



## Rider Certification Program Study Guide Level 3

This study guide has been designed to provide you with some of the important information that you will need to know for the Level 3 test. This information has been condensed from the larger Equestrian Bahamas Rider Certification Program Study Guide, which is available online at [www.equestrianbahamas.org](http://www.equestrianbahamas.org), or from your trainer. You will also need to be familiar with all the information contained in the Level 1 and Level 2 Study Guides.

The Level 3 test consists of three parts: a Stable Management test, an Under Saddle test, and an Over Fences test. The pass mark for each part of the test is 80%. The Stable Management test has a written portion and a practical portion. The Under Saddle test includes a Dressage component. At this level, the Over Fences test is conducted over cross rails only.

You should present yourself and your horse for the test as if you were riding in a clinic. Required attire for the rider includes: an ASTM approved helmet that is properly fitted, hard soled, heeled, ankle boots or higher and fitted, seamless pants. Half chaps are permissible. A well-fitted shirt with a collar and tucked into the pants or breeches is recommended with a belt that is visible. Gloves are recommended at all levels. Hair must be either tucked into the helmet or kept tidy with a hair net. A single braid is acceptable if hair is very long. Your horse need not be braided or clipped, but your turnout should be neat.

In both parts of the Stable Management test, you will be asked to show that you have mastered certain principles and skills in stable management. In the Under Saddle and the Over Fences portions of the test, you will be asked to demonstrate fundamental principles of equitation. The Under Saddle and Over Fences portions will be ridden individually. The test administrator will give you certain instructions which you should do your best to follow.

This study guide contains information, diagrams and examples of the skills and information required at this level. We hope that you will find it useful. Have fun, learn lots, and good luck!

### **Rider 3 – Stable Management Requirements**

Turnout for stable management should be neat and workmanlike. Paddock boots, work boots, or riding boots and neat sweat pants, jodhpurs or breeches are acceptable. Loose, baggy jeans or shirts are not acceptable. Hair should be tied back.

Candidates will be expected to:

- Disassemble and assemble a snaffle bridle and “put it up” in a figure of eight.
- Identify the different leg markings of a horse.
- Know the different classifications of horse; Be able to name at least 5 breeds of horse, having knowledge of the basic characteristics of each
- Describe the various elements of the regular diet of a horse.
- Demonstrate the safe tying up of a hay net with attention to the height and the type of quick release knot used.
- Put on and remove a blanket, with leg straps and a belly surcingle.
- Know why horses are shod, and how often the farrier should visit the horse.

### **Rider 3 – Riding Requirements (Flat)**

Riders will be required to:

- Demonstrate confidence and proficiency when dropping and regaining stirrups at the posting trot
- Demonstrate confidence and proficiency riding without stirrups in posting and sitting trot, and in transitions from walk to trot and vice versa. Riders must be given the option to cross their stirrups.
- Ride a figure eight at the trot, demonstrating a change in diagonals
- Demonstrate, upon command, a half turn and half turn in reverse
- Demonstrate correct position at the canter, with stirrups, both sitting and in half seat
- Perform a halt of 4-6 seconds, and back up three steps
- Show an understanding of what constitutes a ‘square halt’

### **Rider 3 – Riding Requirements (Jumping)**

Riders will be required to:

- Trot poles and jump an X maintaining the jumping position on the approach, over the fence and upon landing over the cross rail.
- Demonstrate medium mane release.
- Demonstrate control of trot and straightness of approach and departure. Horse should land at canter and be brought back to trot before reaching the end of the ring. Riders should return to a “full seat”, 3 point position for the transition.

- Trot a course of cross rails and regain trot before a turn; focus on path of the course and the ability to bring the horse back to trot before the turn to prepare for the next trot approach.
- Maintain a balanced forward seat position. If rising trot is done through turns, rider is to be on the correct rising/posting diagonal.
- Demonstrate confidence, safety and control.

### Rider 3 – Riding Requirements (Dressage)

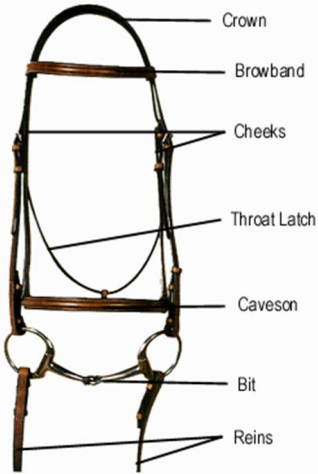


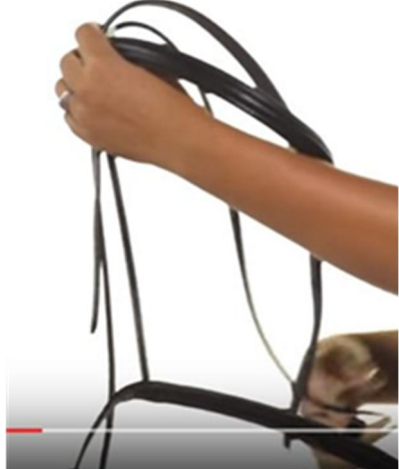


Beginning at Level 3, riders are required to ride a dressage test as a part of the Riding Requirements. The dressage test should be marked out in a 20'x40' arena, and is judged on the rider's effectiveness in making the horse accomplish the required movements, at the prescribed markers, in a way that is consistent with the principles of equitation. Dressage-style tack need not be used. Although a 'caller' will be provided to call the test movements, riders are encouraged to familiarise themselves with the test as much as possible.

