

C* and K Certificate Newsletter

Issue 3 - Oct/Nov 03

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Welcome everyone,

What a great time everyone had during the holidays. I heard some fantastic reports back about the clinics held by Wyena, the Donvale Clinic and the Zone Show Jumping Clinic with Adam Wootan. My thanks also to those who organised them.



In this Newsletter we have extra Information on **Course design for Show Jumping**. This is part of a series of notes taken at a recent Workshop organised by North Metro Zone. Some of our K Candidates attended the Course and have already designed a course and helped to run a competition. Well done. Read through the notes, boring as they may seem, as they contain heaps of information and helpful hints. There will be more information on building the course in the next newsletter.

The first **Knotting workshop** had only a few people attending, but believe me - that was plenty when I was teaching people how to splice ropes and make their own lead ropes. We ended up with some really great work - looking very professional. Remember to save all the clips from your broken lead ropes and recycle them by making your own "unbreakable" horse lead ropes.

Our next rope workshop is on Tuesday October 28th, and we will be making rope headstalls. If coming, you must book in, so that we have enough rope for everyone. It is \$15 each.



Alison and I have also put together a booklet on all the knots required for the Knotting Option in K Certificate. You also need to know some knots for your C*. This booklet will cost \$2.00, which only just covers the photocopying (20 pages). I may run an extra night to go over the knots shown in the booklet - then you will have another option completed.

More Knotting nights can be organised for next year - let me know if you are interested.



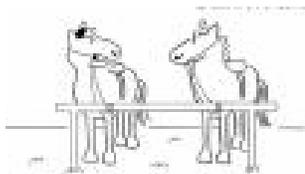
Good luck to the nine members who will be sitting their **C* or K Certificate Exams**, on Saturday December 6th. Now you must make sure that you have read the New Zealand Manuals, Books 1 and 2, and Miss K. Irving's *Horsemastership the Australian Rider*. The Exam Papers have been set from these books. The Written Exams will be held at Ringwood Pony Club. Make sure that you bring pencils, rubbers, biros, drinks and nibbles. The exam lasts about an hour.

We will hold **Study Nights** on Tuesdays at Ringwood Pony Club, starting on 11th November, then 18th and 25th November. These will be from 7.30 to 9.30 each night. There will be a small fee to cover photocopying of Notes. Anyone can come, even if you may not be sitting the Exam until sometime next year. It is not a social evening - Be prepared to work.



On Monday 24th November there will be a special night on **Horse First Aid** and recognising Lameness, with talks by Lindsay Williams and Melissa Meehan. This will be really useful for those doing their Written Exams. Hopefully most people will have completed their VCE Exams and can come along. I heard them speak earlier this year and they were so good, that I booked them up to do a similar talk at Ringwood. Lindsay will be showing his "Home Videos" of lame horses and getting you to work out which leg is lame and what caused it.

Some Exciting news - We will be organising a **Two Day C* & K Certificate Camp** at Ringwood During the Christmas Holidays. It will probably be held on Tuesday 20th and Wednesday 21st January, but this is yet to be confirmed. The main instructor will be Sue Chandler, the National Coach for the PCAV. She comes from Beaconsfield and is extremely good. We will also hope to have Adam Wootan or Paul Rassmussen as Jumping coaches.



The Clinic will cost about \$80 per rider. Riders must be Grade 3 (C Grade Jumping) or above. HRCV and EFA Riders of a similar standard may also book in. It will be similar to a pony Club Rally - Starting at 10am with a Gear Check and two riding sessions in the Morning, a riding session and a Horse Mastership session in the Afternoon.

There will be theory and videos during the evening. The second day may start earlier, so that everyone can finish earlier, especially if they have to travel far.

There are 14 individual horse yards for those needing to keep their horses overnight. If you are staying overnight, you can sleep in the Club House. "Sleepers" will be supervised by a responsible adult. All meals will be available, at a minimal cost. Numbers will be limited

More information about the camp will be distributed to Clubs at the Zone meeting in November.



Congratulations to all those who have completed their Level Two First Aid. You have now completed another section of your K Certificate, plus being a very useful person to have at your club.

