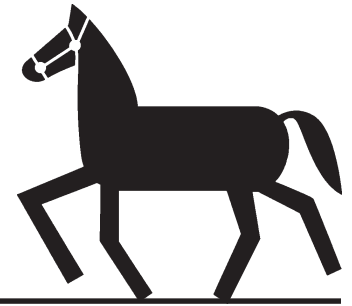




Iowa 4-H Youth Development

Horse and Pony Project Guide



Iowa 4-H Horse and Pony Project

A horse and pony project is a great way to learn about the care and training of horses. Although you don't need a horse or pony to participate in the project, having access to a horse or pony will allow you to practice what you learn. The horse or pony you practice with may be of any breed or age. If you wish to show a horse or pony, you will be expected to care for the animal. Horses must be identified to an individual 4-H'er by May 15. An exception to individual identification exists for families that have more 4-H'ers than horses. If a family includes more 4-H'ers than horses, more than one 4-H'er may identify a horse; however, in this situation, a 4-H'er can't identify more than one horse. If a 4-H'er wishes to show in conformation classes, the 4-H'er must own the horse. Also, stallions of more than 12 months of age may not be exhibited in a 4-H horse show or used in 4-H project group activities. Ask your club leader or county 4-H Youth Development leader for any additional rules that apply to the 4-H horse project in your county.

Objectives

The 4-H Horse and Pony Project is designed to give you an opportunity to:

- experience the pride of working with a horse or pony and being responsible for its management;
- develop an appreciation of horseback riding as a healthy and wholesome form of recreation;
- learn skills in horsemanship and gain an understanding of the business of breeding, raising, and training horses;
- develop knowledge of safety precautions to prevent injury to yourself, others, and your mount;
- develop a greater love and a humane attitude toward animals; and
- gain the personal skills of decision making, communication, leadership, and citizenship.

All horse and pony project members are encouraged to:

- plan your project with the help of your leader or parent, and record your plans in your 4-H record keeping system
- read project literature, extension publications, books, and magazines, especially as they relate to the things you want to learn and do in your project;
- obtain help through educational meetings held by your leader, county extension staff, or project-related groups or organizations such as a riding club;
- give a presentation related to some phase of your project;
- participate in project visits, trips, and tours planned by leaders and members;
- evaluate your progress with your leader or parents, and record what you did and what you learned in your 4-H record keeping system; and
- keep records of your horse and pony project using *Horse and Pony Project Worksheet*, 4H 512 WS.

Member Materials

■ *Horse Science*, 4H 512 CX

■ *Horses and Horsemanship*,
4H 512 DX

■ *Horse or Pony Project Worksheet*,
4H 512 WS

■ *Basic Horse Safety Manual*, 4H 515

■ *A Guide for 4-H Equine Shows in
Iowa*, (1997) 4H 511C

■ *Horsing Around*, Level 1, 4H 510A

■ *Galloping Around*, Level 2, 4H
510B

■ *Blazing the Way*, Level 3, 4H 510C

■ *Horse Guide to Youth Group
Activities*, 4H 510LDR

■ *Horse Industry Handbook*. American Youth Horse Council, 4093 Iron Works Pike, Lexington, KY 40511-8434. Phone 800-879-2942. (Also available at every county office of Iowa State University Extension.)

These publications are available from your leader or your county extension office. There will be a cost for some of them.

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Helping you become your best.

Prepared by Peggy Miller, extension equine specialist; Chuck Morris, associate director, 4-H Youth Development; Beth Minner, program specialist, 4-H Youth Development; Melva L. Berkland, former extension communication specialist; and Donna J. Halloum, graphic designer, Creative Services, Instructional Technology Center.

Your local library may have books and magazines that would be helpful to you. Specific books you may wish to ask for include:

Ensminger, M. E. *Horses and Horsemanship*. 7th edition. 1998. Interstate Printers and Publishers, Inc., P.O. Box 50, Danville, IL 61834-0050. Phone: 217-446-0500. To receive a discount for 4-H'ers, use order number 3115.

