

**May 2024**

# NARC NEWS

NORTHERN ADULT RIDING CLUB

## **PRESIDENT**

Diane Colebrook  
0490 538 412

## **VICE PRESIDENT**

Kerrie Bell  
0404 049 532

## **TREASURER**

Sallie Wadley  
0428 974 718

## **SECRETARY**

Norma Cormican  
0412 845 375

## **NEWSLETTER**

Norma Cormican  
0412 845 375

## **PATRON**

Beryl Murray  
0488 037 387

## **COMMITTEE**

Hannah Barker  
0402 881 319  
Jenna Sommerville  
0409 869 077  
Simone Gill  
0428 815 318  
Debrah Youd  
0408 519 463  
Anna Hayward  
0417 010 546

## **CALENDAR OF EVENTS**

### **MAY, 2024**

**May 26** Rally – Deloraine Show Ground

**May 28** Play Date – 27 Veterans Row, Westbury

### **JUNE, 2024**

**June 3** Play Date – 27 Veterans Row, Westbury

**June 9** Navigation Ride at “Harveydale”, Birralee  
Programs available on our Facebook page and website  
**Bookings close Thursday 30 May, 2024**

**June 30** Rally – Longford Indoor

**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>

Bookings open at 9.00am on the first day of the month.

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 (to use in the Promo Code) when you go to book.

## MONTHLY RALLIES



### May Rally

#### Deloraine Show Grounds

- Flat Lesson/Preparing for Jumping – Judy Kilby
- Flat Lesson – Merindah Thompson
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons  
One lesson with each of our instructors.

#### Afternoon Session

Ridden Lesson using on site Jumps – Judy Kilby

#### 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

**Riders using the Cross  
Country course are required  
to wear an EA compliant Vest**

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### June Rally

#### Longford Indoor

- Flat Lesson - TBC
- Flat Lesson – TBC
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons  
One lesson with each of our instructors.

#### Afternoon Session

Ridden Lesson

#### 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

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## NAN CATMUR

### Obstacle Instruction, Building Partnerships and Confidence Lessons at Nan's Riding School, Longford

\*Private one on one lessons, or Group lessons available (Max 4 people)

These Lessons will help riders prepare their horses for success in Obstacle Work. In these sessions we will break down the basics required for manoeuvring your horse efficiently through a course of diverse obstacle challenges. We will be covering turning movements, effective desensitising strategies, timing and approach and retreat strategies for building confidence and a strong partnership with your horse. We will make sure you and your horse are on the same page.

For Private Bookings Contact Nan on 0428 578 779 or email: [nansridingschool@gmail.com](mailto:nansridingschool@gmail.com)

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## PLAY DAYS

NARC hold 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 Anna Hayward 0417 010 546



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## 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.

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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