

New Manual for Lungeing

Pony Club Australia has produced a new manual for lungeing, which is a common and long-standing practice. It aligns with the Pony Club Australia syllabus for riders that was launched in 2019 with a specific focus on incorporating evidence-based, Equitation Science principles for the improvement of training methods.

Lungeing is a competence included in the rider syllabus from C*/K and above, and for PCANCAS Level 1 coaches. This new manual is essential reading for these groups, but also for all those who lunge their horse. It includes chapters on use of equipment, structuring a lungeing session, training voice and other commands, and safety.

PCA CEO Dr Catherine Ainsworth said that it was important to understand the reasons for lungeing and both its benefits and risks. "Pony Club Australia is proud to lead the continuing improvement of horse training across the world. This resource has been developed by coach leaders in the Pony Club® organisation and horse training experts. It combines decades of experience with new knowledge to improve practices."

The Pony Club Australia Lungeing Manual is [available on the PCA website](https://www.ponyclubaustralia.com.au). Members can purchase full colour printed copies from PCA.



www.ponyclubaustralia.com.au

**More
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