Number	Markers	Movement	Work Space
1	A	Enter at walk	
2	X	Halt, Immobility 4 sec. Continue at walk	
3	C	Track Right	
4	M	Trot Rising	
5	A	20m Circle Rising trot	
6	Between A&K	Canter Right lead	
7	B	Sitting trot	
8	A	Walk	
9	K-B	Change rein	
10	M	Rising Trot	
11	C	20m Circle Rising trot	
12	Between C&H	Canter	
13	B	Sitting trot	
14	C	Trot rising	
15	HXF	Change rein	
16	Between F&A	Walk	
17	A	Turn down Center line	
18	X	Halt	
19		Leave arena on Long rein	

## Level 3 Stable Management: Things you need to know

### ASSEMBLING A SNAFFLE BRIDLE

One of the required tasks at Level 3 is to take apart and reassemble a snaffle bridle, and then tie it up in a figure-8 and put it away. You have already learned how to tie a bridle in a figure 8. Taking a bridle apart is easy – just unbuckle all straps, including those holding the bit and reins to the headstall, and separate the bridle into pieces. However reassembling it can be tricky. Here is a step-by-step guide:

		
<p>1. First of all, you must know the parts of the bridle. Note that the buckles on a bridle are always on the outside, and the loose straps point downwards.</p>	<p>2. Begin with the crown piece and throatlatch</p>	<p>3. Thread the cheek pieces of the crown piece up through one loop of the brow band, and down through the other.</p>
		
<p>4. Thread the long strap of the cavesson through the loops of the brow band, so that it lies flat underneath the crown piece. Then buckle the cavesson.</p>	<p>5. Buckle each cheek piece to the short, wider straps on either side of the crown piece.</p>	<p>6. Slip and buckle the ends of the cheek pieces through the sides of the bit. The bit should curve outward (away from the horse).</p>



7. Now buckle the reins to the rings of the bit, underneath the cheek pieces. The best way to make sure that your reins won't be twisted is to unbuckle your reins; buckle one to each side of the bit, and then buckle the reins together, being sure to keep them smooth and not twisted.

Rein buckles usually have little hook buckles called bridle studs, which can be as hard to do up as they are to take off. Slide the end of the strap through both keepers, pull it so the hook is centered in the slot and then push the hook through. Pull back on the leather so the hole settles around the post of the hook.

## EQUINE LEG MARKINGS

A close-up photograph of a horse's lower leg and hoof. A white marking is visible on the pastern, starting from the coronet band and extending down to the fetlock joint.	A close-up photograph of a horse's lower leg and hoof. A white marking, known as a sock, extends from the fetlock joint up to the knee.	A close-up photograph of a horse's lower leg and hoof. A white marking, known as a stocking, extends from the fetlock joint up to the hock.
<p><b>Pastern:</b> White marking starting at the coronet band and ending not past the fetlock. (i.e. lower than a sock)</p>	<p><b>Sock or Half Stocking:</b> White marking that extends higher than the fetlock but not as high as the knee or hock</p>	<p><b>Stocking:</b> White marking that extends to, or above, the knee or hock.</p>
A close-up photograph of a horse's lower leg and hoof. A white marking, known as a coronet, encircles the coronet band.	A close-up photograph of a horse's lower leg and hoof. Black dots are visible within a white leg marking, known as ermine markings.	A close-up photograph of a horse's lower leg and hoof. A white marking is visible on the heel of the horse's hoof.
<p><b>Coronet:</b> White marking that encircles the coronet band.</p>	<p><b>Ermine markings:</b> black dots within a white leg marking.</p>	<p><b>Heel:</b> White marking on one or both bulbs of the horse's heel.</p>



## CLASSIFICATION OF THE HORSE

Horses are classified in several ways. One of the most common classifications is by breed and group. Many horses can be characterized as belonging to a particular breed. **A breed is defined as a group of animals having specific genetic characteristics that are passed down from one generation to another.** Centuries of selective breeding for specialized uses, as well as various environmental conditions, have influenced the development of hundreds of different breeds. Modern horse breeds can be divided into three major groups:

- Light horses
- Heavy or draft horses
- Ponies. (Ponies are believed to have evolved from light horses).

In addition, the different characteristics of each horse as well as the uses for which it was bred offer other methods of determining horse class. Therefore, a horse can be recognized in multiple categories.

### Classification by Group:

Horse classification by major groups is one of the most easily recognized designation methods. Modern horses are commonly divided into three groups: light horses, draft horses, and ponies. The light horses are smaller and faster, and originally evolved in the southern hemisphere. The heavy horses, or draft type, evolved in the northern hemisphere. Ponies are believed to have further evolved from the original light horses.

