

## PRESIDENT

Anna Hayward  
0417 010 546

## VICE PRESIDENT

Jenny Harvey  
0407 514 611

## TREASURER

Sallie Wadley  
0428 974 718

## SECRETARY

Norma Cormican  
0412 845 375

## NEWSLETTER

Norma Cormican  
0412 845 375

## COMMITTEE

Peta Dolan  
0419 930 078

Dana Medhurst  
0437 958 941

Jess Emery  
0400 501 387

Diane Colebrook  
0490 538 412

Beryl Murray  
0488 037 387

Lel Rainbird  
0427 378 883

Jody Whelan  
0488 208 036

Tracy Broadbent  
0423 546 564

Berris Atkins  
0400 810 529

## CALENDAR OF EVENTS

### SEPTEMBER, 2020

**September 1 Annual Membership Due, renewal via the website**

September 27 Rally at Westbury

### OCTOBER, 2020

October 9 Agility Clinic – Nan Catmur - See page 5

October 10 Agility Clinic – Nan Catmur - See page 5

October 25 Rally at Valmont Farms

October 31 Agility Clinic – Nan Catmur - See page 5

### NOVEMBER, 2020

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 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.

## July Rally Update

At the July Rally, those who attended would have met Terese Roozendaal and her donkey. The NARC Committee were not aware prior to the rally that Terese would be riding a donkey, so it was a surprise to all.

The donkey was very well behaved and there were no problems arising from his attendance on that day. However as the Club has a duty of care to all its members, we checked our insurance policy to ensure that the Club would still be covered with a donkey in attendance as we had not encountered this situation previously. Our insurance is with Equestrian Australia and as such we must adhere to their rules. Unfortunately, as donkeys are not included in the definition of horse under Equestrian Australia rules, we are unable at this stage, to allow the donkey to attend any further NARC events.

At our most recent Committee meeting the subject was discussed and it was agreed to approach Equestrian Australia with a view to seeking a way to allow a donkey to attend NARC events whilst still maintaining valid insurance cover. We will let you know the outcome in due course.

## August Rally Illawarra Indoor, Carrick

A full book of riders attended the August rally, glad to be riding under cover of the indoor on such a cold and windy day.

Under the watchful eye of Sandra Atkins and Nan Catmur, everyone learned a lot and most importantly had a fun day with their horses.

We are back at our home ground in September before heading off to Valmont Farms and Edinburgh Park towards the end of the year.







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**October Rally  
Valmont Farms, Whitmore**

- Flat – India Woods
- Poles / Grid Work – Melissa Jones
- Agility – Instructor TBA
- 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.

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**November Rally  
Edinburgh Park, Gravelly Beach**

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



## **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](http://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 9 October – 11.00 am to 1:00 pm**

**Saturday 10 October – 1:00 pm to 3:00 pm**

**Saturday 31 October – 1:00 pm to 3:00 pm**

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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

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## **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](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](http://www.equestrian.org.au)

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## TRADERS' TREASURES

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### ***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