

March 2023

NARC NEWS

NORTHERN ADULT RIDING CLUB

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CALENDAR OF EVENTS

MARCH, 2023

March 26 Rally – Edinburgh Park, Gravelly Beach

APRIL, 2023

April 23 Trail Ride – Members Only – Venue Youngtown

April 30 Gymkhana – Members Only

MAY, 2023

May 28 Rally

JUNE, 2023

June 11 Navigation Ride at “Harveydale”, Birralee
Programs available from 1 May on our Facebook page
and website

June 25 Rally

**TO PROTECT THE SPREAD OF
WEEDS, PLEASE ENSURE ALL HAY
FED OUTSIDE OF YOUR FLOAT IS
ONLY FED IN HAY BAGS. THIS
APPLIES TO ALL NARC EVENTS**

BOOKING PROCEDURE

Bookings must be made via the website
<http://www.northernadultridingclub.org.au>

You will receive an email acknowledgement of your booking.

Rally bookings close on the Tuesday before the rally. Most other events on the Tuesday before.

Fees are non-refundable after bookings close.

Membership must be current at time of booking or an Event Membership of \$15 is payable (limit of twice before membership is required). Not available to previous members.

Please have your membership number handy when you go to book.



MONTHLY RALLIES

April Rally

Westbury Show Grounds (corner of Lyttleton and Marriott Streets)

Members Only Gymkhana

Get your glad rags out and polish up your ponies for our biennial Gymkhana. This is a low key competition day, plaiting is optional. A program of events is attached.

We're lucky to have Gaylene Padman running our Agility/Obstacles activity again this year. Gaylene will walk you through each of the obstacles explaining how to ride them for maximum points before you do a scored round.

Jumping starts at 10cm which is just a pole on the ground and then some rounds with jumps a little higher. Something for everyone.

Ribbons and prizes galore.

May Rally

Valmont Farms

TRAIL RIDE

A MEMBERS ONLY trail ride in the Youngtown area will be held at on Sunday 23rd April, 2023.

Details of ride location will be notified by phone to riders during the week prior.

Ride out at 10.00.

Duration is 2 to 2.5 hours

Saddle Bag Lunch. No dogs

The trail ride is in mostly open paddocks with a short distance of gravel road (for unshod horses, boots are optional). Sunscreen for riders is recommended.

Ride will be EASY and SLOW (Walk only), please do not expect to leave the group and make your own fast ride.

Please remember to have your membership number ready when you book on the website.

Inquiries to Anne Roberts phone 0438 262 897

PLAY DAYS

NARC are holding Play Days for current members at Westbury.

The focus will be obstacles and desensitization. Dates are announced via the NARC Facebook page and will include midweek and weekends.

This is planned as a fun and relaxed outing for members to bring horses of any skill level. Young or even retired horses are welcome. Ridden or unriden, it is an outing to spend in the company of your equine and club friends.

There is no formal instructor, rather two club committee members will be present to brief the attendees. The first hour will not be under saddle and the second hour is optional to be ridden.



Cost is \$10 for two hours 10am to 12pm. Please book and pay via the NARC website to ensure the day goes ahead.

Please be there by 9.30 to help set up equipment and help to dismantle is required.

Bring a packed lunch to enjoy after the activities. Check the club Facebook page on the morning of the date for cancellation if the weather looks questionable. Approved safety helmet and appropriate riding boots need to be worn.

Enquiries to Debrah Youd 0408 519 463

CONCUSSION POLICY

In line with Equestrian Australia recommendations, at all NARC events the Concussion Recognition Tool 5 © will be used to screen all individuals who have potentially sustained a concussion.

If concussion is suspected, then the rider must not remount their horse or drive home. Their emergency contact will be contacted by the club to ensure their safety.

Further details are available on the Equestrian Australia website.

HELMET STANDARDS

At all NARC events, protective headgear must conform with one of the currently approved safety standards to comply with Equestrian Australia regulations.

- Current Australian standard AS/NZS 3838 (2006 onwards) provided they are SAI Global marked.
- New Australian standard ARB HS 2012 provided they are SAI Global marked
- Current American standard ASTM F1163 (2004a or 04a onwards) provided they are SEI marked
- Current American standard SNELL E2001
- Current British standard PAS 015 (1998 or 2011) provided they are BSI Kitemarked
- Interim European Standard VG1 (01.040: 2014-12) with or without BSI Kitemark

Helmet Manufacturers generally recommend replacing your helmet every 5 years or so.

If you have a hard-blow impact accident while wearing your helmet, it is recommended to immediately replace it for a new model. There may be damage to the helmet that is not visible to the naked eye