

January 2022

NARC NEWS

NORTHERN ADULT RIDING CLUB

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CALENDAR OF EVENTS

JANUARY, 2022

January 30 Rally – Westbury Club Grounds

FEBRUARY, 2022

February 10 Nan Catmur Clinic

February 17 Nan Catmur Clinic

February 24 Nan Catmur Clinic

February 26-27 Camp – Harveydale (Members Only)

MARCH, 2022

March 10 Nan Catmur Clinic

March 17 Nan Catmur Clinic

March 24 Nan Catmur Clinic

March 27 Rally – Westbury Club Grounds

March 31 Nan Catmur Clinic

April, 2022

April 24 Combined Training Day – Westbury Club Grounds
(Members Only)

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>

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.

RALLY REPORT

Christmas Trail Ride

Anna Hayward

On the Tuesday after Christmas the faithful and some new faithfuls (welcome to our new riders) headed up to Sandra Atkins property for our annual pilgrimage into my happy place, the bush above Osmaston for a trail ride, lead by Sandy and Wally. Started with the ride heading downhill through the plantation, a move that was the cause of great excitement for a couple of horses, resulting in Jess and Jen proceeding the first part of the ride on 6 feet, not 4 but at least this dismount was a planned one, where as last year's wasn't. In effect, we ended up doing 3 loops through various tracks and riding down the tracks we rode up last year which was the cause of some anxiety for me as we rode down into 'the creek' which is quite steep and over the course of 40 years of riding in this area something I avoid wherever possible, but Rosie was a superstar as only my girl is and we survived. Fancy that.

There were 10 riders, we rode for approx 2.5 hours covering almost 12 km and we were back in time for a chin wag and catch up by lunchtime and a good time was had by all. It's always a beautiful ride up in the bush, made better by great riding buddies, birds singing in the trees and no sightings of slithering danger noodles (or nope ropes or other inventive words). I was just grateful to be able to ride as Rosie had a laminitis episode at the end of November but luckily it was caught early and she had recovered well by then.

Not as eventful as last year except for Jens enthusiasm at being out in public, no doubt wanting to show her athleticism hadn't waned since last year. Well done to all riders who came along, I don't really care where we ride as it's all about the friendship and getting to know new members better and always up for a good skite on our treasured noble steeds. Thanks to Sandra for leading the way and for the riders who came along for the day. And for dear Mother Nature for putting on gorgeous weather for the day



MONTHLY RALLIES

January Rally

Westbury Club Grounds

- Flat – Kristin Pitt
- Obstacle Training – Gaylene and Amanda Padman
- Settling In – David Quinn

Availability of instructors is subject to change without notice



Morning Session will consist of 2 lessons

- Flat
- Obstacle Training

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.

Afternoon Session

Obstacle Competition

Settling In Class

Our regular settling-in class will be conducted separately to the morning session and participants are welcome to join in the afternoon class 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

February Rally

Harveydale Camp - Members Only

Plans are in place for our Sunday rally in February at Harveydale including the option to ride on Saturday afternoon and camp Saturday night. A Stockhorse Challenge is planned for Saturday afternoon and you can free ride in the area surrounding the camp as well.

This is a Members only event, however new memberships will be accepted up until bookings close.

The rally on Sunday can be booked separately for those not wanting to camp.

Sunday morning we have Merindah Thompson with her Working Equitation obstacles along with a formal Trail Ride in adjoining paddocks for an hour. The afternoon will see our annual Harveydale Challenge which is fun for all abilities including ridden and non-ridden activities.

Definitely NO DOGS (as per Harveydale conditions of hire).

Contact Norma Cormican with any enquiries Ph: 0412 845 375

March Rally

Westbury Club Grounds

April Rally

Westbury Club Grounds

Members Only

Combined Training Competition (Jumping and Dressage).

END OF YEAR FUNCTION

Debrah Youd organised a fun evening for members and friends at the Quality Hotel Colonial, Launceston to finish off a great year at NARC.

The evening started with a cryptic quiz sheet with the answers being found in the block surrounding the Hotel (picture Nav Ride on foot). We headed off in teams of 2 for a leisurely stroll and a stretch of the grey matter. Sallie Wadley and Ted Binns were the winners and recipients of some lovely prizes.

After a delicious 2 course meal and drinks to recover from our walk Deb presented a number of interesting tasks and word exercises that had everyone in fits of laughter.

Thanks Deb for a fun night.



PLAY DAYS

NARC are holding Play Days for current members at the Westbury Club grounds at the corner of Veterans and Suburb Rds. 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. Pay on the day, bookings are not required.

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 Debrah Youd 0408 519 463

NAN CATMUR CLINICS

Offering fun, safe, confidence building sessions on a weekly basis to provide those who have new horses, or a new to riding or getting "back in the Saddle" or just want to go somewhere with their horse. Using obstacles, games, and activities, including ground and ridden. Hosted by Nan Catmur at her Longford property.

Maximum 4 people

Suitable for all levels of riders and agility experience.

10am to 12pm

February:.. Thursday - 10th, 17th & 24th

March: Thursday - 10th, 17th, 24th, & 31st

April: Thursday - 7th, 14th, 21st, & 28th

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.

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
