

C* and K Certificate Newsletter

Issue 1 - July 03

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PO Box 327, Ringwood, Vic 3134

Welcome everyone,

We hope to have heaps of riders complete their C*, K Certificate, or both over the next twelve months. So join in - send me an email, so that we can send you back all the info on what is happening.

Don't be frightened to ask you Pony Club Instructors to help you. If you are doing the pace option, you will need to practise it at Pony Club and have the sheet signed off by an instructor or DC. The paces required are on your sheet, but I will put them in this newsletter as well, so that you have them at hand to practise on. Everyone should be practising their pace work, as it is compulsory for C*.

Speed	Time for 100m	Time for 200m	Time for 1000m
220 m.p.m.	27 secs	2 min 16 secs	4 min 32 secs
300 m.p.m.	20 secs	1 min 40 secs	3 min 20 secs
350 m.p.m.	17 secs	1 min 26 secs	2 min 51 secs
400 m.p.m.	15 secs	1 min 15 secs	2 min 30 secs
450 m.p.m.	13 secs	1 min 07 secs	2 min 13 secs

FIRST AID

In both C* and K Certificate, you are required to have a general Knowledge of First Aid to Humans. This is covered if you do the Level 1 First Aid course. We have booked up RESUS to teach you. This will be a two night course, on Tuesday nights, starting 22nd July, costing \$70 each. They are being held at Ringwood Horse & Pony Club, starting at 7pm and going to 10pm. You must book in, and pay ASAP, or you will miss out.

In K Certificate, Section C (h) of the Options, you must have a First Aid Certificate - level 2. The course also starts on 22nd July. If you are thinking of doing any instruction at Pony Club, you need to have your level 2 First Aid. The course goes for 8 weeks and you have an exam at the end - multiple choice questions. The course costs \$130 and is excellent.

LUNGEING

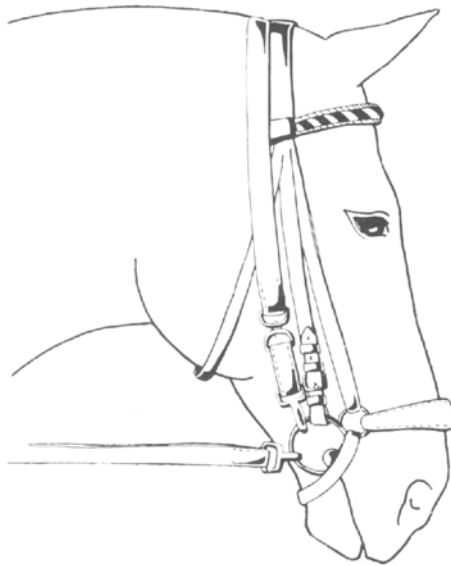
Lungeing is also compulsory for C*, and a great option to do for K Certificate. I've included heaps of lungeing notes in this newsletter, to help you along.

We will be doing lungeing Testing at Ringwood Pony Club on Sunday 27th July - afternoon. Please email me. or ring 9722 1416, to book a time in to be tested. There will be no testing fee, as expenses have been covered with your fees from the Clinic at Ringwood. Remember what equipment you will need for the horse – including working boots on the legs, we can supply a cavesson, if required, and also what you need – hard hat, whip, gloves, suitable shoes.

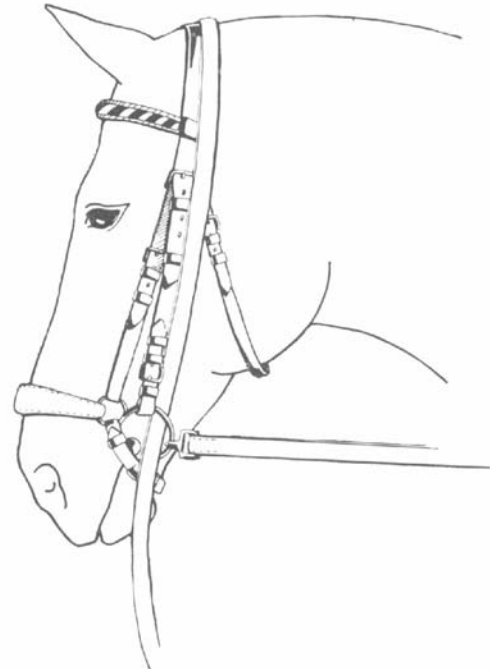
If you are having any problems, Linda Brooks is available for instruction. She can be contacted on 0418 388 054. She is not cheap, especially if she has to travel a long distance to see you. She can also give lessons on her property in Coldstream/Yering. But she can turn feral animals into horses with respect and manners.