#### The light horse

The majority of riding horses around the world fall into the category of light horse. All light horse breeds are originally descended from the Arabian type horse; the Arabian horse is the oldest breed on record with documented lineage. The light horses are considered either "hot" or "warm" blooded. Horses classified as being hot blooded are those resembling the Arab types and include:

- Arabian
- Anglo-Arab
- Spanish Barb
- Akhal-Teke
- Thoroughbred

Warm blooded horses (generally called "Warmbloods") refer to a group of breeds created (mostly in Northern Europe) by breeding hot blooded horses such as Thoroughbreds and Arabians with cold blooded draft horses. The resultant animal was generally quieter than "hot blood" types, faster and less bulky than the draft type and taller than the ponies. Tall, strong and athletic, these horses are bred for jumping, dressage and driving. They widely used for recreation and show, and have been on many Olympic teams. Warmblood breeds range from 14.2 hands high to 17.2 hands high. Some examples are:

- |               |                   |                  |
|---------------|-------------------|------------------|
| • Oldenburg   | • Dutch Warmblood | • Lipizzaner     |
| • Mecklenburg | • Holsteiner      | • Selle Français |
| • Westphalian | • Trakehner       |                  |

## The heavy horse

The heavier draft horse was developed from the bulkier type of equine found in the northern hemisphere. These hardy horses evolved to survive in a colder harsher climate, and are much heavier and broader than the light horses. The heavy horse breeds are referred to as cold blooded, in reference to their quiet and calm temperament. They are heavy in the body, strong legged, and often have "feathers", or long hair, covering their large hooves.

As early as the Roman times, Europeans used these huge types of horses for heavy labor. They were used for pulling heavy loads in cities as well as for farm work. In the Middle Ages their great strength and stamina made them popular as war horses, being easily able to carry a heavily armored knight into battle. Heavy horse breeds range in size from approximately 15.2 to 20 hands high, and are slower but more powerful than the light horse. Popular breeds of heavy horse include:

- Shire
- Brabant
- Friesian
- Belgian
- Clydesdale
- Suffolk Punch
- Gypsy Vanner
- Haflinger
- Percheron

## The pony

Ponies are generally defined as 14.2 hands or smaller at maturity. (Note: not every animal under 14.2 hands is a pony!!!) Pony breeds have a slightly different appearance than the light horse breeds. They usually have thicker manes, tails and coats. They are proportionately shorter legged and rounder through the barrel. They have somewhat shorter and thicker necks and wider, stronger bones. They are well known for their superior intelligence and more tractable temperaments.

Many of the pony breeds evolved where there was inferior nutrition and which resulted in a smaller breed. Ponies generally require less diligence in their care and often tend to be more independent than the other types of horses. Popular pony breeds include:





- Welsh (Sections A-D)
- Pony of the Americas
- Connemara
- Shetland
- Exmoor
- Dartmoor
- German Riding Pony
- New Forest Pony

**Useful things to know:** Unless specifically chosen for breeding, most mature male horses are castrated, and are referred to as **geldings**. An uncastrated male is a **stallion**. A mature female is a **mare**. Young horses, or foals, can be **fillies** (female) or **colts** (male). A horse's height is measured in **hands**, each of which is four inches, measured from the ground to the top of the withers, or highest point of the back at the base of the neck.





## Breeds of the Horse:

There are hundreds of breed of horse. Good riders should aim to know the names, origins and characteristics of as many breeds as possible, as well as the disciplines of riding or work for which they are best used. A horse of unknown or mixed breeding is called a grade horse, or simply a "cross".


Here is a list of some important breeds:

Breed	Origin and Use(s)	Characteristics
<b>Abaco Barb</b>  <p>©Arnd Bronkhorst</p>	<p>Descended from Spanish horses brought to the New World in the late 15<sup>th</sup> century, the Abaco Barb lived wild on the island of Great Abaco for over 500 years. In 2002 the breed was recognized by the Horse of Americas Registry. The breed is now extinct as the last member of the herd died in 2015. However thanks to the banking of sperm and ova enough living tissue has been secured to make future cloning and reproduction possible.</p>	<p>13.2 – 14.2 hh</p> <p>Bay, black, brown, pinto, roan</p>
<b>American Quarter Horse</b>  <p>© Bob Langrish</p>	<p>North America</p> <p>Bred to race a quarter mile and to work cattle. Breed characteristics include compact and well-muscled body with strong hindquarters. They are usually calm and intelligent. Quarter horses are used in almost all riding disciplines.</p>	<p>14-16 hh</p> <p>Colors include sorrel, bay, black, brown, buckskin, chestnut, dun, red dun, gray, grullo, palomino, red roan, blue roan, bay roan, perlino and cremello.</p>
<b>Appaloosa</b>  <p>© Bob Langrish</p>	<p>North America</p> <p>Originally developed by the Nez Percé Indians of Northwest America, Appaloosas are known for their spotted coloring and striped hooves, sparse mane and tail, spotted genitals and muzzle and sclera (white ring) around the eye. They are used for many different disciplines such as western, English, jumping, trail and pleasure riding.</p>	<p>14.2 – 16 hh</p> <p>With coat patterns, countless numbers of color and pattern combinations exist.</p>
<b>Arabian</b>  <p>©Bob Langrish</p>	<p>Arabian Peninsula</p> <p>The oldest pure breed of horse. They are high spirited and intelligent. Breed characteristics include a deeply dished head, large eyes, fine skin and coat, arched neck, high tail carriage, flaring nostrils and delicate muzzle. Arabians are commonly used for endurance riding.</p>	<p>14 – 15.3 hh</p> <p>Arabians can be found in the following colors: chestnuts, bay, gray, black and roan.</p>







