

June 2019

NARC NEWS

NORTHERN ADULT RIDING CLUB

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Terri Kewish
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VICE PRESIDENT

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RALLY

BOOKINGS

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Norma Cormican
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NEWSLETTER

Norma Cormican
0412 845 375

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CALENDAR OF EVENTS



**ALL BOOKINGS
VIA THE WEBSITE**

JULY, 2019

NO Agility Clinics in July

July 28

Rally at Illawarra Lodge Indoor, Carrick - See page 5

AUGUST, 2019

August 17

**Annual Dinner and AGM at Entally Lodge, Hadspen.
Family and Friends Welcome**

See details in newsletter

RSVP by 9th August to Terri Kewish 0417 362 414

August 25

Rally at Illawarra Lodge Indoor, Carrick - See page 6

SEPTEMBER, 2019

September 1

Annual Membership Due, renewal forms available later

September 29

Rally at Westbury

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.

NAVIGATION RIDE

'Harveydale' Sunday 9th June, 2019

Around 140 competitors took part in this year's 23rd Annual Navigation Ride held on the popular venue 'Harveydale' at Birralea. We thank Philip and Michael Brown for the use of such a wonderful property.

This year we were blessed with beautiful sunny weather for the entire weekend making the setup very pleasant on Saturday and great for the riders on Sunday. It was pleasing to see an increasing number of junior riders competing. The trail was set out on some of our regular tracks as a lot of the property had restricted access to us.

Once again the refreshment stop proved popular for the drink and the delicious Hot Sav's and chance to chat to other riders.

Many thanks to our generous sponsors whose support enables us to provide great prizes for the competitors.

Our huge raffle was once again bulging with prizes thanks to our wonderful sponsors.

Thank you also to those people who gave their time to help in both the setting up of the grounds and in an official capacity on the day.

Congratulations to the placegetters and all those who competed.

We look forward to seeing you all again next year.







ANNUAL GENERAL MEETING AND DINNER

The NARC AGM will be held at our annual dinner and awards night. The venue this year is at Entally Lodge, 28 Rutherglen Road, Hadspen on Saturday August 17th.

We have exclusive use of the Retro Bar for our dinner and there is ample parking on site. A delicious 3 course meal to be selected from the menu (choose one the 3 alternatives for each course) at a cost of \$50 per head. Children \$15. Alcohol can be purchased at very reasonable prices.

Agenda items should be forwarded prior to Friday 2nd August to Sallie Wadley at springrises1@bigpond.com or phone Sallie on 0428 974 718.

We welcome new faces and new ideas on the committee so if you would like to make a contribution to your club or are just interested in finding out what is involved, please contact any one of the committee prior to the AGM.

The AGM will commence promptly at 6.30pm and the meal will be served at approximately 7.30pm at the conclusion of the AGM.

6.00 - 6.30 ... Pre meeting drinks and orders for main course

6.30 - 7.30 ... AGM

7.30 Meals served, commencement of social evening

There will be the usual lucky door prizes along with awards. We are fortunate to have a fantastic guest speaker this year, watch this space for details. It is also a great opportunity to have a chat in comfort with other members of the club.

Enquiries please phone Terri Kewish on 0417 362 414

Bookings via the Website.

Final date for bookings is Friday 9th August.

**MEALS MUST BE
ORDERED BEFORE 6.30**

UPCOMING RALLIES

July Rally

Illawarra Lodge Indoor Arena, Carrick

- Flat and Poles– Shantel Radford
- Agility – Nan Catmur

PLEASE NOTE CHANGE TO USUAL FORMAT

Due to space constraints at the indoor

Morning Session will consist of 2 lessons with the same instructor.

- Flat and Poles
- Agility

Indicate your preferred option through the booking process.

Afternoon Session

- Non-Ridden - Sunrise Trailers - Horse float maintenance and what to look for when purchasing a float
- Flat and Poles
- Agility

Enquiries to Norma Cormican Ph: 0412 845 375

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.

The presentation by Sunrise Trailers is open to everyone. If you aren't riding on the day you **MUST** still book via the website. This is a free presentation.

August Rally **Illawarra Lodge Indoor Arena, Carrick**

- Flat and Poles – Instructor TBA
- Agility – Instructor TBA

PLEASE NOTE CHANGE TO NORMAL FORMAT Due to space constraints at the indoor

Morning Session will consist of 2 lessons with the same instructor.

- Flat and Poles
- Agility

Indicate your preferred option through the booking process.

Afternoon Session

- Non-Ridden - TBA.
- Flat and Poles
- Agility



Settling In Class

No Settling In Class at this Rally

Enquiries to Norma Cormican Ph: 0412 845 375

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 crystal browband. Used only once, as new condition.

\$90 ono

Contact Sallie Wadley 0428 974 718