Included in this newsletter are some notes from Gill Gascoine. Read them carefully, as she will be testing you. I have also included a sheet on what NOT TO DO!

If you want to practise at home, and do not have a cavesson, you may use a lunge rein as follows:



6. Method of attaching the over-head lunge, viewed from the outside.

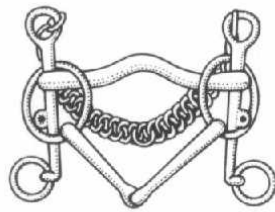


7. Path of the 'over-head' lunge, viewed from the inside.

The Showing Option in Section C (g).

Many of you have already competed quite successfully at local Gymkhanas and shows. Donvale Pony Club are holding a Winter Woolies Show on Sunday 10th August. If you enter the Open Ring, with the appropriate gear (hacking jacket, good saddle blanket or numnah, etc) have a photo taken, especially if you get any "nice" ribbons. This can be added to your showing portfolio.

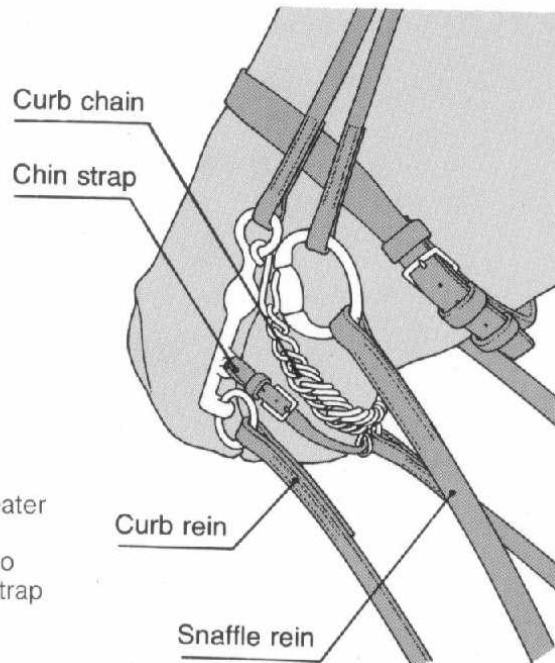
At the Clinic at Wyena, we will be learning about double bridles and borrowing some to ride in. You do need to know about them for your Showing Option.



Double bridle bits – curb and bridoon

Double bridle

A double bridle gives the rider greater control than a snaffle, but must fit correctly if its action is not to be too severe. The curb chain and chin strap should lie flat in the chin groove.



Some Agricultural Shows that you may wish to attend are:

11/10/03	Sunbury Agricultural Show	
19/10/03	Lancefield Agricultural Show	5429 1845
24-26/10/03	Bendigo Agricultural Show	5444 4646
27/10/03	Croydon Agricultural Show	
1-2/11/03	Wittlesea Agricultural Show	
7-9/11/03	Ballarat Agricultural Show	5338 1887
8-9/11/03	Dandenong Agricultural Show	
15-16/11/03	Lilydale Agricultural Show	
22/11/03	Yea Agricultural Show	5707 2545
6/12/03	Kilmore Agricultural Show	

Some of these shows are on Saturdays, so they do not conflict with Pony Club. You don't have to go to all of them! Three would be plenty, with pictures of attendance, write down who were the judges in the rings and a list of ribbons won. Don't be frightened to borrow gear, etc from friends – most of the people competing are in borrowed or hand-me-down clothes. Best of Luck.

K & C*Clinic at Donvale Pony Club

This will be held on Sunday 14th September, starting at 9.30am. If it is your normal pony club rally day, check with your DC as you can be credited with an attendance, as it is also a normal rally day at Donvale.

Topics covered will include

Active Riding

A snaffle bit must be used. A running martingale is permitted.

- The horse should trot and canter calmly on either rein, show some fast work. The horse must be well controlled and the Candidate must do some fast work using a whip, polo stick or the like (games equipment)
- Tests to show the rider's agility such as mounting without stirrups, or bareback and dismounting and mounting at the trot or canter, jumping or any activity the Candidate wishes to demonstrate.
- Alter stirrup on the move (walking)
- Ride with reins in one hand
- Work with confidence without stirrups at trot and canter.
- Demonstrate correct position at all paces, independent of the reins.
- Sitting trot and rise on correct diagonal from sitting trot.
- Change diagonal smoothly.
- Recognise diagonal and leading leg by feel.
- Maintain a consistent contact through the reins, but not expected to shorten the frame of the pony.
- Recognise that driving aids play a part in establishing and maintaining contact.
- Ride with accuracy. Able to perform transitions at markers.
- Walk, trot and canter a given number of strides.
- The Candidate must show that he/she is capable and effective at fast paces and at least moderately agile.