Lewis, Lon D., D.V.M., Ph.D. *Feeding and Care of the Horse*. 1996. Lippincott, Williams & Wilkins Publishers, P.O. Box 1600, Hagerstown, MD 21741-1551. Phone: 800-638-3030.

Additional Reference

The Coloring Atlas of Horse Anatomy, Robert A. Kainer and Thomas O. McCracken (available at Alpine Blue Ribbon Books, P.O. Box 7027, Loveland, CO 80537-0027. Phone: 1-800-777-7257.)

Competitive Horse Judging. American Quarter Horse Association, 1990. One reference copy available at each county extension office.

The Dictionary of the Horse by Equus. Fleet Street Publishing, 656 Quince Orchard Rd., Suite 600, Gaithersburg, MD 20878. Phone: 301-977-3900.

Equus Magazine (subscriptions)
Neodata
Box 57919
Boulder, CO 80322

Youth Leaders Manual, American Youth Horse Council, 4093 Iron Works Pike, Lexington, KY 40511-8434. Phone: 1-800-879-2942.

Advancement Program for Iowa 4-H Horse and Pony Projects

The following levels of advancement in 4-H horse project work are designed to serve as guidelines as you work with your horse or pony. As you set goals for the year, you may wish to select items from the level sheets as goals.

Handling horses correctly is important. As you work with a horse or pony, you want to work at developing self-discipline, patience, self-reliance, respect, responsibility, and pride of accomplishment.

As you progress through each project level, work with your 4-H leader. Your leader can help you evaluate your progress in completing each level. You will be expected to meet requirements at a given level before moving on to the next level.

... and justice for all

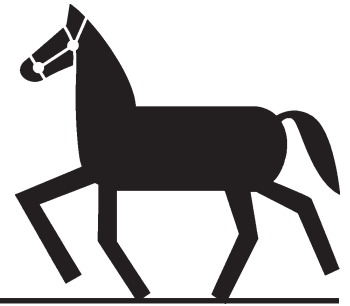
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Iowa 4-H Youth Development

4-H Beginning Horseman/Horsewoman Worksheet - Level I



4-H'er's Name _____

To complete each item listed below, demonstrate your skill or knowledge for your 4-H leader.

Safety	Date Passed	Approved By
1. Demonstrate safety precautions to take when handling your horse.		
2. Use proper riding helmet (both Western and English).		
3. Demonstrate safe riding and courtesy.		

Basic Handling	Date Passed	Approved By
1. Demonstrate catching a horse.		
2. Show proper haltering.		
3. Show how to lead.		
4. Demonstrate brushing and simple grooming.		
5. Show how to adjust equipment for correct fit to the horse and rider (saddle, bit, bridle).		
6. Demonstrate bridling and saddling. (If you are not tall enough to do this yourself, you should learn the correct methods even if you may not be able to follow them entirely.)		
7. Demonstrate how to properly use a slipknot for tying horses.		
8. Identify the parts of the horse.		
9. Identify the basic horse colors, facial markings, and leg markings.		
10. Know horse terms.		

Foot Care	Date Passed	Approved By
1. Identify the parts of a horse's foot.		
2. Demonstrate basic foot care.		

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Riding	Date Passed	Approved By
1. Demonstrate the proper technique to mount and dismount. (See notes above on small members.) Youngsters 13 and under are not required to dismount and mount when showing their animals.		
2. Show the principles and use of correct seat and balance.		
3. Demonstrate the proper use of reins (both direct and neck rein).		
4. Demonstrate basic controls for riding at the three gaits—walk, trot, and lope.		
5. Demonstrate the correct way to stop a horse.		
6. Sufficient practice until points listed above become habits.		

Equipment	Date Passed	Approved By
1. Identify the parts of the saddle and bridle (Western, hunt seat, saddle seat).		
2. Explain the proper care and storage of the saddle, bridle, blanket, and halters when not in use.		

