

Oregon Region

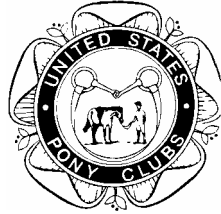


D3 Prep Guide

2004 Standards

The Oregon Region produced this rating preparation guide. It is not an OFFICIAL USPC PUBLICATION; no guarantee of accuracy is warranted; USPC Review Committees have not approved the materials.

The Oregon Region would like to acknowledge the Rocky Mountain Region's original "Prep Guides" (purchased in 1996) as a basis for the development of this tool. The Oregon Region only used materials on the required reading list for each rating in further developing these guides.



Name

I. Qualifications Sheet

You must review your standards of proficiency to know that you are properly prepared in this area. These check your instructor may use for your own tracking of progress or for initialing of accomplished skill sheets. You may also wish to have instructors from clinics make notes as to your progress. This will help you by verifying your actual level of riding and horse management skills. It will also help in your confidence to have an outside eye "sign off" accomplishments.

II. Horse Management Expectations

This Prep outline is prepared to help you cover the Horse Management aspects of the D-3 Test. It is helpful for you to do this exercise because it not only gives you a great review format, it forces you to organize your thoughts and put them on paper. This reinforces the knowledge and helps you to verbalize your thoughts in the testing situation. Please practice verbalizing your answers. Show your guide to your instructors, DC, or anyone else with horse knowledge because they will add bits and pieces of their experience and aspects that you may not have considered.

III. Test your knowledge

These questions are based on knowledge discussed in the required reading. Use this section to test your knowledge. See if you can answer these questions without the book after you have completed the first two sections of this Prep Guide. The page numbers of the answers are there to help you check your answers.

We hope that this guide helps you in your study. To complete your preparation for your D3 Test, review those standards for D1 and D2. You should also review your D1 and D2 Prep Guides if you have them. If you do not have one, it would be to your benefit to get one to use as a study tool.

Best of Luck.

Helen Linnemann
Vice RS Administration

Oregon Region



Name

Qualifications Sheet - 2004 Standards D3 Rating

RIDING TEST EXPECTATIONS

Candidate should ride in a basic balanced position with control at the walk, trot, and canter. Candidate should maintain a secure base of support while developing balance and a steady position over fences.

RIDING ON THE FLAT

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Demonstrate emergency dismount at the halt and walk.			
Adjust stirrups and girth with feet in the stirrups while mounted at the halt.			
Perform balancing and suppling exercises for rider at walk and trot			
Ride without stirrups at the sitting trot.			
Demonstrate a simple step back.			
Perform 20-meter circles in both directions, at walk, at trot sitting and rising with correct diagonals, and at canter with correct leads.			
Demonstrate increase and decrease of speed at the trot by passing riders on rail and taking the lead.			
Discuss performance with Examiner and whether or not circles were round and natural aids were used correctly.			

Demonstrate basic balanced position with control at the walk and trot and canter.	Instructor Comments on Overall Position:		
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RIDING OVER FENCES

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Trot over ground poles, followed by a cross rail.			
Ride a simple stadium course of 5-7 obstacles not to exceed 2'6".			
Discuss performance, reasons for any disobedience.			
Ride over fences maintaining a secure base of support while developing balance and steady position over fences.	Instructor Comments on Overall Position:		

RIDING IN THE OPEN

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Ride safely with a group at the walk and trot, over varied terrain, through shallow water and small ditches as occur in natural terrain (ditches to be unrevetted).			
Jump simple cross-country obstacles, not to exceed 2'6".			

D3 speed should not exceed 240 meters per minute or 300 meters per minute appropriate for the size of horse.			
Discuss ways to control a pony in the open.			
Discuss performance with Examiners.			

HORSE MANAGEMENT EXPECTATIONS

The candidate should be able to demonstrate simple skills, without assistance, and to discuss care of the mount, using common horse terms.