HORSEMASTERSHIP & GENERAL KNOWLEDGE

Handling the horse safely and efficiently

- Fit saddlery correctly
- Handle the horse's legs safely and efficiently
- Know how to take off a shoe and trim the hoof. You don't have to be able to do it, just to know the various steps. Write them down next time your horse gets shod, and if you have a camera, take pictures of the various steps. Recognise a correctly shod hoof.
- Fit leg protection for exercise correctly
- Groom efficiently and effectively.
- Lead one horse from another at the walk and trot.
- Saddle a 'touchy' horse.
- Tie a horse up, securely and safely. Use a knot other than a quick release, e.g. bowline round turn, and two and a half hitches etc.
- Tie up a hay net correctly.
- Fit a rope halter under the jaw
- Fitting rugs and hoods and the care of the same.

*****If we can get through all of that in ONE day, we are going well!*****

KNOTTING WORKSHOPS

To be held over two evenings:

Cost of each evening - \$15.00

****You will be making useful items that you will can keep****

Tuesday September 2nd

Demonstration of simple knots needed for K & C*
Project - Making a lead rope

Tuesday October 7th

More knots
Project – Making a rope headstall

****The items made can count towards your K Certificate****

Held at Ringwood Horse & Pony Club
Quambee Reserve, Wonga Road
North Ringwood. Melway Reference 36 A 11

****You must book – so that we can purchase the rope required****

Bookings & Enquiries – Kerry Hill 9722 1416

Horse First Aid

**The First Aid Kit
Recognising Lameness**

**Talk by Lindsay Williams
And
Melissa Meehan**

**On
Monday 24th November**

**Held at Ringwood Horse & Pony Club
Quambee Reserve, Wonga Road
North Ringwood. Melway Reference 36 A 11**

****Please put your name on our list – \$5.00 Door Fee****

Bookings & Enquiries – Kerry Hill 9722 1416

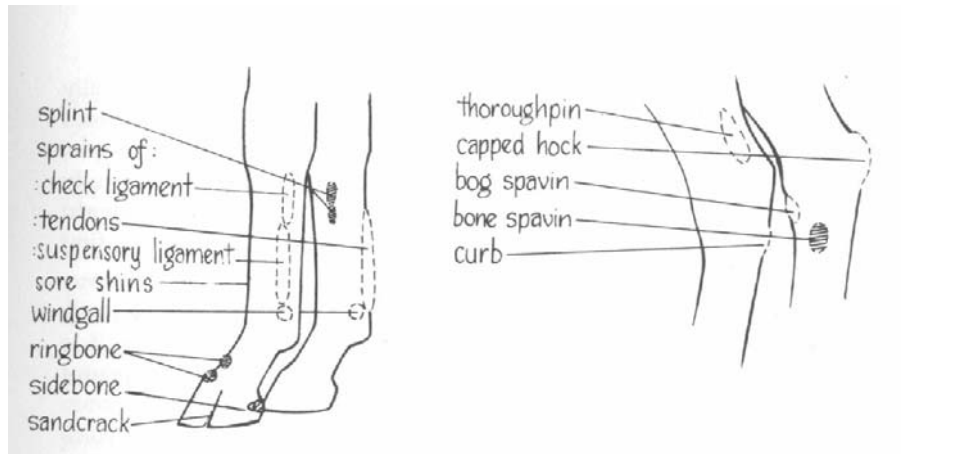
- **This talk will be great for all those people sitting their C* Exams or doing their K certificate.**
- **Suitable for all people with an interest in horses, not just pony club people**

What DO we need to Know about Horse Health?

- *Have practical veterinary kit and equipment for emergency situations.*
- *What should be in it?*

- *Know how to apply elementary first aid to horses.*
- *Know when to call a veterinarian and what to have on hand when he/she comes*
- *Fit bandages required for first aid.*
- *Knowledge of temperature, pulse and respiration.*
- *Know when a horse is lame, sick or in poor condition*
- *Knowledge of worm, bot and other parasite control – internal and external.*
- *Recognise unsoundness.*
- *Recognise when a horse is lame, sick or exhausted.*
- *Knowledge of treatment of deep wounds and skin disorders*
- *Symptoms and treatment of girth gall, sore back, sore mouth, greasy heel, seedy toe, laminitis, cold, colic, strangles.*
- *Knowledge of inoculation and vaccination e.g. tetanus, strangles, etc.*
- *Be able to carry out prescribed treatment of wounds, ailments and lameness.*
- *Care of teeth*
- *Be able to tell the age by the teeth up to eight years, and an estimate after that time.*

Health Problems – In the picture!



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