<p><b>Akhal-Teke</b></p> 	<p>Turkmenistan</p> <p>The national emblem of their country, the Akhal-Teke has a reputation for speed, endurance and intelligence. Their coats have a distinctive metallic sheen.</p>	<p>14.2 – 16 hh</p> <p>Akhal-Tekes may be bay, buckskin or palomino in colour, but all have a distinctive metallic sheen to their coats.</p>
<p><b>Clydesdale</b></p> 	<p>Scotland</p> <p>An attractive breed of draft horse named after the area Clydesdale in Scotland, these horses are famous in America as the “Budweiser” horses. Clydesdales are still used for draft purposes, including agriculture, logging and driving. They have also been used to improve the quality of other draft breeds.</p>	<p>16-18 hh</p> <p>Clydesdales weigh between 1800-2000 lbs and are known for the distinctive white feathering on their legs. They are bay and often have white facial markings.</p>
<p><b>Falabella (Miniature Horse)</b></p> 	<p>Argentina</p> <p>The Falabella or “Miniature Horse” is one of the smallest breeds in the world.</p>	<p>The Falabella seldom grows larger than 8 hands, but it is considered to be a horse rather than a pony. It comes in all colours.</p>
<p><b>Friesian</b></p> 	<p>Netherlands</p> <p>Friesians are light draft horses, but very graceful and nimble for their size. They are popular in the USA and Europe and are used for dressage competition, pleasure riding, and driving.</p>	<p>15-17 hh</p> <p>Friesians are usually black with long, thick manes and tails, and feathered legs.</p>

<p><b>Haflinger</b></p>  <p>© Bob Langrish</p>	<p>Austria and Northern Italy</p> <p>Today, the horses are shown in riding and driving throughout the world, but many are still found in their original mountain environment at work with farmers.</p>	<p>13 – 15 hh</p> <p>All Haflingers are chestnut in color (ranging from light to very dark) with white manes and tails. Although many are under 14.2hh, they are not considered ponies.</p>
<p><b>Hanoverian</b></p> 	<p>Germany</p> <p>A type of Warmblood, Hanoverians often top the leader boards in dressage, jumping, and even in the hunter ring. They are also found in eventing and in combined driving.</p>	<p>15.3 – 17 hh</p> <p>Hanoverians are found in bay, chestnut, black, brown and grey</p>
<p><b>Lipizzaner</b></p> 	<p>Austria</p> <p>This amazing breed dates back to the 16<sup>th</sup> century, when it was developed with the help of the Hapsburg nobility of Austria. The stud farm is at Piber, Austria, but Lipizzaners are best known for their dazzling public performances at the Spanish Riding School in Vienna, where highly-trained stallions perform classical dressage movements.</p>	<p>14.2 - 15.2 hh.</p> <p>When born, all Lipizzaner foals appear dark bay or black, but as they age their coats lighten to a grey so dazzling it appears white. A small percentage of mature Lipizzaners retain their dark colouring and will grow up to be bay.</p>
<p><b>Morgan</b></p> 	<p>United States of America</p> <p>One of the earliest horse breeds developed in the USA, all Morgans descend from a single horse, who was named Justin Morgan after his owner. Sturdy, versatile and dependable, Morgans were used as cavalry mounts by both sides in the American Civil War. Today they are used in both English and Western riding disciplines.</p>	<p>14.1 – 15.2 hh</p> <p>Bay, brown, chestnut, black</p>

<p><b>Mustang</b></p>  <p>© Bob Langrish</p>	<p>Mustang is a derivative of the Spanish word <i>mesteña</i>, which means ‘wild’, or ‘stray’. Mustangs are descended from the Spanish Barbs brought to the Americas by the Spanish conquistadores.</p> <p>Today Mustangs are ridden in English and Western disciplines.</p>	<p>13-16 hh</p> <p>Mustangs are found in all colors, including black, bay, dun, palomino, gray and spotted.</p>
<p><b>Oldenburg</b></p>  <p>© Bob Langrish</p>	<p>Germany</p> <p>A type of Warmblood, the Oldenburg excels as a sporthorse.</p>	<p>16.2 – 17 hh</p> <p>Oldenburgs are found in brown, bay, black, chestnut and grey</p>
<p><b>Przewalski's Horse</b></p>  <p>© Bob Langrish</p>	<p>Mongolia</p> <p>Considered to be the last surviving sub-species of the Asiatic wild horse that was the foundation of the modern horse. They were believed to be extinct until discovered in southwest Mongolia in 1879 by Russian explorer Colonel Nikolai Przewalski.</p>	<p>12-14 hh</p> <p>Dun coloured, with pale bellies, white muzzles and a thick, dark mane that stands erect on the neck.</p>
<p><b>Shire</b></p> 	<p>United Kingdom</p> <p>One of the largest breeds of horse in the world, the Shire horse was originally developed as a mount for armoured knights in battle. Later, the Shire was used as a workhorse in agriculture and in commerce. Shire horses are docile in nature and have tremendous strength.</p>	<p>Average height is 17.2hh but many are over 18 hh.</p> <p>Shires come in black, bay, grey and roan. Legs often have white stockings with “feathers”.</p>