TURN-OUT

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
<p><u>Rider in safe & neat attire.</u> Wear your Pony Club polo or any other shirt with a collar and sleeves.</p> <p>Wear riding breeches or jodhpurs, no chaps. If wearing jodhpurs, be sure to have knee garters or elastic under shoes. If you are wearing riding breeches, you should have high boots.</p> <p>Wear a properly fitted ASTM helmet.</p> <p>Wear appropriate boots – smooth sole with a heel.</p> <p>Wear your Pony Club Pin.</p> <p>For girls: Your hair should be neatly pulled back in a hair net (no show bows), or braided.</p> <p>No extra jewelry. Stud earrings are OK.</p>	Comments:		
<p><u>Pony clean and neatly groomed, feet picked out, showing Farrier care.</u> Pony should be brushed, with no dirt or sweat marks showing.</p> <p>Mane and tail should be clean, with no dandruff.</p> <p>Nose and dock should be wiped clean.</p> <p>Hooves should show no dirt anywhere.</p> <p>Hooves picked out and perfectly clean. Shoes in good repair. If pony does not have shoes, know why and if they are put on certain times, etc.</p>	Comments:		

<p><u>Tack safe, clean and properly adjusted.</u> Bridle should fit properly with noseband and cheek piece correctly fitted. No dirt, dust or jockeys should show.</p> <p>Pad should show no dirt (get as clean as you can) and fit with the saddle.</p> <p>Saddle should properly fit horse. If school tack explain any fit problems.</p> <p>Saddle should be clean (no jockeys, dirt or dust), well-conditioned and supple. If the saddle is new, explain to instructor what you have done to condition it so far.</p> <p>If you are using a martingale, it should be clean and properly fitted. Take it off for flat work.</p> <p>Leathers should be adjusted for flat work. They should show no signs of wear or breakage.</p> <p>Stirrups should be shining. Pads should be white.</p>	<p>Comments:</p>		
<p>Describe formal attire, informal attire.</p>			

CONDITIONING

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
<p>Describe care of pony after strenuous work, to include cooling out, inspection of legs, watering and feeding.</p>			

NUTRITION

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
<p>Know 5-7 basic rules of feeding.</p>			
<p>Discuss the amount of roughage and the amount of concentrates per ration for own pony.</p>			

STABLE MANAGEMENT

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Demonstrate how to clean and bed a stall giving reasons for each step.			
Know use of hay net and the dangers of improper use.			

PARTS OF PONY, CONFORMATION & LAMENESS

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Describe how to measure height of pony.			
Identify as least 20 parts of the mount, to include hock, gaskin, withers, croup, fetlock, pastern, etc.			
Know common conformation faults of neck, back, shoulder, head and pasterns.			
Describe the characteristics of a strange pony clearly enough for another person to recognize it within a group. Include: color, breed, markings, size, sex, and obvious conformation characteristics.			

ROAD AND TRAVEL SAFETY

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Know rules for riding safely on public roads in your state			
Know procedure for mounted group crossing a public roadway.			
Discuss the proper procedure for loading and unloading a pony.			

RECORD BOOK

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
The D-3 candidate is expected to keep careful records of veterinary visits, and general health of pony. Record Book must be brought to			

test. (A minimum of three months is required).			
The record book must be filled out completely. If the horse is leased, borrowed, or owned with another person, get all of the records from the various owners.			

HEALTH CARE VETERINARIAN

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Name some symptoms of a sick or injured pony that would cause you to seek help.			

INTRODUCTION TO HORSE SPORTS

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Name five horse sports that are offered in USPC.			

TEACHING

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
With adult supervision, assist during unmounted activities for D-1's and D-2's.			

LEADING & LONGEING

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Lead correctly, moving horse forward with whip or assistance (if necessary).			
Lead safely from both sides.			
Do walk-trot-walk-halt transitions in hand.			

FOOT & SHOEING

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Describe obvious signs of a foot needing shoeing or trimming.			

BANDAGING

Requirement	Requirement Learned or Demonstrated Instructor Comments and Suggestions	Date	Signature
Describe critical areas protected by shipping bandages or boots, and give reasons for their use.			
Apply protective boots (with supervision).			
Apply stable wrap with assistance.			

HORSE MANAGEMENT EXPECTATIONS

The candidate should be able to demonstrate simple skills without assistance, and to discuss pony care, using common horse terms.

TURN OUT

Describe formal and informal attire. Know the differences.

Formal:

Informal:

Describe your tack cleaning procedures.

What do you look for on the mount during a safety check?

What do you look for on the rider during a safety check?

What do you look for on the tack during a safety check?

Describe the presentation of a pony for inspection at the D1 through D3 level.

