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NEWSLETTER

Norma Cormican
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CALENDAR OF EVENTS

SEPTEMBER, 2024

September 1 Annual Membership Due

NOVEMBER, 2024

November 24 Rally – Deloraine Pony Club Grounds

DECEMBER, 2024

**December 3 Play Date – 27 Veterans Row, Westbury
10.00 am start**

**December 16 Play Date – 27 Veterans Row, Westbury
10.00 am start**

No Rally

December 29 MEMBERS ONLY Trail Ride in George Town area

JANUARY, 2025

**January 19 Rally – Westbury Showgrounds
NOTE change from our regular day due to Public Holiday**

FEBRUARY, 2025

February 22-23 Annual Camp at Harveydale

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

November Rally

Deloraine Pony Club Grounds

- Flat Lesson – Judy Kilby
- Flat Lesson – Reegan Heathcote
- 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

Suitable for horses and/or riders not ready to ride on their own and in hand
work before riding later in the lesson.

If you require more information on our Settling In class, please contact Norma Cormican
If you are unsure if the format will work, please contact Norma Cormican Ph: 0412 845 375



We are now looking for expressions of interest for the regular groups as we are fully booked.
Please contact Norma Cormican if you're interested in attending

December

No Rally

December Trail Ride

A Members Only Trail Ride is planned for Sunday 29th December in the George Town area.

Your membership number must be entered in the Promotional Code field.

Please Note this is a WALK ONLY trail ride.

Members will be advised via email as soon as details of location are available.

Ride out at 10.00.

Lunch will be back at the floats. No dogs.

The trail ride will include gravel road and bush tracks (unshod horses may require boots).

Sunscreen for riders is recommended.

Please remember to have your membership number ready when you book on the website.

January Rally

Venue TBC

February Rally

Annual Camp at Harveydale

Lots of fabulous things to do at our camp, watch this space and on facebook.

OCTOBER RALLY REPORT

Valmont Farms

Jenna Sommerville

This month Mother Nature was kind and gave us a lovely day to enjoy this month's rally at beautiful Valmont Farms.

The mornings lessons comprised of Jules Targett taking us for flatwork and Melissa Jones getting creative with pole exercises.

Jules Targett stayed on with us in the afternoon for a run around the Mountain Trail, while India Woods took the Settling in Class on the arena.

We are so appreciative of our knowledgeable instructors for their wisdom and experience. This, paired with a few laughs, and a supportive group of riders, lead to a very successful day had by all!

We look forward to seeing you at the next one!





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