<p><b>Standardbred</b></p> 	<p>United States</p> <p>The Standardbred is best known for its ability in harness racing, competing at either a trot or a pace. Standardbreds have good dispositions, and have often been used as police horses because of their reliability. All Standardbreds descend from a single stallion known as Rysdyk's Hambeltonian, foaled in New York in 1849.</p>	<p>14.2 – 17 hh</p> <p>The Standardbred is of a medium-to large build, and Thoroughbred-like in appearance. They are usually bay, brown, or black, but may also be chestnut or grey.</p>
<p><b>Thoroughbred</b></p> 	<p>United Kingdom</p> <p>First bred as racehorses in England, all Thoroughbreds are the descendants of one of three stallions: the Darley Arabian, the Byerly Turk, and the Godolphin Arabian. They are tall, rangy, fast, powerful, and sensitive. Used for racing, eventing and show jumping, they are generally less suited for beginner riders.</p>	<p>15.2-17 hh</p> <p>Black, bay, brown, chestnut, grey or roan.</p>
<p><b>Welsh Mountain Pony</b></p> 	<p>United Kingdom</p> <p>Welsh ponies have beautiful heads, compact bodies and a floating trot. They are used for jumping and driving. The breed is divided into four sections (A, B, C and D) by size and type. Section A and B ponies are the most common type of Welsh pony seen in the hunter/jumper segment of our sport. Section C and D ponies are of cob type, more solidly built, but still with the refined head of the Welsh pony.</p>	<p>Sec. A: &lt; 12.2 hh Sec. B: &lt; 14.2 hh Sec. C: &lt; 13.2 hh Sec. D: &gt; 13.2 hh (no upper limit for Section D)</p> <p>Welsh ponies may be any colour except piebald or skewbald.</p>
<p><b>Zangersheide Horse</b></p> 	<p>Belgium</p> <p>The Zangersheide breed was established in the early 1970's at a stud farm in Zangersheide, Belgium, to breed quality showjumping horses. By 1992 a studbook was created specifically for animals with natural jumping ability. This breed was developed using the latest scientific skill and selective breeding. The Zangersheide is an intelligent and relatively calm horse, and a very bold jumper.</p>	<p>16 – 17 hh</p> <p>Chestnut, Grey, Bay, Black</p>

## OTHER WAYS TO CATEGORIZE HORSES:

Although characterization by group/breed is the most common method, there are other ways to categorize horses:

### Classification by Temperament

**Hot blooded** - sensitive, highly-strung, and easily excited. Thoroughbreds, Arabians, and other Arab-like breeds are considered hot blooded.

**Warm blooded** – More phlegmatic and tractable than hot blooded horses, these horses nonetheless have speed and athleticism. European competition horses such as the Dutch Warmbloods, Hanoverians, Holsteiners, Oldenburgs, Trakheners, the Selle Français and the Zangersheide Horse are considered warm blooded.

**Cold blooded**- These are the quieter, heavier draft-type horses such as the Shire, Clydesdale, Belgian, Ardennes, etc.

### Classification by Horse Colour:

Some horses are bred for a specific coat colour or pattern. Some like the Appaloosa, are breeds unto themselves. Others, like the Palomino, are colour breed registries which means that colour, not breed, is the defining characteristic: the Palomino breed registry contains representatives from breeds such as the Tennessee Walker, the Missouri Fox Trotter, and the American Quarter Horse, to name a few.

### Classification by Horse Gait:

Some breeds are bred for a specific type of movement. These are known as “gaited” horses, and include:

- The Tennessee Walking Horse
- The Missouri Fox Trotter
- The Saddlebred
- The Icelandic
- The Peruvian Paso.

### Classification by Usage or Discipline:

Some horses are bred to excel at a specific discipline, and may therefore be referred to according to that discipline rather than an actual breed. Examples of horses often classified by discipline (regardless of their actual breed) are:

- Polo ponies (always called ponies even if they measure over 14.2 hh)
- Foxhunters, or simply “Hunters”
- Cutting horses
- Trail horses
- Racehorses

Other disciplines include racing, driving, showjumping, dressage, three day eventing, reining, and endurance riding.



## WHAT HORSES EAT

A horse requires a balanced diet of water, roughage and salt to survive. They cannot cope digestively with large meals, so small portions and frequent feedings are best: ideally 3 or 4 times a day. A horse should be fed approximately 2 to 3 pounds of feed per day per 100 pounds of his body weight. At least 80 percent of that should come from good quality roughage.

**Roughage** is the most natural form of horse feed, and should account for approximately 80% of the horse's diet. It provides plant fibre that is essential for equine intestinal health. Examples of roughage are hay, grass, alfalfa cubes and beet pulp.

The diet of a working horse is often supplemented with concentrates or grain. These can provide more energy and protein than roughage only. Examples of concentrates are oats, barley, rice bran, corn, and pelleted feed. Because different grains weigh different amounts for the same volume, horses should be fed by grain weight instead of feed volume.

**Salts, or electrolytes**, are important in assisting normal organ function in a horse. The best way to provide these are through free choice salt blocks. Electrolytes may also be added to a horse's feed in the form of supplements.

**Water** is the most important nutrient that you can give your horse. Clean, fresh water should be available to horses at all times. Depending on temperature, amount of work, etc., horses drink on average anywhere from 10-20 gallons of water per day. Horses that do not drink an appropriate amount of water can suffer from dehydration which can lead to impaction colic.

### **Be safe: Things to know**

Never change a horse's diet suddenly. If a change in diet needs to be made it should be done gradually over the course of 10 to 14 days.

Horse cookies, carrots or apples are better treats for horses than refined sugar. Feed carrots and apples in pieces to avoid choking. Hand feeding can bring on mouthy behaviors so it is generally best to give treats in the horse's feed tub.

Before dumping new grain into the horse's feed bucket, check to make sure that the earlier grain was eaten. Never put new food on top of old food. It is important to find out why a horse did not eat his earlier ration. Sometimes the presence of supplements or medications may cause a horse to pick through or not eat their grain, but leaving food may also point toward illness or a dental problem.

A horse's feed tub should be hung at about the height of his shoulder to keep him from pawing at the tub and potentially catching his legs on it.

