

No dates at present on the calendar BUT important do's for today and onwards:

- Wash your hands
- Stay in your house
- Keep the 'two metre' social distance
- Protect our NHS
- Save lives

As its been said many times – we will get through this xx

April 2020 Newsletter Wessex Riding Club

I had planned to start this newsletter off with 'Thank heavens April has arrived and we can now look forward to better weather!' but that has been somewhat overshadowed by the circumstances we find ourselves in. The word 'un-precedented' seems to be used almost every day and the genuine fears that arise as we see the reality of the Corona Virus and its cause and effect occur are now part of our everyday life. From the committee members the message is loud and clear 'Stay safe, and please look after yourselves and your family, listen to the advice and stay at home'.

I have incorporated the BRC notification that was circulated and updated on 27th March 2020 as I feel it is important that we all adhere to advice and guidance in these times of real danger to life. If further guidance comes to us from BHS or BRC we will email members and let them see it first hand.

The following Q & A issued 27.03.2020 by BRC for BRC committee and members

Q. What should I do if my horse is due a vaccination in the next few months and will any lapse of vaccination affect me entering BRC events later in the year?

A. During this unprecedented time it is really important to follow the advice given by your vet. In respect of future BRC qualifiers and Championships, please rest assured that we will be understanding of any issues with regard to six monthly boosters not being given and 12 month boosters that may have been given later than they should have been due to vets cancelling routine appointments at

this time. We will issue further clarity as the situation develops.

Q. Can my riding club organize training or other activities that are non-competitive and will we be covered by the BRC insurance policy?

A. NO. BRC have issued guidance stating that all BRC organized activities should cease with immediate effect until 30 June 2020. If you were to run an event your BRC insurance could be compromised. The reason behind this is that in accordance with the government's advice, organized sports activities are non-essential. Therefore, we should be reducing travel and social interaction for non-essential activities and not adding extra pressure on the emergency services, should an accident occur.

Q. We have a committee meeting or AGM coming up. How can we go ahead with these?

A. If these can be managed virtually, then they could still go ahead. There are a number of online platforms that can be used for virtual meetings. These include:

- Microsoft Teams
- Zoom
- Go To meetings
- Cisco Webex
- Google Hangouts
- House Party

If it is not possible to get enough participants to run these virtually, then the planned meeting / AGM should be postponed until later in the year. Remember to communicate this to all members so they are fully aware.

Q. Our club owns premises. Can individuals still hire the arena and use the facilities one at a time?

A. NO. Any type of sports ground falls under the government category of assembly and leisure premises, and so now must remain closed

Q. Can I continue to travel to care for my horse?

A. Horse welfare is critical and grooms or the sole carer for a horse should travel to provide care for horses. Where horses are kept in livery, the BHS advises that horse owners respect the protocol put in place by the yard owner or manager and work as a team to agree a care plan for your horse(s).

Q. Can I continue to ride my own horse?

A. We are getting a lot of questions in relation to riding your horse, for which there are no specific government guidelines at present. We advise that it is not appropriate to put unnecessary pressure on the emergency services and everyone should make their own individual decision as to whether riding is necessary at this time.

Q. Can I continue to visit my instructor or have the instructor visit my yard to continue with my lessons?

A. The BHS advises that in line with government advice, no unnecessary travel takes place during this time. That would include travelling your horse for a lesson, or having an instructor come to you for this purpose.

Q. Can my farrier still attend to my horse?

A. The British Farriers and Blacksmiths Associations have advised their members, *“Farriers provide a vital role in maintaining the welfare of many equines. It is our understanding that you may travel to work but please carefully consider if this is essential. Please adhere to the highest levels of biosecurity and be seen to be adhering to them. We encourage you all to consider very carefully your movements and what you class as being essential”*

Q. Is my horse at risk from COVID-19?

A. According to the World Organisation for Animal Health (OIE) the current spread of Covid 19 is a result of human to human transmission and to date there is no evidence that companion animals can spread the disease. Therefore, there is no justification in taking measures against companion animals which may compromise their welfare.