Another date to note down is November 30th. Ringwood are holding a Dressage Day. If you wish to complete the **Dressage Option in Section A**, you will have a good chance to do so on the day. If you have done very little on this Option you will need to enter Pony Club Grade 1 or Grade 2, then do the Two Open Sections in Grade 1 and 2, otherwise bring copies of previous Dressage tests (minimum Level2).



On the day, each test will be marked by a different Judge. You must complete each test with a total of more than 50% of the available marks. We will have a Dressage Judge there who will be able to assess you and fill in your work Certificate. Don't forget to have filled in the back of your Sheet, with a record of your training program and how you look after the horse on the day of the Competition.

Riders who are presently on Grade 3 in Dressage, can enter the Open Grade 2 Section and start building up their folio of Dressage Tests. It is a good chance to see how ready you are to be graded up to the next level. One year we had a grade 3 rider win the Open Grade 2 Section - she didn't stay in Grade 3 Dressage for long after that!



I know of at least two girls who are **Breaking In ponies** for one of their K Certificate. Just a reminder that all of the work must be well documented, and the examiner may want to see you working with the horse over a period of time (ie: before and after). Once again, check the back of your Work Certificate Sheet, to see what information you need to have recorded.

Leather Workshops will be run in December or January - Let me know which suits you best. After Exams and during the School Holidays we can hold Twilight workshops - starting about 5pm, having tea in the middle, and working through until 10pm. This gives you a chance to do all your other activities during the day. We can make several things: Nosebands, Stirrup Leathers, Lead ropes, Headstalls, Brow bands, etc. I will be pricing each item separately, as you will need to pay for the leather and buckles. I have made bridles before, but these take longer to make.



In this newsletter is information on preparing your horse for **the 40 K Ride**. We suggest that you work your horse during the Christmas Holidays, so that you will be ready to do the ride in February, early March. If the weather is going to be hot, ride your horse in the early morning, or late evening. Please, when riding on the open road, go with a friend, and always wear your medical armband.

Horse First Aid

The First Aid Kit Recognising Lameness

**Talk by Lindsay Williams
And
Melissa Meehan**

**On
Monday 24th November
7.30pm**

**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**



Road Safety Rules

Please read through these before doing your 40K Ride

Road Safety Rules -

- Keep on the left OR preferably on wide road verges away from the road,
- but:
- DON'T ride on a footpath, lawn or garden.
- Ride in single file at a walk or steady trot.
- If riding two abreast, the more experienced horse is closest to the traffic.
- DON'T canter on the road.
- Keep all horses/ponies together on the same side of the road.
- Always check the road is clear before moving off.
- Be prepared to use hand signals, - *eg. right hand turn, left hand turn, stop, or waving to warn motorists that you or someone with you is having difficulties controlling the horse, so could they please slow down.*
- DON'T ride on busy roads on your own
- Always wear a helmet and proper riding boots.
- Back protector (why?) and reflective jacket (when?) also recommended
- Always be home before dark, DON'T ride in the dark.
- Always carry a hoof pick and something to strap a wound.
- Say "Thankyou", if motorists slow up for you. Consider other people on the road.
- When crossing, halt, look both ways, cross smartly at right angles when all is clear. If there are several of you, all turn and cross together.

Always be alert. Always show courtesy and consideration for others.

Dont's

1. **Don't** go out without your parent's knowledge and permission, and until you are fully in control of your pony.
2. **Don't ride** on footpaths or mown grass verges (nature strips), except in emergency.
3. **Don't ride** more than two abreast. Single file is safer if the road is narrow, or the traffic is heavy.
4. **Don't Canter** on the road - even when you can canter! It is dangerous, and very bad for your pony's legs.
5. **Don't take chances** on narrow cuttings. On a busy road you should not attempt to negotiate them without an experienced escort.

Equitana - 2003

You all will probably be attending Equitana on one of the days. I suggest that you go on the Thursday or Friday if possible, only because there may be less crowds, and if you are doing the Show Jumping on Sunday, Friday may be a better night to see the Mane Event.