Likewise, a hay net should be hung so that the bottom of the net is no lower than the height of the horse's shoulder. Always tie a hay net with a safety knot, so that it can be quickly released in the event that a horse's hoof catches in the net.

## HAY NET SAFETY

Hay nets are frequently used for temporarily feeding hay while at an event. The advantage is their portability. The disadvantage is a horse can easily become entangled in a hay net if the net is tied too low. To make using a hay net as safe as possible, it's important to keep the net tied high and out of the way.



**WRONG:** There's lots for the horse to get tangled in here. The drooping lead rope and too-low hay net are both safety hazards.



**RIGHT:** The hay net is tied well above the level of the horse's lower legs. To minimize sagging, the drawstring has been looped through the bottom ring, drawn up and tied to the top of the net.

### How to tie a hay net



(Left) 1. Safety-wise, it's better to tie a hay net too high than too low - aim for wither-height or higher to be safe. Once you have found a suitable spot, run the drawstring around the bar or through the loop and then pull the hay net up as high as it will go (it will slip down slightly as you tie it).



(Right) 2. Keeping tension on the drawstring so that the hay net stays up, pull down the drawstring and hook it through the metal ring at the bottom of the net, or around a string near the bottom of the hay net. Pull the drawstring back up towards the top of the hay net, bringing up the lower part of the net.



(Left) 3. Loop the free end back through the upper section of the draw string. Note how the ring at the bottom of the net has been drawn up closer to the top of the net – bottom and top are now "tied" together. Tie a quick release knot to secure the hay net.



(Right) 4. Flip the net around so that the quick release knot lies against the wall, away from the horse so that it is less likely to be accidentally untied by teeth.

## BLANKETING BASICS

Horses that live in stalls need help to keep their bodies at a comfortable temperature. In the wild, horses huddle together when they are cold and roll in the mud or go into rivers when they are too hot. Stabled horses do not have that luxury and need help controlling their own thermostats with blankets, fans, heaters or whatever else may be necessary. A horse should wear a blanket that fits properly. Blanket measurements are taken from the center of the chest to the dock. Specific brands of blankets may fit certain conformation types (i.e. horses with narrow shoulders or high withers). Blankets should be kept in good repair and cleaned on a regular basis.

There is a right way and a wrong way to put a blanket on and take it off your horse. Anyone who has suffered the consequences of doing it incorrectly will tell you this is true. As a rule of thumb, blankets should be put on from front to back and taken off from back to front.

To put a blanket on a horse, place it high on the horse's neck. Slide it back, in the direction of the hair growth, and fasten the chest buckles. Next, fasten the surcingles. Finally, loop the leg straps (if any) under each hind leg, and fasten.

Note: The straps should be loose enough so they do not bind your horse, but tight enough that your horse can't get a foot caught in them if he lies down.

To remove a blanket, undo the leg straps first, then the surcingles. Unfasten the chest buckles and lift the blanket off of the horse's body.

Note: Beware! Careless handling of blankets during these procedures can result in flapping fabric and trailing buckles, which some horses do not like!



### *Parts of a Blanket*

*This is an example of a heavy, all-weather blanket – necessary for horses in northern countries but not often used here in the Bahamas!*

*This blanket has some optional features, such as a tail flap for extra protection, and shoulder gussets for better fit and easier movement.*



## SHOEING BASICS

On average, a horse's foot grows 1/4 inch per month. The rate of growth changes with the time of year and the horse's health.

Not all horses require shoes but whether the horse wears shoes or not, his feet should be maintained by a competent farrier every 5 to 8 weeks.

Finding the correct farrier for a horse is a very important part of horsemanship. A farrier should be chosen for knowledge, technical skill, horse handling skills, availability, and willingness to work as part of a team.

### Why are horses shod?

Horses are shod to increase support, improve hoof durability, correct problems and add traction.

### Other things to consider

In making the decision to shoe a horse, consider that the added weight of a horse's shoes increases stress on muscles and limbs, leading to earlier fatigue. Shoeing causes the hock, knee and fetlock to flex more with each stride. It also causes a horse to have a higher arc of the hoof during each stride, resulting in added concussion with each landing. Shoeing affects the hoof wall flexibility and the nails weaken the wall.

## Level 3 Under Saddle: Things you need to know

### RIDING WITHOUT STIRRUPS

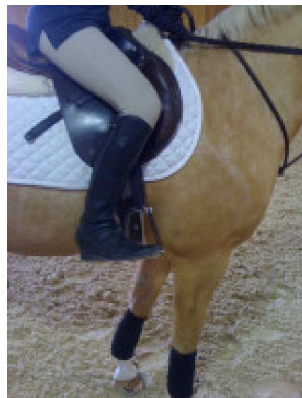
In the Level 3 Under Saddle test you will be asked to drop your stirrups and pick them up again at the posting trot, *without looking down*. While without stirrups, you will also be asked to demonstrate a sitting trot and a posting trot. You will have the option to cross your stirrups. Even if you don't plan to cross your stirrups you should learn the correct way to do this.

#### Stirrups Crossed:



*Pull your stirrups so the buckles are about eight inches down. Cross your irons over the withers. Turning the stirrup leathers over and laying them flat will make them more comfortable against your thighs. Sit forward in the saddle, keeping your leg in the correct position. Always keep your heels down and your toes up!*

#### Stirrups Uncrossed:



*When riding with stirrups uncrossed, the stirrups should always hang **in front** of your leg. Bearing this in mind will help you to keep a correct leg position. Remember to always keep your heels down and your toes up!*

## THE CANTER: 2-POINT AND 3-POINT SEATS

In the Level 3 Under Saddle test you will be expected to demonstrate proficiency at the canter, in both the full (3-point) seat and the half (2-point) seat.