CONDITIONING

Know basic condition of own pony: (D2)

Describe how you cool out your pony after strenuous work:

Describe ways to know if pony is properly cooled out :(D2)

What do you check the legs for after a strenuous workout?

NUTRITION

List 5-7 basic rules of feeding:

1.

2.

3.

4.

5.

6.

7.

Describe watering and feeding a pony after strenuous work.

What is roughage?

What is the feeding schedule for your mount?

What is the amount of roughage per ration for your own pony? (Measure in pounds and cups, not in flakes or scoops).

What is a concentrate?

What is the amount of concentrate per ration for you own pony? (Measure in pounds and cups, not in flakes or scoops).

STABLE MANAGEMENT

What tools and supplies are needed to clean a stall?

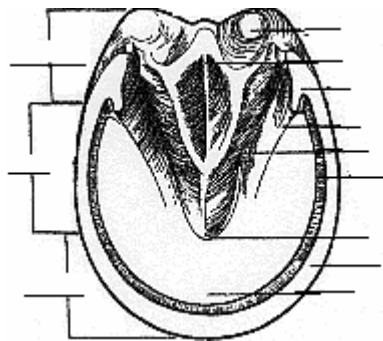
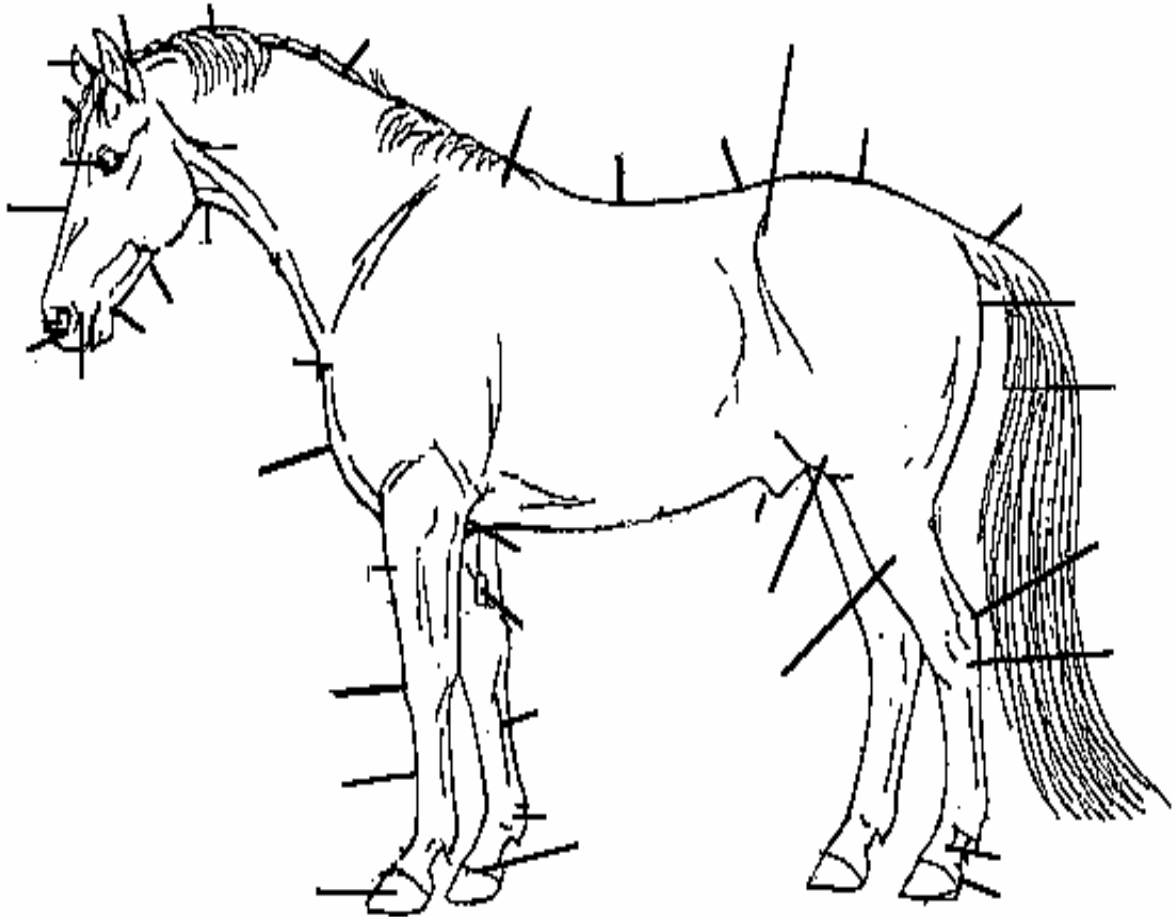
List the steps to cleaning a stall and state the reason why.

