

Pioneer Riders Pony Club

D Level - Condition/Conditioning

CONTENT: This lesson covers taking care of your pony after riding. It will include how to tell if your pony is cooled out and ready to put away, feeding after exercise, and general condition.

PURPOSE: To prevent muscle injury or colic due to poor condition or not cooled out properly.

OBJECTIVES:

- Know basic condition of a pony.
- Know the reasons to warm up a pony before hard exercise.
- Know the reasons to cool out a pony.
- Know the steps to properly cooling out a pony.
- Understand and know feeding after exercise rules.

TIME: 1 HOUR

CLASS SIZE: 15

LEVEL: UN/D1/D2

REFERENCE MATERIAL: USPC Manual of Horsemanship : pages 161-168

PREPARATION:

Worksheets