

January 2021

NARC NEWS

NORTHERN ADULT RIDING CLUB

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NEWSLETTER

Norma Cormican
0412 845 375

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CALENDAR OF EVENTS

JANUARY, 2021

January 31 Rally at Westbury

FEBRUARY, 2021

February 15 Agility Clinic – Nan Catmur

February 19 Agility Clinic – Nan Catmur

February 22 Agility Clinic – Nan Catmur

February 27-28 Rally – Camp at Harveydale

MARCH, 2021

March 28 Rally at Westbury

APRIL, 2021

April 18 Gymkhana at Westbury – Members Only

MAY, 2021

May 30 Rally at Westbury

**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.

RALLY REPORT

Christmas Trail Ride

Anna Hayward

Monday 27th December we had our Christmas trail ride up at Osmaston in the foot hills of the Cluan Tier hosted and led by the Atkins Family. The weather was great and we had some new riders for their first NARC Trail Ride.

Started out a bit rocky with one horse having a reaction to a supplement so her ride was over before it began. It was a bit of a stop/go to start with as Dana's horse was a bit freaked out by being in the bush and there was a bit of waiting until everyone had caught up - a couple of riders had some stints getting on and on so the rest of us had a lesson in waiting. Headed down what we call the long hill which played larry do with my ankles but they didn't collapse although there was a fair bit of pain, even with my ankles strapped and also compression socks so I was happy to reach the bottom and we waited until the others came and caught up.

Full kudos to Dana - she came down the hill slightly sideways before we headed off again towards 'the creek' a very sharp short climb up. A couple of us snuck around an alternate spot but in the process of back tracking to follow Sandy and I wiped my glasses off in a tree and couldn't find them so resigned to myself having to get another pair. The alternate route wasn't quite as steep and a bit softer underfoot so we got up there without fuss.

Nearly everyone waited up the top before Jess came up for a whip as Jewel decided she couldn't go up there. So she had a couple of trips up and down on foot before the wayward horse decided she would go up. Jess went to get back on Jen who spooked, bounding in the bushes a couple of times before dumping Jess in the branches. Lots of swear words may have been spoken along the way. Someone had found my glasses which was great and we returned back to the floats. Dana's Winston decided he had reached his level of tolerance and really had a meltdown before going straight up in the air. Gathered together for lunch which was lovely and headed home. Full marks to Dana and Jess for their perseverance to continue the ride when many of us would have pulled the pin.

Thank you to Berris and Sandy for a great ride, and Rosie for keeping me safe.





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July Rally Update

At the July Rally last year, those who attended would have met Terese Roozendaal and her donkey.

Since then, an extensive inquiry with both the State Branch and the National office of Equestrian Australia, as well as our insurers, was conducted with a view to seeking a way to allow a donkey to attend NARC events whilst still maintaining valid insurance cover.

Equestrian Australia's final response was that their rules are clear and a donkey is not included in the definition of a horse in those rules. Unfortunately, to ensure the Club's insurance cover remains in place, the club has no choice than to disallow donkeys at future NARC events.

January Rally Westbury

- Flat – Judy Kilby
- Poles / Grid Work – Melissa Jones
- Agility – Tracy Broadbent
- Settling In – David Quinn



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

- Flat
- Poles
- 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

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.

February Rally Harveydale

Plans are in place for our Sunday rally in February at Harveydale including the option to ride on Saturday afternoon and camp Saturday night. Activities will be arranged for Saturday afternoon depending on numbers.

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 Yvonne Downes instructing. 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

PLAY DATES

NARC are holding mid week Play Dates for current members at the Westbury Club ground. Month to month alternative days of the week may be offered. Future dates are 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 is \$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.

Enquiries to Tracy Broadbent ph: 0423 546 564

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.

Monday 15 February – 10.00 am to 12 noon

Friday 19 February – 5:00 pm to 7:00 pm

Monday 22 February – 10:00 am to 12 noon

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

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

Saddle

Keiffer Lech DL Professional Dressage Saddle 17 inch. \$800
Contact Judith Butler 0427 612 673