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Norma Cormican
0412 845 375

NEWSLETTER

Norma Cormican
0412 845 375

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CALENDAR OF EVENTS

SEPTEMBER, 2021

September 1 Annual Membership Due

September 26 Rally at Westbury

OCTOBER, 2021

October 12 Nan Catmur Clinic

October 17 Private Lessons with Yvonne Downes at Violet Banks Indoor Arena

October 21 Nan Catmur Clinic

October 31 Rally at Valmont Farms

NOVEMBER, 2021

November 11 Nan Catmur Clinic

November 18 Nan Catmur Clinic

November 24 Nan Catmur Clinic

November 28 Rally – Venue TBA

DECEMBER, 2021

December 28 Trail Ride – Details TBA

**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.

PRIVATE LESSONS CLINIC
'Violet Banks' Sunday 17th October, 2021



October is the last in the series of Private lessons with Yvonne Downes. Lessons are either individual (or shared between 2 riders) held at Violet Banks Indoor arena 3570 Meander Valley Road, Westbury.

Our popular rally instructor Yvonne Downes will tailor each lesson to the rider's needs. Here is a rare chance to have some one-on-one time with your instructor at a reasonable cost. And out of the weather too.

To be fair to other riders and yourself, please ensure you are ready to ride at your nominated time. Lessons will commence promptly at the designated times. So as not to disrupt the rider before you, please do not enter the arena more than 10 minutes before your start time.

If you wish to have a shared lesson, please arrange the other rider before placing your booking.

Violet Bank Notes:

- Violet Banks does not permit horses to be left *unattended* whilst tied up to floats. You are welcome to have your horse tied to the float **only** whilst being *tacked up*. Do not allow your horse to scratch holes.
- Spacious yards are available at a cost of \$5 payable on the day
- A waiver must be signed by all riders on the day
- Please clean up all hay and manure before leaving

Lesson times commence at 8.30am, 9.30 am, 10.30 am, 11.30 am, 1.00 pm, 2.00 pm and 3.00 pm.

Cost is \$60 for an Individual Lesson or \$45 each for a Shared Lesson.

Bookings should be made through the NARC website.

Please contact Norma Cormican Ph: 0412 845 375 if you have any questions.

MONTHLY RALLIES

October Rally

Valmont Farms - Whitemore

- Flat – India Woods
- Poles / Grid Work – Melissa Jones
- Settling In – David Quinn



Morning Session will consist of 2 lessons

- Flat
- Poles

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.

November Rally

Venue TBA

- Flat – TBA
- Poles / Grid Work – TBA
- Settling In – David Quinn

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

- Flat
- Poles
- Fun Activity

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.

NAN CATMUR CLINICS

Building Confidence and a Partnership with your horse using cones, poles and obstacles.

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 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.

Tuesday 12 October – 10 am to 12 noon

Thursday 21 October – 10 am to 12 noon

Thursday 11 November – 10 am to 12 noon

Thursday 18 November – 10 am to 12 noon

Wednesday 24 November – 5 pm to 7 pm

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

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

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

TRADERS' TREASURES

Saddle

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