On Saturday there will be a special Pony Club Tour. You must book in with the PCAV. It will cost \$15, which includes Entry to Equitana, but not the Mane Event. It will include lectures, demonstrations and a tour of the stables. Parents can join in as well (at adult prices), but must pre book as numbers are limited.

What to do there:

- ◆ Look for ideas for Projects for your K Certificate
- ◆ Attend Lectures and take notes for your Projects
- ◆ Watch the riding and Horse Handling demonstrations
- ◆ Take Photos of horses and new ideas (eg: Shoeing)
- ◆ Compete in the Show Jumping on Saturday or Sunday
- ◆ Learn about new ideas from Overseas
- ◆ See what Free Samples you can collect
- ◆ Look for Special Prices for rugs, etc.
- ◆ Check out the Books for Sale
- ◆ Visit the Pony Club Stand and say "Hi" to Georgia
- ◆ Look at surfaces of arenas and fence construction
- ◆ Walk the Show Jumping and Cross Country Courses
- ◆ Collect autographs of Famous Riders
- ◆ Check out the art gallery



The MAIN EVENT Program has been released. There are lots of new acts.

- ◆ Martina Hannover will perform the intricate and beautiful KUR on Aussie horse, 'Belcam Aarchon'.
- ◆ US 'Equine Extremist' Tommie Turvey Jnr will thrill Audiences with his mixture of classical riding, comedy and skilled stunt work.
- ◆ Darly Braithwaite, singing his hit song 'The Horses', will be accompanied by a beautiful Liberty act with young rider, Amanda Edwards and her horse 'Jamaica'.
- ◆ Drag Queen 'Paris' resplendent in frills, feathers and red, white and blue rosettes will be joined by professional dancers and four of Australia's top Royal Show Hack riders in the wild 'La Cage au Hack' romp
- ◆ Saddle Club Members, Lara Marchall, Kia Luby, Janelle Corlass Brown and Jessie Jacobs present two of their well-loved hits and a song from their new album 'Forever Friends'. They will be joined by four girls from Woodend Pony Club - the oldest just 13 - in a fun filled display of entertainment.
- ◆ Guy Maclean and horses, 'Nugget' and 'Hope'
- ◆ Cowboy Dressage - a challenge between Quarterhorse and Warmblood to live 'Blue Grass' Music.
- ◆ 16 Horse precision quadrille
- ◆ The Garrocha - a stirring and skilled performance of this ancient Spanish art form by the Stunning Andalusian Stallion 'Black Thunder'.
- ◆ The amazing 'Rhinestone Cowgirl' who will light up with her horse as she delivers her world class performance.
- ◆ 12 Line Dancing horses, a 'mirror image' barrel race, and a 'Blues Brothers' Stock Horse workout that will blow you away'