### The Full (3-point) Seat



*In the full seat or “three-point” position at the canter, there are three points of contact with the horse: both legs, and the seat. The rider’s body should be positioned just in front of the vertical, to match the upward movement of the gait. Elbows should be relaxed and soft, following the back-and-forth motion of the horse’s head and neck.*

### The Half (2-point) Seat

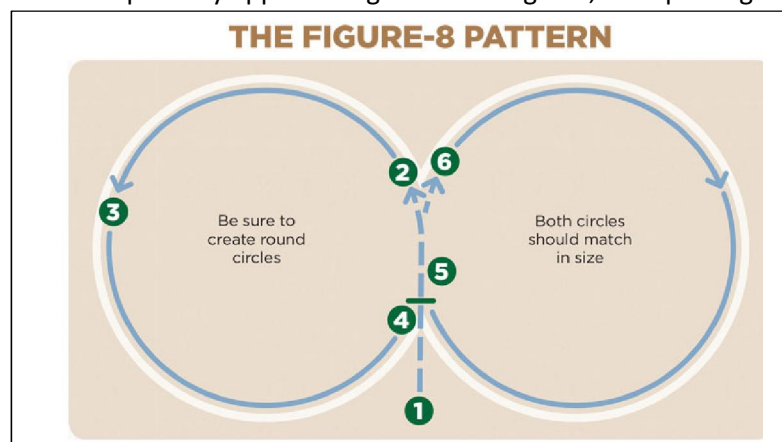


*In the half seat, or two-point position, the rider’s legs are the only two points of contact. The hip angle closes to about 30°, and the usual third point of contact, the seat, is raised above the horse’s back. Practising your half seat prepares you to have a solid jumping position.*

## FLATWORK FIGURES

### Figure of eight at trot (USEF Eq. Test #3)

The figure eight is made up of two circles of equal size, joined by a short, straight juncture known as the “centre point” of the figure. Establish the centre point by approaching at the sitting trot, then posting as your shoulder crosses it. At the end of the first circle, change from one diagonal to another as your shoulder crosses the centre point. The two circles should be equal in size! If you are unable to determine your trotting diagonal by “feel”, you may check it with a glance while keeping your head up. You may not drop your head or lean over your horse’s neck to look for your diagonal.

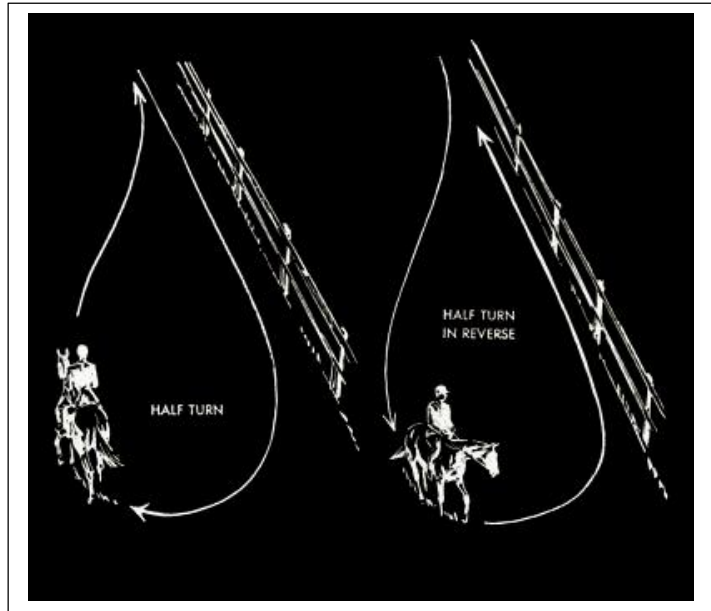




### Half Turn and Half Turn in Reverse

The Half Turn and Half Turn in Reverse are two different ways to change your direction when riding in an arena.

1. The Half Turn is a half-circle away from the rail, then a return to the track on a diagonal line. In this case, the rider stays on the same diagonal throughout the half-circle and the diagonal line, then changes diagonals as he bends the horse back onto the track on the long side of the arena.
2. In the Half Turn in Reverse the rider leaves the track on a diagonal line, then performs a half-circle to return to the rail. In this case, the rider stays on the original diagonal until the end of the diagonal line, then changes diagonals as he changes the bend to commence the half-circle.



### Halt (4-6 seconds) and/or Back (USEF Eq. Test #1)

At Level 3 you will be expected to halt and rein back your horse. To properly halt a horse, the rider presses with a supporting leg through the downward transition. Think of pressing the horse *into* your hands, rather than pulling back to make him stop. In a good halt transition the horse remains straight, and calm, and stands *squarely*, as shown at right. Once the horse is halted it should stand quietly for about 5 seconds.



To back your horse from the halt, add leg pressure but at the same time increase the pressure of your hands so that the forward movement of your horse is restricted. Do not 'pull' your horse backward! Unable to go forward, the horse will then begin to step backward. As soon as your horse starts to move in 'reverse' the rider's leg and hand pressure should ease subtly as a reward. As soon as the required number of backward steps are completed, the rider should decrease hand pressure, and increase leg pressure, to send the horse forward. The horse should return to its original position in the same number of steps.

