

September 2024

NARC NEWS

NORTHERN ADULT RIDING CLUB

PRESIDENT

Diane Colebrook
0490 538 412

VICE PRESIDENT

Kerrie Bell
0404 049 532

TREASURER

Sallie Wadley
0428 974 718

SECRETARY

Norma Cormican
0412 845 375

NEWSLETTER

Norma Cormican
0412 845 375

PUBLICITY OFFICER

Jenna Sommerville
0409 869 077

PATRON

Beryl Murray
0488 037 387

COMMITTEE

Hannah Barker
0402 881 319

Jenna Sommerville
0409 869 077

Anna Hayward
0417 010 546

Nicola Faulkner
0410 026 924

Eva-Maria Bernoth
0431 003 711

Peta Dolan
0419 930 078

Anne Robarts
0438 262 897

CALENDAR OF EVENTS

SEPTEMBER, 2024

September 1 Annual Membership Due

OCTOBER, 2024

**October 13 Play Date – 27 Veterans Row, Westbury
10.00am start**

**October 18 Play Date – 27 Veterans Row, Westbury
1.30 pm start**

October 27 Rally – Valmont Farms

NOVEMBER, 2024

November 24 Rally – Deloraine Pony Club Grounds

DECEMBER, 2024

No Rally

Date TBC Trail Ride during Christmas/New Year Period

**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>

Bookings open at 9.00am on the first day of the month.

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). Not available to previous members.

Please have your membership number handy (to use in the Promo Code) when you go to book.

MONTHLY RALLIES

October Rally

Valmont Farms

- Flat Lesson – Jules Targett
- Fun with Poles Lesson – Melissa Jones
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons

One lesson with each of our instructors.

Afternoon Session

Ridden Lesson

Settling In Class

Our regular settling-in class will be conducted in the afternoon at this rally.

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

November Rally

Deloraine Pony Club Grounds

- Flat Lesson – Judy Kilby
- Flat Lesson – TBC
- Settling In – David Quinn

Availability of instructors is subject to change without notice

Morning Session will consist of 2 ridden lessons

One lesson with each of our instructors.

Afternoon Session

Ridden Lesson

Settling In Class

Our regular settling-in class will be conducted in the afternoon at this rally.

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

December

No Rally

A Members Only Trail Ride is planned over the Christmas/New Year period, more details available closer to the date on the website.



AUGUST RALLY REPORT

Longford Indoor

Due to unprecedented wind and rain, we made the decision to cancel the August rally that morning.

This decision was not made lightly, however was made in the interests of safety for members travelling to the indoor arena.

The previous day we had intended to go ahead, then overnight the forecast for high winds escalated and we had no choice but to cancel.

SEPTEMBER RALLY REPORT

Birralee Pony Club Grounds

Jenna Sommerville

What started out as a lovely day, became a bit of a soggy affair mid morning for our adult riders and coaches. Regardless of our soggy bottoms and windswept ponies, the two morning groups actually coped very well in trying conditions and should be commended.

Our coaches Kristin Pitt and Mellisa Jones get bonus points for being soggy but partying on regardless! What troopers! There were smiles of satisfaction despite the conditions and everyone pulled together to help set up and pack away at the end.

Glad we got through, but thoughts are with the settling in group and afternoon group, who got washed out!

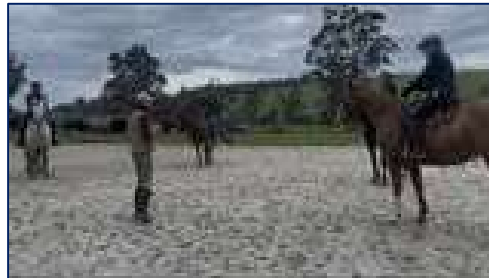
This bad weather luck is unprecedented! Silver lining...? Mother Nature totally owes us sunny warm days now for the rest of the year!

As usual, a big thankyou to our coaches and riders for supporting the club, and our committee members who work behind the scenes to keep things running smoothly.

See you at the next one!

Bookings open on the 1st of October.





MEMBERSHIP

Annual Membership subscriptions are due on 1 September.

Please renew your membership via the website prior to 31 October, 2024 to retain member privileges.

NAN CATMUR

Obstacle Instruction, Building Partnerships and Confidence Lessons at Nan's Riding School, Longford

*Private one on one lessons, or Group lessons available (Max 4 people)

These Lessons will help riders prepare their horses for success in Obstacle Work. In these sessions we will break down the basics required for manoeuvring your horse efficiently through a course of diverse obstacle challenges. We will be covering turning movements, effective desensitising strategies, timing and approach and retreat strategies for building confidence and a strong partnership with your horse. We will make sure you and your horse are on the same page.

For Private Bookings Contact Nan on 0428 578 779 or email: nansridingschool@gmail.com

PLAY DAYS

NARC hold Play Days for current members at Westbury. 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.

Only one horse per person.

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 usually 10am to 12pm. Please book and pay via the NARC website to ensure the day goes ahead.

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 by 8.00am on the day for cancellation notice if the weather looks questionable. Approved safety helmet and appropriate riding boots need to be worn.

Enquiries to Anna Hayward 0417 010 546

CONCUSSION POLICY

In line with Equestrian Australia recommendations, at all NARC events the Concussion Recognition Tool 5 ® will be used to screen all individuals who have potentially sustained a concussion.

It is NARC policy that following any fall at a NARC event is managed in accordance with the Equestrian Australia concussion guidelines and Incident Reporting. You will be asked to acknowledge and adhere to these guidelines when you book for an event.

If concussion is suspected, then the rider must not remount their horse or drive home. Their emergency contact will be contacted by the club to ensure their safety.

Further details are available on the Equestrian Australia website www.equestrian.org.au.

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