A Quick Quiz for those sitting Exams

1. What is the horse's normal temperature?
2. What is the normal pulse rate (beats per minute)?
3. How many breaths per minute?
4. Say whether the following indicate good health, bad health or neither:
 - a. A glossy coat
 - b. Ribs easily visible
 - c. A forefoot resting
 - d. A hind foot resting
 - e. Limbs smooth and cool to the touch
 - f. Strong smelling droppings
 - g. One foot warm to the touch
5. About how many droppings should a healthy pony make in 24 hours?
6. How often should a pony's teeth be inspected for sharpness?
7. What name is given to the small late-developing teeth in front of the top molars, which can cause great discomfort?
8. For which parasite should you dose a pony at regular intervals?
9. Suggest six items which should be kept in a travelling first aid box?
10. Where are the best three places for feeling the pulse?
11. On which part of your hand should you feel the pulse?
12. On what occasions should you call the vet?
13. What general preparation should you make for the vet's visit?
14. How would you secure a horse which the vet says must not be allowed to lie down.
15. What is the normal diet for a sick horse confined to his box?
16. Which foods must be avoided when a horse is confined to his box?
17. If it is necessary to isolate a horse, which other steps should you take to prevent the spread of infection?
18. How can you relieve boredom for an otherwise fit and well horse who has to be confined to his box because of injury?
19. If the vet gives you a powder to administer to your horse, in which different ways might you give it?
20. For ponies kept at grass, what injuries and infections can usually be treated in the field?
21. When must a sick grass kept pony be brought into the stable?
22. How often should you visit a sick pony at grass?
23. How can a horse be prevented from tearing off dressings?
24. How should you prepare a horse's leg for cold hosing?
25. For how long should you cold hose a leg?
26. What is the difference between hot fomentation and hot tubbing?
27. Give three reasons for poulticing?
28. What are the five main types of wound?
29. What are the four principle stages in treating a wound?
30. In an emergency, what is a simple method of stopping arterial bleeding?
31. Which injuries can be caused by an ill fitting saddle and a loose girth?
32. Which form of ringworm can be caught from an infected girth?
33. What do you call an area of dead skin caused by saddle pressure?
34. How would you treat a mouth injury caused by an ill fitting bit?
35. What is the result of failing to dry a horse's heels after work?
36. If in Winter the skin of the legs and stomach become tender and scaly, what is likely to be wrong with the horse?
37. What is the wound called when a hind shoe cuts the bulb of the front heel?
38. In which part of a horse does lameness mostly occur?
39. What should be the first action of a rider who suddenly feels his pony going unevenly?
40. From which disease of the foot are fat, under-exercised ponies likely to suffer?
41. Which disease of the foot would you suspect if a horse was very lame in front on leaving the stable, but gradually became sound?
42. What offensive smelling disease of the foot is caused by neglect?



Answers for the Quick Quiz:

1. 38 degrees C.
2. 36 to 42 beats per minute
3. 8 to 15 breaths per minute
4. (a) and (e) = Good health, (b), (c) and (g) = bad health (d) neither
5. Eight
6. At least once every twelve months (may be twice a year)
7. Wolf Teeth
8. Worms
9. (a) Animalintex poultice (b) Antiseptic (c) Bandages (d) Cotton Wool (e) Gauze or non-stick dressing (f) scissors (g) Surgical Tape (h) Wound Dressing
10. (1) Under the top of the lower jaw (2) The cheek artery above and behind the eye (3) On the inside of the foreleg by the knee.
11. The tips of your fingers.
12. (a) In cases of severe injury (b) If the temperature of the horse is 39 Degrees C or higher (c) If the farrier cannot find the cause of the lameness (d) if you are in any doubt about your horse's health.
13. Make sure the horse is wearing a head collar; and have hot water, soap and towel at hand.
14. Tie up at eye level with a rope about 60 cm long.
15. Succulents, hay and bran mashes.
16. All high protein foods, including mixes and pellets.
17. (a) Use separate forage and equipment (b) Anyone looking after a sick horse, as well as a healthy one must deal with the sick one last (c) Take sensible precautions with hygiene, clothes and footwear.
18. (a) Feed hay regularly (b) Lead him out to graze if the vet approves (c) Cut green feed for him (d) Don't neglect him (e) Put the radio on or give him a toy to occupy him.
19. (a) In the feed (b) In Drinking Water (c) On the Tongue.
20. Wounds, so long as flies can be kept away; and lameness.
21. If bandaging or poulticing is needed, or if he has a temperature.
22. Several times a day.
23. Apply anti-chewing paste or mustard; or fit a cradle.
24. Grease the heel thoroughly
25. Frequent applications, about 15 minutes each time.
26. In fomentation hot towels are applied, in hot tubbing the limb is immersed in water.
27. (1) To soothe bruising (2) To reduce inflammation (3) To clean wounds (4) To draw off puss
28. (1) Clean-cut (2) Tears (3) Puncture (4) Bruises (5) Gall
29. (a) Stop bleeding (b) Clean Up (c) Dress (d) Protect.
30. Apply pressure with your hand or apply a clean pressure pad.
31. Saddle and girth galls.
32. Girth Itch
33. Sit Fast
34. (a) Wash the mouth with warm saline solution (b) Do not use any bit until the injury heals (c) Change or adjust the bit (d) Have teeth checked and rasped if necessary
35. Cracked heels
36. Mud Fever
37. Over reach
38. In the foot
39. Dismount and look for a stone in the hoof
40. Laminitis
41. Navicular
42. Thrush





Show Jumping Course Building Notes

These are notes taken from a Lecture by Jenny Muir.