Describe how to set up a hay net.

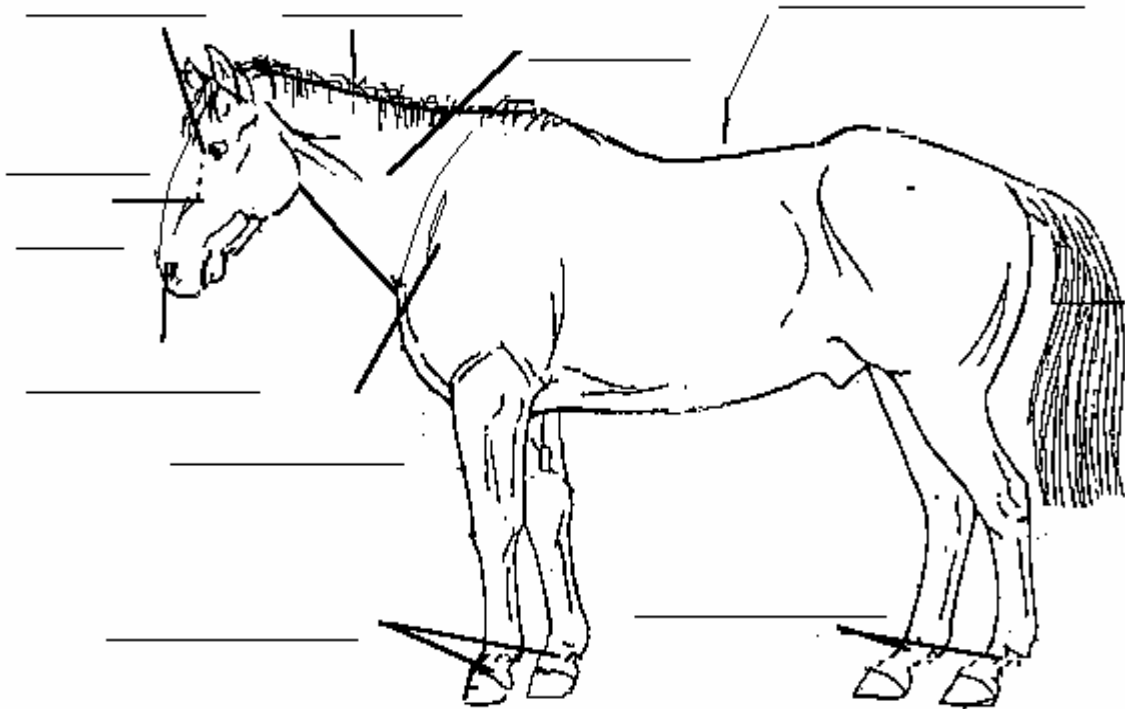
What are the dangers of not using a hay net properly?

PONY PARTS, CONFORMATION & LAMENESS

Label all the Parts of the Pony:



Label the common conformation faults of the neck, back, shoulder, head and pasterns.



Describe how to measure height of mount.
Unit of measurement:

Where to measure:

What to use to measure

Practice describing the characteristics of a pony other than your own, from within our club, so that any of the members could recognize whom it is.

List of colors:

List of common breeds (include common characteristics for the breed – head, size, body, feet).

List of typical markings (face & feet):

What is the difference between a horse and a pony according to size?

What is the terminology for the various genders of horses?

Conformation Characteristics to describe:

ROAD AND TRAVEL SAFETY

Know basic rules of safe riding on public roads:

Describe the procedure for a mounted group when crossing a public roadway.

How do you keep your pony safe in a horse trailer?

Describe the proper procedure for loading a pony into a trailer.

Describe the proper procedure to unload a pony from a trailer.

HEALTH CARE / VETERINARIAN

Give 2 reasons to have your pony routinely checked by a veterinarian (D2)

What symptoms of a sick or injured pony would cause you to seek help? (Try to name at least 10 just for fun).

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

INTRODUCTION TO HORSE SPORTS

Name five horse sports that are offered in USPC

- 1.
- 2.
- 3.
- 4.
- 5.