Feeding	Date Passed	Approved By
You should be able to report on the following:		
1. What types of feed does a horse eat?		
2. How much feed does a horse eat?		
3. When and how is a horse fed?		
4. What is good feeding management?		
5. How much water does a horse drink?		

Health and First Aid	Date Passed	Approved By
1. Know the signs of a healthy horse and an ill horse.		
2. With the help of a local veterinarian, develop a first-aid kit for horses. Be sure to explain the proper use of the kit's contents.		
3. Recognize emergencies and when to call a veterinarian.		

Communication

Date
Passed

Approved
By

1. Give an educational presentation on some aspect of your project.

Topic _____

Communication Ideas

- Obtain grooming equipment, and explain what each piece is used for.
- Explain safety procedures when working around horses.
- Prepare a diagram, and explain direct and neck rein.
- Bring a saddle and bridle to your meeting, and explain the parts.
- Explain the types of saddles used for different types of riding (Western, saddle seat, and hunt seat).
- Prepare and give a presentation on:
 - * What you feed and how much you feed a horse.
 - * How to determine how tall a horse is.
 - * Show the correct fit for a halter and how to hold the lead rope.

Level I completed: _____

Approved By

Date

You should continue to work on:

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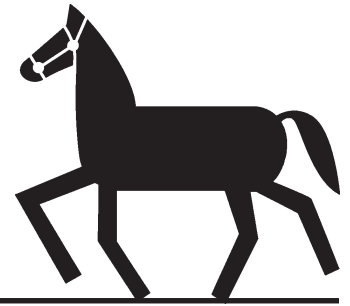
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Iowa 4-H Youth Development

4-H Intermediate Horseman/Horsewoman Worksheet - Level II



4-H'er's Name _____

To complete each item listed below, demonstrate your skill or knowledge for your 4-H leader.

Safety	Date Passed	Approved By
1. Explain trail riding safety rules.		

Basic Handling	Date Passed	Approved By
1. Demonstrate greater proficiency at the points learned in Level I.		
2. Demonstrate how to fit and groom a horse (clipping and preparing for a show).		
3. Train and present the horse at showmanship and halter.		
4. Demonstrate the loading of a horse in a trailer.		

Riding Place emphasis on the rider's balance and use of aids (light hands, legs, seat, and voice). Use a 4-year-old or older horse to demonstrate the following.	Date Passed	Approved By
1. Become more skillful in using the techniques introduced in Level I.		
2. Properly use the basic aids required for riding at the following gaits:		
a. Walk		
b. Trot		
c. Lope/Canter		
3. Use correct leads while circling both directions at a lope/canter. You may slow to a walk when changing the direction of circle between changes of leads.		
4. Demonstrate a stop (pleasure horse) from:		
a. Walk		
b. Trot		
c. Lope		
5. Back the horse in a straight line.		

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Riding, continued	Date Passed	Approved By
6. Dismount the horse. (Opinion now favors asking the rider to dismount from the off-side as well as the near-side in pleasure and trail classes, so be prepared for both.)		
7. Become familiar with <i>A Guide for 4-H Equine Shows in Iowa</i> (4H 511 C) and breed rules as they apply to show classes you expect to enter.		
8. Demonstrate how to perform an emergency dismount.		

Equipment	Date Passed	Approved By
1. Identify the types of bits and bitless bridles, and know their general use.		
2. Demonstrate how to use properly the common knots for tying horses.		

Foot Care	Date Passed	Approved By
1. Learn to evaluate proper foot trimming and shoeing.		
2. Identify the types of shoes.		

Horse Gaits (Study the leg actions of the three natural gaits.)	Date Passed	Approved By
1. Describe the leg action at the walk.		
2. Describe the leg action at the trot.		
3. Describe the leg action at the lope.		

Skeleton	Date Passed	Approved By
1. Identify the parts of the horse skeleton.		

