridles - any snaffle bit currently approved by the EC dressage rules. Light curbs and shank bits are allowed at D2. Wire and gag bits are prohibited. Grass reins or overchecks may be used at the D level test.
 - f) Dress: Attire should be neat, clean and in good repair - not necessary to wear show attire. Approved helmet, medical armband, and safe footwear **MUST** be worn. Long-sleeved shirt with a collar must be worn, with tails of long shirts tucked in. Pony Club pin. Hair tidy.



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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 riders' tests.



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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 (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 in an enclosed area	10				
Walk & jog 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				



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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 (two hands). <u>Dismount</u> Preparation to lead in hand	10				
<u>Position & Balance</u> Halt, Walk, and Jog	10				
Jog: 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				



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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.
Turn out Pony and rider. Medical armband required.	10				
Mount, independently Dismount	10				
Position & Balance Walk, jog sitting and rising.	10				
Lope	10				
Exercises at walk, Jog without stirrups.	10				
Effectiveness / Use of Aids Transitions up & down.	10				
Circles and turns at jog and rising jog/trot (correct use of diagonals). Circles, lope, correct leads.	10				
Ability forward movement; walk and jog/trot on a loose rein.	10				
Simple Obstacles: Walkover 4 to 5 poles, (staggered 18 to 24 inches); Jog and Lope single poles; bending poles (controlled lope); Back through straight poles, negotiate 360-degree box (minimum 6 feet per side) from walk; Use one- handed rein position to enable object pick up.	10				
Riding in the Open Walk, jog and lope safely in an open field. Ride up and down hill.	10				
TOTAL Pass 65%	100				



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

D LEVEL – RECORD SHEET – 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	
<u>Turn out</u> Pony and rider. Medical armband required.	10	
<u>Mount</u> Assist if necessary. Pick up reins (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 in an enclosed area	10	
Walk & jog 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	



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

D1 LEVEL – RECORD SHEET – 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	
<u>Turn out</u> Pony and rider. Medical armband required.	10	
<u>Mount</u> Pick up reins (two hands). <u>Dismount</u> Preparation to lead in hand	10	
<u>Position & Balance</u> Halt, Walk, and Jog	10	
Jog: 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	
Maintain forward movement. 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	



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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	
Turn out Pony and rider. Medical armband required.	10	
<u>Mount, independently</u> <u>Dismount</u>	10	
<u>Position & Balance</u> Walk, jog sitting and rising.	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 jog/trot (correct use of diagonals). Circles, lope, correct leads.	10	
Ability forward movement; walk and jog/trot on a loose rein.	10	
<u>Simple Obstacles:</u> Walkover 4 to 5 poles, (staggered 18 to 24 inches); Jog and Lope single poles; bending poles (controlled lope); Back through straight poles, negotiate 360-degree box (minimum 6 feet per side) from walk; Use one- handed rein position to enable object 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	



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

FLAT RIDE A – 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.



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

FLAT RIDE B – D2 (WESTERN) (OPTIONAL)

1.	A Enter at working walk, Walk between poles (poles between D and X), Halt.	*demonstrate a forward walk *Straightness *Effective aids to halt
2.	Back up between poles, 2-3 steps. Continue in Extended jog/ trot posting over poles to C	Straightness in back up Demonstrate aids for back up Forward jog/trot Position and balance Straightness over poles
3.	C track right, to B	Square corners Use of aids
4.	B sitting jog turn right, jog over poles, turn left at E	Demonstrate transition within a gait Position and balance Straightness over poles Square corners
5.	Between K&A , working lope Left lead	Effective use of aids Correct lead
6.	A Lope 20m circle	Shape of circle Rhythm of lope Bend
7.	Between A&X , Lope half 20m Circle on the left lead	Correct lead, maintain balance
8.	X , simple change through jog or walk, continue on right lead	Straightness through simple change Effective aids Position and balance
9.	Right lead lope between X&C (half of 20 m circle)	Correct lead Maintain balance
10.	C lope 20m circle	Shape of circle Rhythm of lope Bend
11.	Between C&M Jog, MXK change rein	Position in downward transition Effective use of space
12.	Between K&A lope, turn down quarter line, lope through bending poles (2-4 depending on arena size)	Breaking of stride allowed Pattern and control
13.	Between X&G -walk through trot	Straightens, balance
14.	halt before entering the box (quarter line between G&M)	Square corner Straightness Effective aids before box
15.	Enter the box, perform a 360* turn in each direction	Begin to demonstrate *SOME* lateral movement shoulders/hips of the mount
16.	Salute in box, wait for examiner's instruction	Knowledge of one-handed rein position suitable for type of reins being used



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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
6. 101 Arena Exercises for Horse & Rider – Cherry Hill



CANADIAN PONY CLUB

WESTERN STREAM - PILOT

PROGRAM GUIDE

2019

Loyalty

Character

Sportsmanship

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.