RECORD BOOK

The D-3 is expected to keep careful records of veterinary visits, and general health on pony. Record Book must be brought to the test. A minimum of three months of records is required.

LEADING

Describe how to lead a horse correctly.

What side of the pony should you be on?

Where should your hands be?

How should you hold the lead rope?

How do you turn your pony?

How do you get your pony to move forward if they don't want to?

How would carry and use a whip if necessary?

If your pony would not move forward how could someone else best help?

FOOT & SHOETING

What are the sign that a shod hoof needs shoeing?

What are the obvious signs that a bare hoof needs trimming?

BANDAGING

What critical areas does shipping bandages or boots protect?

Describe why/how these areas might be injured.

Apply protective boots and bell boots on own pony (with supervision):

Have boots available to apply on horse. Know what the boots protect and why those areas need protection.

Apply stable wrap, with assistance:

Have materials available.

Make sure stable wrap properly fits pony.

Make sure wraps are long enough and have proper closures (velcro or safety pins/masking tape).

RIDING

Sketch or describe a caveletti

How far apart are trot poles for the average horse?

Sketch or describe a cross rail jump

Sketch or describe a verticle jump.

Sketch or describe an ascending and descending oxer jump.

Sketch or describe a coup jump.

Describe a stone wall jump.

Describe the footfalls of the walk.

Describe the footfalls of the trot.

Describe the footfalls of the canter on the left lead.

Describe the footfalls of a rein back.

Describe two methods of controlling a pony in the open.

1.

2.

List at least 5 suppling exercises for the rider.

1.

2.

3.

4.

5.

Describe how to do an emergency dismount at the walk.

D3 Worksheet #1

(Turn Out)

1. For turn out inspection the pony's feet should be _____ and _____ or _____.

2. Name 2 reasons your pony should be clean for turn out inspection:
1)
2)

3. What are "jockeys"?

4. A regular cavesson should be adjusted so it lies approximately _____ below the projecting cheekbone.

5. Which side of the pony do you stand for a turn out inspection? _____.

6. A properly adjusted bit is _____ inch wider than the horse's mouth.

7. All buckle ends should be fitted through the _____ and the _____.

8. For turn out inspection, what jewelry is acceptable? _____

9. Gloves are optional. True or False .

10. Braiding as allowed by D level Pony Clubbers? Yes or No.

11. During a formal inspection which hand holds the bight? _____

12. What do you do during a turn out inspection, or formal inspection, when your examiner changes sides of your pony. _____

13. Proper riding shoes must have: _____, _____, and cover the _____.

14. How long must you be in Pony Club before you can rate? _____

D3 Worksheet #2

(Adjusting stirrups and girths, and exercise)

1. When mounted with your legs relaxed, the bars of the stirrup irons should hit you at **or** below the ankle.

2. What 3 things could happen if your stirrups are too long?
 - 1)
 - 2)
 - 3)

3. What could happen if your stirrups are too short?
 - 1)
 - 2)

4. When adjusting the off stirrup from the saddle while mounted, take your reins your _____ hand, with the _____ hand take the spare end of the _____ . Then put your thumb on top of the _____ and steer the tongue of the buckle with your finger.

5. After buckling a stirrup leather, pull the buckle up against the _____.

6. Your foot should **or** should not be removed from the stirrup when making any adjustments.

7. Correct stirrup length depends on your training and the type of work being done.
True **or** False

8. When adjusting the girth from the saddle, you should move your leg backwards **or** forward.

9. Pull the billet strap and push the _____ of the buckle into the hole with your finger.

10. Always keep you're _____ tight when making adjustments from the saddle.

D3 Worksheet #3

(Riding without stirrups, Backing & Trot speeds)

1. Riding without stirrups is an exercise to _____.
2. When riding without stirrups _____ your stirrups in _____ of the saddle.
3. Gripping with your legs while working without stirrups makes you _____.
4. Riding without stirrups develops a _____.
5. How many beats to a reinback? _____.
6. To reinback, apply your _____ and keep your _____ steady.
7. When increasing your posting trot speed you squeeze your legs as you _____ and relax them _____.
8. If you squeeze your _____ as you sit and relax them as you rise, your pony should slow down.
9. Use one word to define impulsion.
10. According to the USPC D Manual increasing and decreasing speed is called _____.

