

**May 2021**

# NARC NEWS

NORTHERN ADULT RIDING CLUB

**PRESIDENT**

Anna Hayward  
0417 010 546

**VICE PRESIDENT**

Jenny Harvey  
0407 514 611

**TREASURER**

Sallie Wadley  
0428 974 718

**SECRETARY**

Norma Cormican  
0412 845 375

**NEWSLETTER**

Norma Cormican  
0412 845 375

**COMMITTEE**

Peta Dolan  
0419 930 078

Dana Medhurst  
0437 958 941

Jess Emery  
0400 501 387

Diane Colebrook  
0490 538 412

Beryl Murray  
0488 037 387

Lel Rainbird  
0427 378 883

Jody Whelan  
0488 208 036

Tracy Broadbent  
0423 546 564

Berris Atkins  
0400 810 529

## CALENDAR OF EVENTS

**MAY, 2021**

**May 30** Rally at Westbury

**JUNE, 2021**

**June 13** Navigation Ride at "Harveydale", Birralee  
**Programs available on our Facebook page and website**  
**Bookings close Thursday 3 June, 2021**

**June 27** Rally at Illawarra Lodge Indoor, Carrick

**JULY, 2021**

**July 25** Rally at Illawarra Lodge Indoor, Carrick

**AUGUST, 2021**

**August 29** Rally at Illawarra Lodge Indoor, Carrick

**TO PROTECT THE SPREAD  
OF WEEDS, PLEASE  
ENSURE HAY IS ONLY FED  
IN HAY BAGS OUTSIDE OF  
YOUR FLOAT. 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). Please have your membership number handy when you go to book.

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## May Rally Westbury

- Flat – Yvonne Downes
- Poles / Grid Work – Melissa Jones
- Games – TBA
- Settling In – David Quinn



Morning Session will consist of 2 lessons with a choice from 3 options.

- Flat
- Poles
- Agility

Indicate your preferred options through the booking process. Every effort will be made to accommodate to your selection however depending on numbers this may not always be possible.

### Settling In Class

Our regular settling-in class will be conducted separately to the morning session and participants are welcome to join in either of the afternoon classes as well. Suitable for horses and/or riders not ready to join a larger group or may want to do in hand work before riding later in the lesson.

If you require more information on our Settling In class or how the format will work, please contact Norma Cormican Ph: 0412 845 375

### Afternoon Session

We will have a ridden class for the afternoon session. Please make your selection when booking.

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## June Rally Illawarra Lodge Indoor Arena, Carrick

### PLEASE NOTE CHANGE TO USUAL FORMAT

Due to space constraints at the indoor

There will be a 2 hour session for one group of 7 riders in the morning and a different group in the afternoon.

Kristin Pitt will take riders through various topics including ground work, how to correctly lunge your horse (please bring your own equipment if you wish to participate) and ridden.

There is NO Settling in Class at this rally.

### Morning Session

Commencing at 10.00am

This group is for riders comfortable at Walk and Trot (no canter)

### Afternoon Session

Commencing at 12.30pm

This group is for riders comfortable at Walk, Trot and Canter

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## **NAN CATMUR CLINICS**

Agility clinics to be hosted by Nan Catmur at her Longford property.

NARC Members \$35 per day.

Non-Members \$50 per day (limit of twice before membership is payable).

### **All enquiries to Jenny Harvey 0407 514 611**

Bookings MUST be made via the website [www.northernadultridingclub.org.au](http://www.northernadultridingclub.org.au) including payment.

Bookings close on the Tuesday prior to the event. There will be a wait list if a date is fully booked.

Maximum 4 people

Suitable for all levels of riders and agility experience.

**In recess over winter months**

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## **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

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## **EQUESTRIAN AUSTRALIA CONCUSSION PROTOCOLS**

**Implementation for all Disciplines from 1 July 2019** – Reference Equestrian Australia Website

There is a growing concern in Australia and internationally about incidence of sport-related concussion & potential health ramifications for athletes at all levels of sport.

Equestrian Australia fully endorses the Concussion in Sport Australia Position Statement, which can be located at [https://www.sportaus.gov.au/ais/position\\_statements#concussion](https://www.sportaus.gov.au/ais/position_statements#concussion)

Consistent with its support for the Concussion in Sport Australia Position Statement, Equestrian Australia will introduce a similar protocol for all equestrian disciplines effective July 1 2019.

To assist with the introduction of these protocols, Equestrian Australia is undertaking education and communication programs for all stakeholders including athletes, officials, coaches, parents and guardians.

As a part of this, we wish to provide all athletes/parents, coaches and officials access to the PDF version of a presentation which may be seen presented at future events, highlighting:

- the key points of the protocols,
- the OC & Officials' role in implementing the protocol,
- how to recognise concussion and
- the importance of possible concussion received in training being just as serious as concussion received in competition.

The PDF documents are available at [www.equestrian.org.au](http://www.equestrian.org.au)

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## TRADERS' TREASURES

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### ***Agistment Vacancies***

Pegasus Riding Inc. now has a small number of agistment vacancies at Evandale. Facilities include fully fenced sand arena and round yard, stable block and day yards. Contact Bernice 0407 213 635

### ***Collegiate Bridle***

Full size. Brown leather with deep V decorative browband. Used only once, as new condition. \$90 ono Contact Sallie Wadley 0428 974 718

### ***Saddle***

Keiffer Lech DL Professional Dressage Saddle 17 inch. \$800  
Contact Judith Butler 0427 612 673