There is a concern that not many riders are moving through to Adult Show Jumping. Those building Show Jumping courses need to build courses that suit the riders (not disheartening or scary). They must be enjoyable and thoughtful, so that people can see the value in doing it, and want to return and do it again the next week!

Course Design is not a contest between the designer and the competitors. The role of the course designer is to provide an arena, where the competitors can compete amongst themselves.

Course Design is a fascinating and creative task which should motivate young, open minded and flexible riders to become seriously involved.

The Course:

- ◆ Must be fair to everybody (not just those with really good horses)
- ◆ Must be safe - You need to plan and build your course according to the ability of the rider, with easier smoother bends for the Grade 5 Rider.
- ◆ Good Venue - Well Fenced, fairly level ground
- ◆ Equipment in good order
- ◆ Jumping fences built in a safe line - course looks pleasant, aesthetically pleasing.

Problems:

- ◆ Turns too sharp
- ◆ Fences too close together
- ◆ Poor combination of uprights and spreads (eg: Spreads encourage lengthening and speed, so don't have a

difficult jump too close following a spread.)

Main Objectives:

Create an Interesting sport to attract spectators.

Create interesting and rhythmical tracks (lines between jumps) with aesthetically pleasing obstacles and encouraging free forward movement. (Such as matching poles and fill; freshly painted poles and wings)

Building Guidelines

- Have at least six (horse's) strides between obstacles. This makes the course easier, smoother.
- Have doubles fairly isolated to allow a rider a chance to recover, or have an easy jump after a double.
- Watch out for the Spectator Gallery, which may distract the horses.
- The Entrance/Exit Gateway - is an area of inattention. A Fence built neat it will always be a problem, with horses likely to drop the top rail or run out (towards the gate).
- Don't place fences where horse has to jump straight towards the spectators. It is fine to jump fences away from the Gallery.
- Don't have fences lined up opposite the spectator wall.
- Straight lines tend to speed up the horse's movement, encouraging the horse to gallop.
- Have the first jump facing away from the spectators, heading towards the gate.
- Use curved lines - long curves encourage a free forward movement. (Horses don't need to be yanked around.)
- Make the fences more difficult as the course progresses.
- Don't build fences too close to the spectators.

- Build the most attractive jumps near the main spectator's area.
- Allow for some changes of rein - if possible a different Double Jump on each rein.
- No Jumps near gates or Warm Up area.
- Trebles need to be set up on the far wall, away from spectators, so audience has a good view of the horse's path through the treble.
- Use a Standard "Fair" stride between jumps.
- Don't have the last fence pointing at the gate. Horses will bolt over the fence and out the gate.
- Remember that at lower levels, riders may have problems steering their horses.

Be aware that more difficult course (eg: 3***) may have uneven striding, where the rider has to decide whether to take 5 or 6 strides between combinations, etc. However these courses should not be used at PCAV or HRCav

Difficult courses are not fair for the horse, as the rider may not be able to tell the horse what to do, and horse won't know what to do.

Only introduce distance tests when riders and horses are ready and experienced to deal with them in a way which is pleasing to watch. (eg: always have at least five non-jumping strides between each jump for the easier classes.)

Be responsible - Try to avoid any risk of accidents. There is no room for any one who is irresponsibly or ignorantly places either horse or rider at risk.

The course designer must support the development of young and less experienced riders and horses in the development of the feeling for rhythm and free forward movement.

☆ **A well designed course** will assist young horses and riders to get a positive experiences, realising a sense of achievement and satisfaction at the end of each round, even if they had faults.

☆ **Be Fair** - The designer must aim to have as few eliminations as possible, but still achieve the number of clear rounds required for the particular type of event. In general between 1/3 and 1/2 of the competitors at lower levels should have clear rounds. (PCAV, HRCav and EFA D Grade)

☆ **Make it interesting** - Look for balancing the different kinds of tests, such as the skill of the horse and rider, plus the scope and train-ability of the horse. Have turns to the left and right, straight lines, vertical and spread obstacles, smooth curves to maintain rhythm.