## THE DRESSAGE TEST

### What is Dressage?

Beginning at Level 3, riders are required to ride a dressage test as a part of the Riding Requirements. Dressage is defined by the United States Dressage Federation as “the classical training of the horse and rider”. Present-day dressage evolved from the military training of horses and riders that began around 400 B.C. with the great Roman general, Xenophon. Cavalrymen and their horses had to be in complete harmony with each other to be successful on the battlefield. The riders had to develop clear communication with their horses and be able to perform many of the movements we see in today’s dressage tests. The ultimate military style classical dressage training is seen today in horses such as the famous Lipizzaners of the Spanish Riding School in Vienna.

Dressage uses gymnastic exercises comprised of movements and figures that have been developed over centuries to demonstrate the complete unity possible between a horse and rider. It is important to understand therefore that the dressage test you will ride is designed to show the level of training of you and your horse, as well as the harmony you have achieved working as a team.

### Understanding the test

A dressage test is comprised of separate movements and figures. Each movement is scored separately on a scale of 0 (not performed) to 10 (excellent). There are also five marks (known as Collective Marks) given at the end of each test. The collective marks are for: Gaits (freedom and regularity of the horse’s movement); Submission (the horse’s attention to the rider and acceptance of the bridle); Impulsion (engagement of the hindquarters and the horse’s desire to move forward); Rider’s Seat and Position and Rider’s Correct and Effective Use of Aids (both self-explanatory). Some parts of the test have coefficients associated with them, meaning that they are worth more points. Total points for the test are added up, and noted as a percentage of the total possible number of points for the test. A percentage of 65% or higher is generally thought to be a good score.

The Level 3 dressage test can be found under “Riding Requirements” on page 3 of this Study Guide. The test is judged on the rider’s effectiveness in making the horse accomplish basic movements in a way that is consistent with the principles of equitation. Riders should strive for **accuracy when moving from letter to letter at the prescribed markers** and **accuracy of the required figure**, e.g. straight line, circle etc. Figures should be consistent in size and shape.

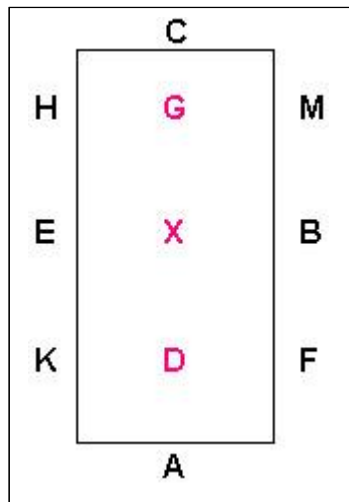
### Learning your letters

A standard dressage arena measures 20m x 60m (66' x 198') and uses 17 letters: 12 around the edge of the arena and 5 invisible letters along the centre line. A ‘schooling’ dressage arena measures 20m x 40m (66' x 132') and uses 11 letters: 8 letters around the edge and 3 ‘invisible’ letters along the centre line.

The letters are used during a dressage test to instruct the rider when to perform different movements such as to ride a circle, change the rein, change the gait, etc.

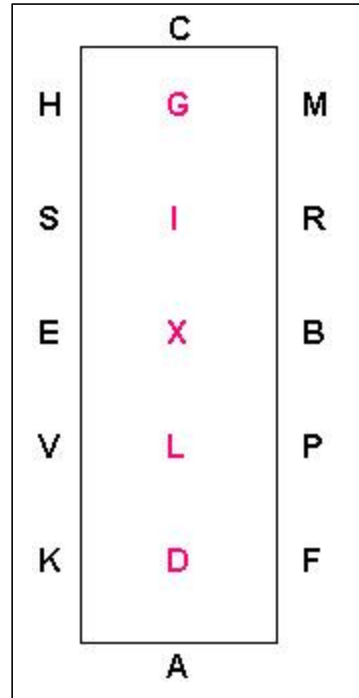
**The Level 3 test will be ridden in a schooling dressage arena (20’x40’), so only the 8 basic letters: A-K-E-H-C-M-B-F will be used in the test.** These images show both the physical markers around the edge of the arena, and the internal letters that need to be memorised.

## 20'x40' Arena Layout



- The letters in red show the lettering down the centre line.
- The letters in black show the perimeter markings.
- The judge is usually stationed at 'C'.
- There will always be physical markers around the perimeter of the arena.
- There are never any visible markers to identify the central letters of G, I, X, L or D.

## 20'x60' Arena Layout



### Remember your letters!

Here are a few useful acronyms you can use to remember the order of letters in a basic dressage arena:

**All King Edward's Horses Can Make Beautiful Foals** or

**All King Edward's Horses Can Make Big Fences**

Letter	Origination
K	Kaiser/King
F	Furst/Prince
V	Vassal
P	Pferdknecht/Ostler
E	Edeling/Ehrengast/Guest of Honour
B	Bannertrager/Standard Bearer
S	Schzkkanzler/Chancellor of the Exchequer
R	Ritter/Knight
H	Hofmarshall/Lord Chancellor
M	Meier/Steward

### Where do the letters come from?

The letters are said to represent different ranks in the old Imperial German court. The walls of the ménage of the German cavalry were marked with these letters, perhaps to designate where horses should stand to await their riders, each according to rank.

As the ménage was also used for the schooling, training and exercising of the horses, these letters were incorporated into use for training; hence the current use of the letter in the dressage arena.

(Note: although you must learn the order of letters in a dressage arena, you are not required to memorise the German origins!)