D3 Worksheet #4a

(Jumping)

1. Write in the name of the phase of jumping described.

_____	Sink into heel, eyes up, hands maintain release.
_____	Let pony use his head and neck to see the jump.
_____	Hands release, shoulders over knees.
_____	heels down, hands following, eyes up, use legs.
_____	maintain release, heels down, stay in balance.

2. Keep at least _____ lengths distance when jumping behind another pony.

3. Name the 4 types of crest release detailed in your PC Manual.

-
-
-
-

4. Circle the common rider jumping faults that can hurt your pony's mouth.

heels up left behind eyes down knees pinching
legs swing back behind the motion not releasing

5. _____ is when your pony comes to a fence too fast.

6. A _____ is when your pony tries to go around a jump.

7. A _____ is when a pony stops when approaching a fence.

8. It is okay to let your pony stop and take a drink when he is crossing shallow water, but if he starts to _____ or bend his knees, squeeze your legs and move him on. This is a sign he may try to _____ in the water.

D3 Worksheet #4b

8. Fill in the name of the following types of jumps.

_____ A single rail raised 8-12 " from the ground with supports attached to the ends..

_____ A series of the above described poles.

_____ Two crossed poles, lower in the center.

_____ A simple straight rail across between the standards.

_____ A pole lying on the ground secured so it will not roll.

_____ Rocks piles into a long skinny mound or fence.

_____ A triangular shaped jump with the top angle flattened.

_____ A jump size, large round tree trunk lying on the ground.

_____ Small branches or bushes by themselves or stuffed into a wooden frame.

9. A _____ bank on a ditch jump can be made of wood or stone.

D3 Worksheet #5

(Aids)

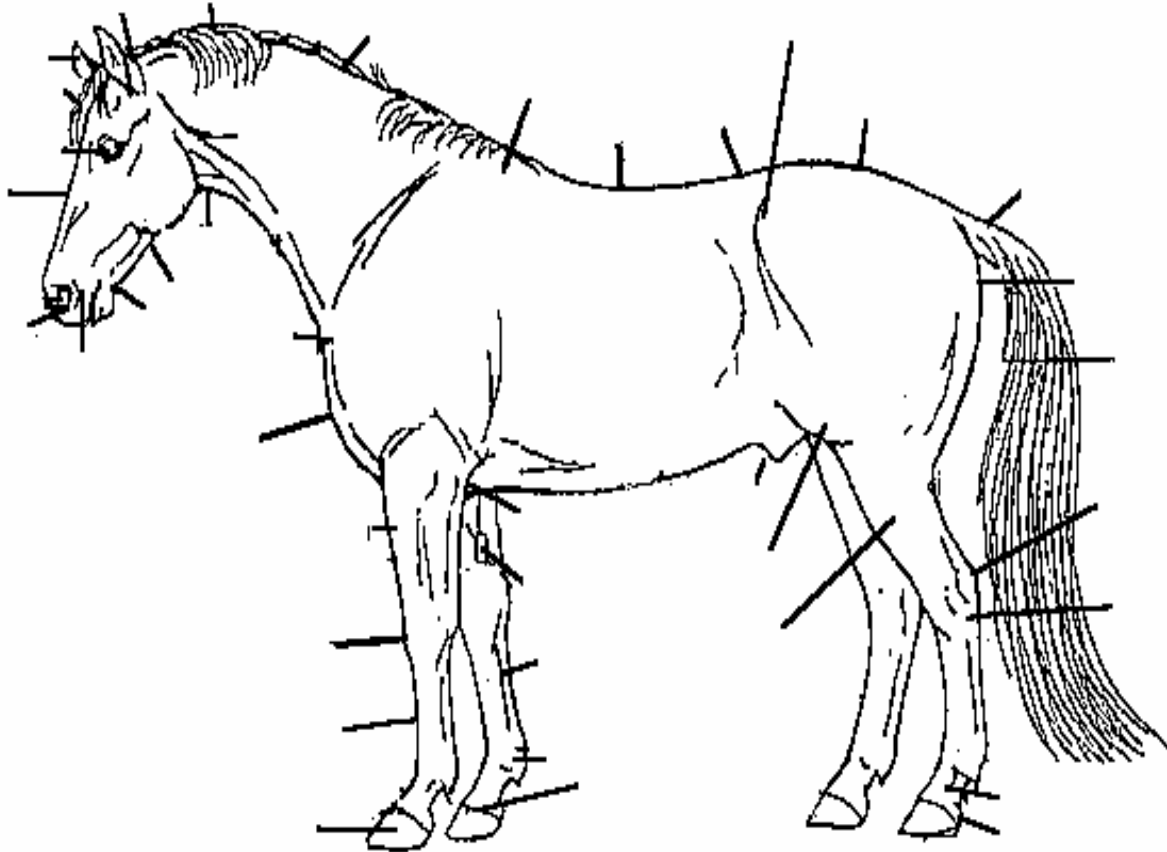
1. The aids used to ride a circle are your legs, seat and _____.
2. When riding a circle your _____ leg stays at the girth.
3. When on a circle your _____ leg controls the hind legs from swinging out.
4. Your _____ tells the pony not to go too fast when on a circle.
5. Changing directions is also called _____.
6. Name the four natural aids:

