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NEWSLETTER

Norma Cormican
0412 845 375

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CALENDAR OF EVENTS

NOVEMBER, 2019

November 24 Rally at Westbury - See page 5

DECEMBER, 2019

December 1 Agility Clinic at Westbury - See page 5

December 12 Agility Clinic – Nan Catmur - See page 6

December 14 Agility Clinic – Nan Catmur - See page 6

December 29 Cluan Tier Trail Ride for Members Only – Information to follow via email

No Rally in December

**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 for 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.

RALLY REPORT

October Rally

Jenelle Williams

I have had Dylan for over a year now and he is an ex-harness racing horse. My friend Danya Stevens got him for me and she's helped me to break him in to saddle. She has also given me a lot of support along the way for which I am thankful.

We have done a lot of things together, trail riding, agility and rallies which has been so good for him. Agility with Nan has really helped him being in a safe environment with a lot of support.

A few months ago we decided to take a break and step back to concentrate on us for a while. So I made the decision to get some lessons with Shantel Radford. She has helped me with our bonding and communication. We went back to basics and started with a lot of ground work. This has made a huge difference to Dylan and myself and we are very grateful to Shantel. She has given us confidence to keep us moving forward. We still have a long way to go but we are also well on our way.

The October rally was the first rally we have been to in a while but it was a good decision as it helped us to put all the things we have learned into practice.

We had some interesting lessons at the rally and Dylan went really well. We did have a few moments throughout the day but with some help we got through them and achieved our goals.

Overall we are glad that we went even though we were both exhausted. It was great to see everybody and enjoyed the day in a supportive environment.



It was a family day out for Tracy Nutting and Emma Robinson at the October rally with their two purebred Arabians. Prince (featured in the last newsletter) and Cass (Acaciavej Shadowy Cass) were bred by Tracy and are half brother and sister, being out of the same mare. Here they are proudly standing for the camera.







November Rally Westbury

- Flat – Judy Kilby
- Jumping – Carol Hobson
- Agility – Jessica Crowden
- Settling In – Di Colebrook
- Non-Ridden – Emily Ruffo with advice on Pasture Management and Fertiliser options



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

- Flat
- Jumping
- 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

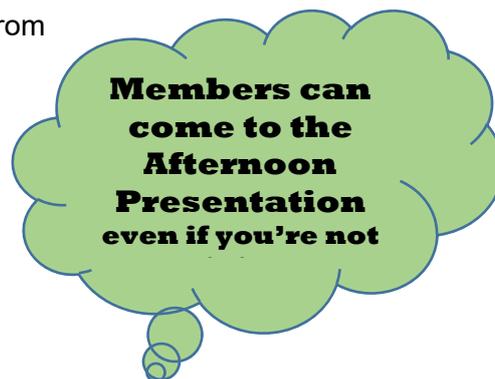
Our regular settling-in class will be conducted separately to the morning session and participants are welcome to join in either of the afternoon classes as well. Suitable for horses and/or riders not ready to join a larger group or may want to do in hand work before riding later in the lesson.

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

A non-ridden class will be offered in the afternoon. Members are welcome to attend this even if they are not riding. Please let Di Colebrook know on 0490 538 412.

In addition there will be a ridden class option. The type of class will be dependent on choices made when bookings are finalised.



REMINDER

To comply with the club's Insurance with Equestrian Australia riders must wear an approved helmet with the chin strap fastened at all times. Please see notice below for details. **Random inspections will be made at rallies in the coming months.** Please have the correct helmet for your own protection.

Agility Day Sunday 1 December Westbury

Instruction with Jess Crowden

Morning Session 10:30 - 12:00

Confidence builders, those new to agility, beginners, green horses; lead rein and groundwork

Afternoon Session 12:30 - 2:00

Ridden, intermediate and more experienced riders.

Enquiries to Jenny Harvey 0407 514 611

NO Rally in December

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 including payment.

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

Maximum 6 people

Suitable for all levels of riders and agility experience.

Thursday 12 December –11.00 am to 2:00 pm

Saturday 14 December – 12:30 pm to 3:30 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

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

Pony Cart and Harness

Has been used on Shetland Pony \$500ono for both

Contact Judith Butler 0427 612 673

Saddle

As new Windsor Dressage Saddle 17 ½ inch. Fits horse with broad withers. \$2,200

Contact Beryl Murray 0488 037 387

Western Halter and Breastplate

\$100 each

Contact Beryl Murray 0488 037 387