Q. Does my club have insurance for the events we have had to cancel where costs have been already been incurred?

A. You would only have insurance for your events if this is something that your club has arranged independently. Abandonment cover is costly, and BRC do insure some of the larger Championships, but this would not include your club activities. Also, abandonment cover is usually just for cancellation due to bad weather, and it does not cover cancelling because of disease.

Q. We had a venue booked for an event and had paid the deposit. They are not willing to give the deposit back. Is there anything we can do?

A. Do you have a contract with the venue which detailed cancellation costs? Sometimes, this would state a fee such as 50% to be paid if the event did not go ahead. It would certainly be a good idea to try to negotiate with the venue – perhaps they could keep a credit-note for you to use in the future. We all need to try and work together to keep all our organisations going.

Q. What can we do instead to keep the momentum of the club going?

A. We would encourage committees to still meet virtually if possible. Keep planning for events after 30th June 2020 as we would expect uptake to be high. Perhaps you could do a virtual quiz for members or judge some photo competitions or virtual awards. Take the time to write about your club and some recent activities and send that to us for publication in RIDER. You could also think about taking some BHS Challenge Awards, members could use their time away from competition to study for the awards. Encourage teams to set up WhatsApp group, you can discuss training tips and generally cheer each other up!

Q. I am struggling to continue to care for my horse due to the current situation. What can I do?

A. The health and welfare of your horse is a priority. If you have concerns please contact your vet, yard manager or the BHS and we will do our best to assist you. You can contact us via telephone on 02476 840517 (calls may be recorded for monitoring purposes) or email us at welfare@bhs.org.uk

Q. What can I be doing to help minimize risk of spreading the Coronavirus?

A. Whilst use of antibacterial products on all equipment may help to maintain cleanliness and support biosecurity, not all products will specifically combat spread of Coronavirus. Continue to follow recommended approaches such as below.

- Wash your hands more often than usual. Wash for at least 20 seconds using soap and hot water. Use hand sanitizer if that's all you have access to.
- Cover your mouth and nose with a tissue, or with your sleeve if you don't have a tissue, and throw the tissue away immediately. Immediately wash your hands or use sanitizing gel.
- Be prepared to self isolate – plan how it will impact on your day to day requirements.
- Plan ahead for your situation, which might include alternative care for your horse if you need to self isolate.
- Use health services wisely.
- Stay up to date with trusted sources of information.

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

A very useful article on commonly asked questions can be found on Horse & Hound at this site

<https://www.horseandhound.co.uk/news/coronavirus-horse-riding-equestrian-businesses-grooms-riders-710146>

So, we have some serious stuff to consider but I hope the next item brings a smile to your face and also a thought to looking forward and joining the pleasure riding scheme when life recovers back to some normality.

I was delighted to receive an item for us all to share in this month's newsletter from Richard James, a long standing member of our club, who with his trusty stead Archie has just completed a staggering 1000 hours of pleasure riding.

Caroline duly did the honours and presented Richard with his award and rosette as you can see. Let's hope there are many more hours out there to do and soon!



'Archie' with his human!

'When I bought Archie (a present to me on my 60th birthday from me) I never expected to complete my 1000 hours of pleasure riding. The main thing that riding/hacking out does is builds your relationship with your horse. My horse Archie is quite sensitive to my moods which can be quite challenging (trying to stay calm when he is being a twit!). He has developed his shying ability from shying at drain covers, sparrows and pigeons to jumping at the rainbow effect of oil in puddles and the most recent one is the shadow of a bird flying overhead! Pigeons are the worst as they don't know how to get out of a tree without making a big noisy flapping fuss to fly away.

I have owned Archie (Read belonged to Archie!) for about 6 years and have learnt not to tighten up when he is being silly, which is quite often. Fortunately, he is absolutely brilliant in traffic. We don't do much on the road but invariably you do get the occasional living brain donor who doesn't slow down and Archie will just stand and stare – reflecting what I am thinking!

I am retired and probably get more opportunity to ride than a lot of club members but I should mention that I am a fair weather rider. I don't do rain (unless I get caught in a shower). Archie has realized that this is the case and when we are poo picking (daily!) he approaches me for his morning apple (yes, he is spoilt!) and if it's raining, or looks like rain, wanders

off. So, what does 1000 hours get you? It gets you a very smart engraved glass plaque and a big rosette.