7. When using a natural aid to ask your pony to do something it is called an _____ aid.
8. When a natural aid is ready but not asking, like when a leg is against the pony's side but not squeezing it is called a _____ aid.
9. A _____ aid is one that tells a pony not to do something.
10. When on a circle your leading rein is your _____ rein and it moves to one side.
11. When one hand squeezes and relaxes straight back it is called using a _____ rein.

D3 Worksheet #6

(Parts of the Horse)

Label all the parts of the horse from memory. Can you label any that are not marked?

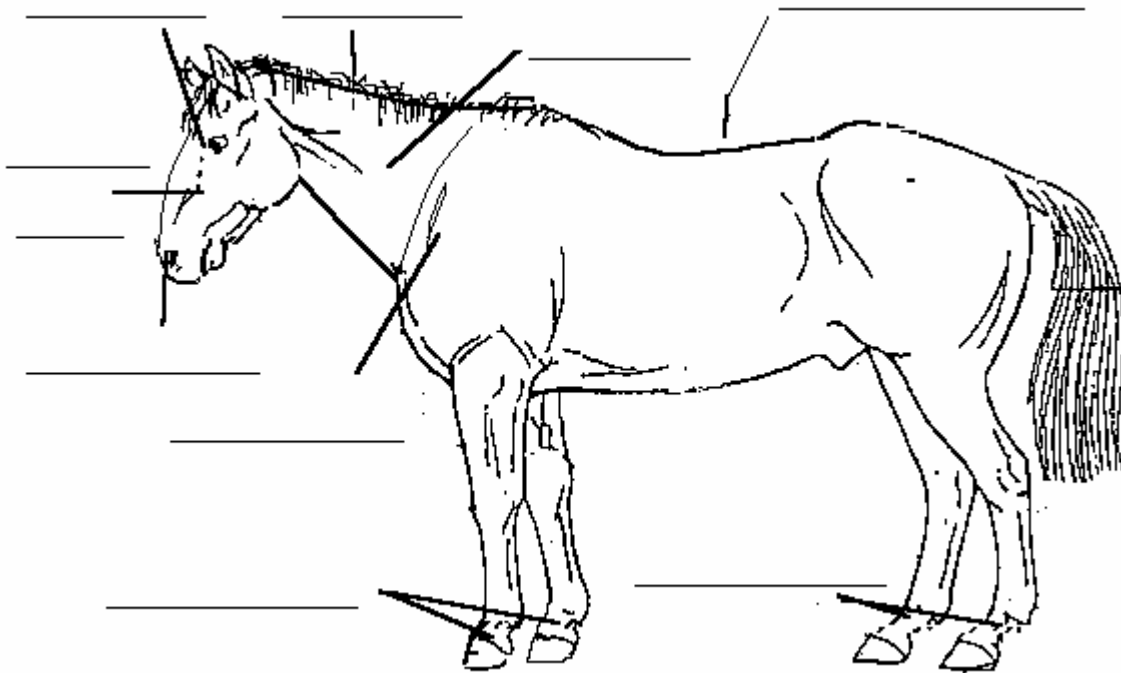


D3 Worksheet #7a

(Conformation Faults & Characteristics)

A horseman must develop a "good eye" for a horse. He should know and recognize points of conformation because a weak point can have a direct effect on the horse's ability to perform.