Evaluation	Date Passed	Approved By
1. Identify the major horse breeds and the basic purpose for which each breed was developed.		
2. Understand how the conformation of the horse is related to function.		
3. Identify and understand unsoundness and blemishes.		
4. Know the main divisions for a scorecard for judging conformation.		
5. Know show ring etiquette, sportsmanship, and courtesy.		

Health and First Aid	Date Passed	Approved By
1. Demonstrate the correct method to wrap legs with a standing bandage, shipping bandage, and exercise bandage.		
2. Demonstrate how to measure rectal temperature, respiration rate, and pulse to determine if a horse is healthy or ill.		
3. Recognize and demonstrate how to detect lameness in a horse.		

Disease and Parasites	Date Passed	Approved By
1. Identify common parasites of horses and how they are controlled.		
2. Discuss common diseases of horses and how they are prevented.		

Feeding	Date Passed	Approved By
1. Make a study of the various horse feeds used in the area. Make a record of the different hays, grains, and supplements being used; specify the combination and amounts of feeds used; and how feeding needs change according to the age and work performed by the horse.		

Personal Dress and Appointments	Date Passed	Approved By
1. Dress appropriately. A true horseman or horsewoman dresses neatly in well-fitting clothes and riding gear that complement you and the horse. Flashy and expensive clothes are not needed. Be practical, clean, and neat.		
2. Learn the different types of appointments, their proper use, and, above all, how to wear appointments and clothing properly. Use only those items that are appropriate for the type of riding being done.		

Communication	Date Passed	Approved By
1. Give an educational presentation on some aspect of your project. Topic _____		
2. Prepare a written report, poster, or display on something you have learned. Topic _____		

Communication Ideas

- Prepare a poster to explain unsoundness and blemishes.
- Prepare a display on the different nutrients a horse requires.
- Explain the signs of health and illness in a horse.
- Explain the proper use of natural aids (hands, seat, legs, and voice).

Communication Ideas, continued

Communication Ideas, continued

- Prepare and give a presentation on:
 - * Fitting a horse for show or sale.
 - * Showing a horse at halter/showmanship.
 - * Mounting, dismounting, and seat position.
 - * Horseman's knots.
 - * Hoof care.
 - * Bits and how they work.
-

Level II completed: _____

Approved By

Date

You should continue to work on:

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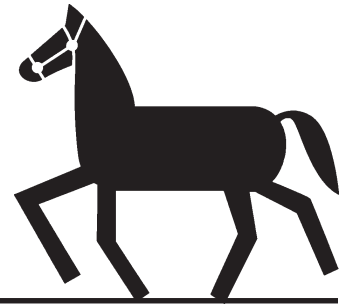
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Iowa 4-H Youth Development

4-H Horseman/Horsewoman Worksheet - Level III



4-H'er's Name _____

To complete each item listed below, demonstrate your skill or knowledge for your 4-H leader.

4-H Knowledge	Date Passed	Approved By
1. Lead the Pledge of Allegiance and 4-H Pledge at a 4-H meeting.		
2. Lead a game or song at a 4-H meeting.		

Basic Handling	Date Passed	Approved By
1. General actions around the horse (both on foot and while riding).		
2. Demonstrate confidence and knowledge gained from working with your horse.		
3. Show that you understand horses, horse psychology, and safety.		

Riding (A 2-year-old or older horse may be used to demonstrate the following maneuvers.)	Date Passed	Approved By
1. Demonstrate the basic aids for obtaining the following movements. Be able to explain how the aids influence the horse's actions.		
a. Movements required in intermediate horsemanship level—walk, trot, lope, stop, back.		
b. Back the horse in a straight line and in a circle.		
c. Demonstrate a trot and an extended trot.		
d. Demonstrate riding ability at each of the gaits: walk, trot, lope—starting each gait from standstill.		
e. A correctly balanced stop from a walk, trot, and lope from a straight movement.		
f. A correctly balanced stop from a trot and lope in a circle.		
g. Turn on the forehand—a one-quarter turn in each direction.		
h. Simple one-quarter turn on rear quarters in both directions.		
i. Pivot both directions, first with a one-quarter turn, then on a one-half, then a one-quarter turn to the starting position.		