☆ **Avoid setting problems**, always provide fair and solvable tasks. Remember that at lower levels, riders may have problems steering their horses.

☆ **Help Organiser keep to "Time"** - eg: a course where competitors keep demolishing fences, slows down the event as people have to take time rebuilding them.

Planning a Course

1. Decide where the Entrance Gate will be, then you will be able to sort out where to position the jumps.
2. Select the Judge's position - so that you can set out the Start/Finish flags, make sure that the Judge can see all the jumps.
3. Have the Start/Finish flags where the Timer can line them up.
4. Have the course set out so that the next competitor can enter arena whilst the previous competitor is completing the course.
5. Have first fence set up well away from entrance gate, but jumping towards the gate.
6. Have first fence able to be approached on either rein (if possible).
7. Plan the course so competitors can approach first fence on the same leg they need for the second jump. This allows a good flowing sweep for the first and second fences.
8. Don't have the first fence too close to the judge as children will jump it without preparing (balancing) the pony.
9. Assume that the competitor will jump fences at right angles to the fence posts.
10. Don't have your first two fences in a straight line.
11. Have three or four fences on one rein, before changing rein.
12. Keep first couple of fences well away from the gateway.
13. Have the finish flags are somewhere near the gate. This will help get that competitor over sooner, so that the next rider can start earlier.

CRITICISE your own course after the event, according to how it achieved its objectives. eg. Were too many top rails knocked down? - Was that caused by the calibre of the riders or was the course wrong? Were there too many demolition jobs?

Remember that the aim is to get horses and riders to jump better. The course must look comfortable and be pleasing to watch. Avoid too much crashing and "burning"!

How a Horse Jumps

The shape of a fence dictates absolutely the shape of the horse's flight.

Vertical - hardest.

Horse takes off and lands closer to the jump

Some jumps make it easier to judge the ground line.

Spread

A Staircase type Spread is much easier

The Angle of descent - how they land dictates the length of the following Strides

The nature of a fence, or series of fences, serves to increase or decrease the impulsion of the horse.

Always have spreads or Triple bars as the first part of any combination.

The mental limitations of the horse will tend to make him jump differently in different parts of the arena, depending on what stage his training has reached.

Criteria For the Take Off distance:

<i>Minimum</i>	<i>Maximum</i>
Height of the obstacle - As take off distance equals height.	Width of obstacle - Wider fences need to be jumped closer.
Speed - Going slow will come in closer	Speed - Faster speed, needs to take off further away.
Skill and Training of Horse - If horse has been taught to do sharp turns and is able to come in sharp (athletic)	Jumping capability - is related to horse ability.

Distances between Jumps

The distance is measured from the base of the obstacle on the landing side to the base of the next obstacle on the take off side.

There should only be one rail on the back - no infill or planks (dazzle board). The back rail cannot be lower than the front poles.

Safety Tips:

- If horses are jumping over 1.2 metres, it is recommended that you use Break-away Cups.
- Use lighter equipment, which is less likely to damage horses.
- Always use lighter (weight) rails on the top of the jump or as back rails of spreads.
- Filling in the front element of the fence makes the horse respect the fence and jump better.
- Don't make Dazzle boards too scary.
- Have matching equipment (sets of rails)
- Have all your rails the same length, best at 3,6 metres (12 feet).
- Treated pine needs to dry out before being painted. Poles should be 4" to 5" (not too fat) and machined to a common width.
Try to dry them so that they are straight!
- The best poles are laminated treated pine (very expensive).
- Plastic pipe is brittle and too light.
- If using infills or planks, there should be no metal frames, or have metal supports well inside the edge of the ply, so that riders falling off will land on wood (not metal), which is much kinder.
- Keep infills low on fence - use rails above
- Keep infills (Dazzle boards) on flat cups, so that they fall straight off. Flat cups may have a tiny lip, but it must be easy for the board to fall out.
- Cups should be the same shape as the pole. It is illegal if the cup comes more than 1/3 of the way up the rail, as then it is too hard for the pole to fall out.