

## LUNGING POLICY

Lunging at ALL pony club activities and grounds.

This applies to anyone using any pony club grounds any time. You must be 14 years and over to lunge a horse at Pony Club.

EFFECTIVE 30/9/2013

## EQUIPMENT

All equipment must be in good repair.

1. The lunging cavesson must fit snugly around the horse's nose. If it slips it may rub the eye. The noseband should be quite tight and preferably have a jowl strap attached level with the eye that holds the cheek piece away from the eye. It should be fitted as low as possible and still remain clear of the soft area of the nostril. This allows more leverage on the horse's head and hence better control.
2. The lunging whip should be light and well balanced.
3. The lunging rein should be made of cotton webbing or nylon and be approximately 30 mm wide and 10 to 11 m long. The loop in the end should be knotted or stitched closed. There should be a swivel hook at the other end.
4. The horse must be fitted with appropriate equestrian boots on all four legs.
5. The handler must wear an approved helmet with the chin strap done up.
6. The handler must wear approved boots.
7. Spurs must not be worn
8. Jewellery is not permitted.
9. Gloves are essential to prevent rope burn, and as a general safety measure.
10. Only one person at a time to lunge the horse.

## AREA TO WORK IN

1. Ideally, the lunging area should be a circular yard with radius of 7.5 m to 10 meters. It should be enclosed by a strong fence with nothing protruding on the inside. The working surface should be even and non-slippery. If a round yard is not available, any small rectangular yard will do provided it is safe and has a good surface to work on.
2. Lunging is not allowed in an area where horses are being ridden.

For further info see PCA notes on lunging.

Signing off:



President... .. Print name... Ann Olsen

Date: 01/01/2026 Name of Club: Pony Club Association of S.A. Inc.

This policy or code is set for review every twelve months by Pony Club Association of S.A. Incorporated.