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Riding, continued	Date Passed	Approved By
j. Side pass—both directions.		
k. A simple change of leads in a figure eight, dropping to a trot to change leads, and coming to a stop and changing leads.		
l. Perform a flying change of leads on the straightaway at the lope or a collected canter.		
m. Two-track to the right and left at the following gaits:		
(1.) Walk		
(2.) Trot		
(3.) Lope		
n. Roll back left and right from a lope (must be executed in the open).		
o. Demonstrate a correct sliding stop.		
2. Complete a trail ride.		
3. Track the number of hours you ride your horse.		
4. For hunt seat riders:		
a. Hand gallop the horse.		
b. Demonstrate jumping the horse.		
c. Demonstrate a basic dressage test.		

Feeding	Date Passed	Approved By
1. Demonstrate how to use feed nutrient and nutrient requirement tables to balance a ration.		
2. Explain which nutrients the ration may lack.		
3. Explain which nutrients the ration oversupplies.		
4. Assess the horse's body condition score.		
5. Calculate ration costs.		
6. Explain maintenance of pasture.		
7. Explain what plants may be poisonous to a horse.		

Aging of the Horse	Date Passed	Approved By
1. Demonstrate ability to tell the age of a horse by examining the teeth of several horses.		
2. Know tooth terms.		
3. Know how to properly care for a horse's teeth.		

Breeding**Date Passed** **Approved By**

1. Know the parts of the reproductive tracts of the stallion and mare.		
2. Explain the reproductive cycle of the mare and how to detect signs of heat.		
3. Learn the early signs of foaling and methods of care from the mare and foal after foaling.		

Diseases and Parasites**Date Passed** **Approved By**

1. Know common parasites of horses and how they are controlled.		
2. Discuss common diseases of horses and how they are prevented.		
3. Set up a disease and parasite prevention program for your horse with a local veterinarian. Be able to discuss the plan. Program should include dates, vaccines, insecticides, methods of applying, etc.		

Leadership and Citizenship**Date Passed** **Approved By**

1. Develop a mentoring program to work with horseless youth.		
2. Teach younger members of your group various subjects related to horses.		
3. Prepare an outreach or awareness program and present the program to others.		
4. Organize a trail ride.		
5. Volunteer at a horse-related event.		
6. Organize horse activities and functions.		

Communication**Date Passed** **Approved By**

1. Give an educational presentation on some aspect of your project. Topic _____		
2. Prepare a written report, poster, or display on something you have learned. Topic _____		

Communication Ideas

- Set up a chart to balance a ration. List the feeds available, amounts required for each nutrient, nutrients lacking or oversupplied, and costs.
- Prepare a report on common parasites and diseases. List preventative measures for their control.
- Prepare and give a presentation on:
 - * Determining the age of a horse.
 - * Use of aids while changing leads.
 - * Using a diagram, explain the parts of the horse's skeleton.
 - * Correct use of training equipment (martingale, side reins, draw reins, etc.).

Communication ideas, continued

Communication Ideas, continued:

- * Use of protective boots (bell boots, splint boots, etc.) on horses.
 - * Flying lead changes.
 - * Correct use of aids for two tracking to right and left at the walk, trot, and lope.
 - * Extended trot.
 - * Roll back and sliding stop.
 - * View and video tape a mare foaling.
 - * Prepare a chart illustrating the estrous cycle of the mare.
 - * Design a barn.
 - * Create an overall management program to include basic care, feeding, health maintenance, care of the feet, etc.
 - * Develop a computer program.
 - * Prepare and give a presentation at a local school function.
-

Level III completed: _____
Approved By _____ Date _____

You should continue to work on:

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