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NEWSLETTER

Norma Cormican
0412 845 375

COMMITTEE

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CALENDAR OF EVENTS

OCTOBER, 2020

October 25 Rally at Valmont Farms

October 31 **Membership privileges for previous year ends. Please renew membership to retain member discount when booking for events.**

NOVEMBER, 2020

November 6 Agility Clinic – Nan Catmur

November 17 Play Day at Westbury

November 22 Agility Clinic – Nan Catmur

November 26 Play Day at Westbury

November 27 Agility Clinic – Nan Catmur

November 29 Rally at Gravelly Beach

**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.

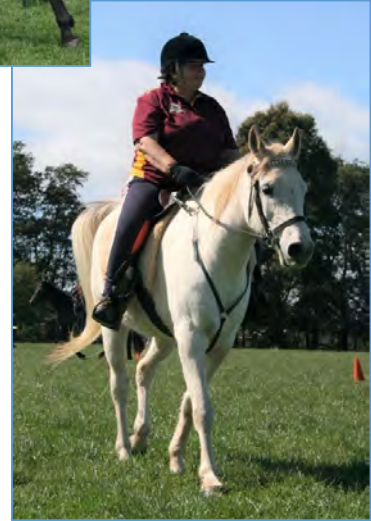
Membership must be current at time of booking or an Event Membership of \$15 is payable (limit of twice before membership is required). Please have your membership number handy when you go to book.

September Rally Westbury

Back at our home ground in Westbury with the feel of grass under the horses hooves after a couple of months at the indoor. Good to see a few new members joining in and enjoying the knowledge shared by instructors and friendship from fellow riders. Thanks to Kristin Pitt, Melissa Jones, Peter Fraser and David Quinn for their expert tuition.

October sees our rally at Valmont Farms where we are fortunate to have India Woods instructing along with some of our regular instructors.





October Rally Valmont Farms, Whitemore

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

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

- Flat
- Poles / Grid Work
- 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

Ridden or agility 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.

November Rally Edinburgh Park, Gravelly Beach

- Flat – Kristin Pitt
- Cross Country Jumping – Judy Kilby
- Agility – Instructor TBA
- Settling In – David Quinn



PLAY DAYS

NARC are planning to hold mid week Play Days for current members at the Westbury Club grounds commencing with Tuesday 17th and Thursday 26th November. If successful, then alternative days of the week may be offered. Future dates will be announced via the NARC Facebook page.



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, organise equipment, and detail on a whiteboard the planned activities. The first hour will not be under saddle and the second hour is optional to be ridden.

Cost will be \$10 for two hours 10am to 12pm. Pay on the day, bookings are not required.

Attendees might like to 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.

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 4 people

Suitable for all levels of riders and agility experience.

Friday 6 November – 12:00 pm to 2:00 pm

Sunday 22 November – 1:00 pm to 3:00 pm

Friday 27 November – 12:00 pm to 2:00 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

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

Saddle

Trainers Brown Leather "Cross Country" 17 ½ inch. Wide gullet (not changeable) can be adjusted by saddler. Mounted. Excellent Condition \$900
Contact Norma Cormican 0412 845 375