Richard James & Archie.

Thank you Richard xx

I hope this article encourages others to join the Pleasure Riding Scheme – if you are interested talk to Caroline Carroll or look at the website for details.

Whilst riding is either on hold or being toned down there are other things that you can do to keep yourself supple and in trim. I was very fortunate to meet Claire Pier a while ago when I attended a series of 'Pilates for Equestrians' sessions.

Claire is a former GB gymnast who has in recent years turned her attention to riders, their posture and effect upon their horses. She has combined forces with Amanda Barton, who spoke to our club members about Endurance Riding last year, and together they run sessions for equestrians to improve their performance. Obviously these are on hold at present but well worth thinking about in the future. She posts articles frequently and I gained her permission to reproduce a sample from her web site to get your taste buds going. For further details of her holistic approach to human movement her web address is:

<https://www.movementanalyst.com/post/movement-analyst-method-for-riders>

Q. What is the Movement Analyst Method and how can it improve my riding?

A. The Movement Analyst Method is a holistic approach to human movement performance. It is a unique form of Somatic Movement Education which encompasses postural and movement evaluation, as well as understanding the role that emotions play in our capacity to move and breathe well.

Above all it is a movement led practice which brings about a greater understanding of self and leads to a more confident, centred and empowered individual.

The underlying principles of the method are very simple to learn, based upon three key ingredients. These are

- The role of Gravity
- The role of Surfaces
- The role of our Bones

By using this as a framework for her method Claire Pier has distilled the most primal ingredients of human movement. It is incredible to come to understand the applications of such a simple starting place. The body of work supports every person to restore or improve their capacity to move optimally with more confidence, less strain and a greater efficiency.

Claire teaches movement skills using specific language which is easy to understand and implement. She believes that specificity is the key. This is a step beyond exercises classes and works with the software of the nervous system as well as the hardware of the body to refine and develop movement as a form of intelligence.

Claire has been working with riders of all abilities for the last two years. Using her skills as a Movement Analyst to help riders become more subtle in their felt sense. She teaches the fundamental skills such as the human central pattern generator for locomotion. As well as restoring natural open upright posture which diminishes the need for dysfunctional strategies of bracing giving a much more authentic use of the core as a sensory aspect of the whole.

Her work is an intelligent and cutting-edge approach to cultivating strength, flexibility, agility and stability. The method can be practiced at home with very little equipment other than the floor, wall chair, blanket and maybe a ball or stretch band. This is one of the advantages of her method, its accessible and cost effective to maintain.

Claire Pier – The Movement Analyst

Sounds like we all have a bit of time to get some of that?

E	T	S	T	R	A	I	N	E	R
A	L	R	U	G	S	N	I	D	E
P	L	O	U	S	E	D	B	O	I
T	C	A	N	T	E	R	D	O	N
M	O	N	V	R	X	B	P	A	Y
E	B	C	H	O	O	V	E	S	T
W	Q	A	P	T	S	E	A	L	L
I	F	G	L	U	F	L	I	E	S
R	S	I	Q	Y	O	E	G	B	N
W	A	R	M	B	L	O	O	D	A
E	D	T	W	A	I	F	I	R	F
C	D	H	B	Q	V	E	R	E	F
U	L	D	E	V	E	T	Y	S	L
W	E	J	A	F	R	O	G	S	E
H	A	T	P	B	Y	S	E	A	T
I	T	R	Q	S	P	N	C	G	E
P	O	H	A	L	T	S	B	E	K

Something to keep you occupied for five minutes

How many Horse related words can you find?

(hint - it's over 15)

TREC update

Kate has created some YouTube videos especially for WRC members so a link will be released to each member with this newsletter, so you can watch short snap shots of what it's all about. Enjoy. xx

Social & Events

Lorna_roger@hotmail.com

Katemtrec@gmail.com

Training

Faulkner_catherine@hotmail.com

Until next time, stay safe and keep in touch.

Regards,

Janet

WRC Chair and the Committee

Email contact details for feedback

Membership and enquiries and feedback

janetbower@tiscali.co.uk

Dressage

wrcdressage@gmail.co.uk

Pleasure Riding Scheme

Jigbabe15@gmail.com