1. Label the conformation faults demonstrated in this diagram:



D3 Worksheet #7b

2. A well balanced head with wide jaws makes it easier for a pony to respond to the _____.
3. Large nostrils allow the pony to _____.
4. Small eyes are also called _____ eyes.
5. If the pony has a _____ neck he will have short, choppy gaits.
6. He will carry his head too high if he has a _____ neck.
7. The longer the shoulder the _____ the stride.
8. It is harder for a pony with a short upright shoulder to lift his legs when he _____.
9. The horse's _____ are his "shock absorbers".
10. _____ upright pasterns cause rough gaits.
11. A horse is over _____ hands high.
12. One hand equals _____ inches.
13. Small ponies are under _____ hands high.
14. When measuring a horse's height the stick must be straight up and down, the measuring arm must be _____, and you must measure at the highest point of the _____.

D3 Worksheet #8

(Feeding)

1. Using a "R" for roughage, "C" for concentrate, or "S" for succulent, label the following types of feeds:
 - a) _____ Fresh grass
 - b) _____ Grass hay
 - c) _____ Timothy
 - d) _____ Beet pulp
 - e) _____ Oats
 - f) _____ Sweet feed
 - g) _____ Carrots
 - h) _____ Clover hay
 - i) _____ Vitamin supplements
 - j) _____ Oat hay
 - k) _____ Bran
 - l) _____ Alfalfa hay
 - m) _____ Hay pellets
 - n) _____ Mineral supplements
 - o) _____ Barley

2. It is better to let your pony eat small amounts more often because they have a _____ stomach.

3. To keep the proper chemical balance in their bodies ponies need _____.

4. If your pony does not drink enough water food can block the intestines. This is called _____.

5. When feeding many ponies in a pasture, place the piles at least _____ to _____ pony lengths apart.

6. A pony needs to drink _____ to _____ gallons of water a day.

D3 Worksheet #9

(Feet and Shoeing)

1. Stepping on a nail can cause a _____ wound on the sole of his hoof.
2. _____ is a fungus that lives in wet, dirty hooves.
3. Thrush causes the _____ to rot and has a bad odor.
4. A pony's hoof grows approximately _____ inch a month.
5. The ponies feet should be checked by the Farrier for resetting shoes or trimming every _____ to _____ weeks.
6. The groove in the center of the frog is called the _____.
7. If the toe grows longer than the heels it will put extra strain on the _____.
8. A _____ is when the shoes are removed, the hoof is trimmed, then the same shoes are put back on.
9. Hoof dressing for dry hooves must be applied around the _____ and across the _____.
10. Your pony's feet should be picked out _____.

D3 Worksheet #10

(Health Care & Veterinary Knowledge)

1. A normal temperature taken with a veterinary rectal thermometer is between _____ and _____ degrees Fahrenheit.
2. Ponies pass manure approximately _____ times a day.
3. Normal urine is _____ and light _____ in color.
4. A pony that stands with his hind legs under his body and his front legs stuck forward is showing signs of _____.
5. Stretching out, pawing, biting or kicking at belly, and sweating are signs of _____.
6. A pony that is not eating normally, does not want to move or take interest in what is going on is showing signs of _____.
7. A pony's head goes _____ as a lame front leg hits the ground.
8. When a lame hind leg hits the ground the head goes _____.
9. Encephalomyelitis is also called _____.
10. Potomac Horse Fever is thought to be carried by _____.
11. Fill in the name of the bandages described below:
 - _____ a) For support and protection against bumps and scrapes when traveling.
 - _____ b) Supports and protects legs against knocks and scrapes during work.
 - _____ c) To prevent swelling after hard work.
 - _____ d) For support, protection and treatment of injuries.
 - _____ e) For support, protection and warmth in the stall.

D3 Worksheet #11

(USPC Horse Sports)

1. Figures and patterns in an enclosed arena are done during _____ and may be done to music.
2. This sport includes cross-country jumping _____.
3. All Regional rallies regardless of discipline include these two phases:
 -
 -
4. _____ is a USPC horse sport that includes swimming.
5. Attire at a _____ rally is neither formal nor informal. You must wear team shirt or pennies that are matching.
6. At a _____ rally you are now judges on equitation for at least one round.
7. You must have a racquet and ball to play _____.
8. The first 5 questions on all written tests are directly from the _____.
9. During _____ you do not use a saddle on the horse.
10. Pony club originated in England and was based on preparing the young riders to join the _____.