



NEWSLETTER

September 2018

Mornington Peninsula Pony Club – Baxter Park, Sages Road, BAXTER, VIC, 3911
www.mornpen.ponyclubvic.org.au Postal Address – P.O.Box 4, BAXTER, VIC, 3911

CLUB OFFICIALS

President Matt Cameron

Contact 0407 057 153

Vice President Danielle Hodgetts

Contact 0403 189 313

District Commissioner Marisa Walters

Contact 0424 751 951

Treasurer Amanda McMillin
(Harvey)

Contact 0408 251 680

Secretary Tracy Smith

Contact

Grounds Manager Matt Cameron

Contact 0407 057 153

Contact MPPC

morningtonpeninsulapc@gmail.com



Junior Committee's Report:

Our MPPC beanies have arrived! If you would like to purchase one, they are \$25 each and will be for sale at the rally.

Around The Club:

November Rally

Our November rally date had changed - our next rally is on Sunday the 28th of **October**. Make sure you RSVP through team app or send Marisa a message if you are attending.

MPPC HT

Our horse trials is coming up on the 24th-25th of November. Pony club and open grades 1 to 5. Entries are now open on Event Secretary.

Yards

We are building new yards this rally and would appreciate all hands on deck so we can have them ready for our horse trials in November.

Congratulations!

Well done to three of our members; Taleah Cameron, Ella Smith and Kate Dignan who recently competed at the Marcus Oldham Interschool Australian Championships held at Werribee Park. Taleah competed in the intermediate preliminary dressage, Ella competed in the CNC1* Eventing and Kate competed in the 105cm Combined Training.



Concussion Policy:



Concussion Policy

Purpose

This policy is to assist in safeguarding the health and welfare of riders and volunteers in Pony Club activities. The purpose of this policy is to provide information and direction to riders, parents, coaches and administrators.

What is concussion

Concussion is a type of brain injury, resulting from an impulsive force to the head. Concussion is a subset of mild traumatic brain injury that is at the less severe end of the brain injury spectrum. Relatively minor knocks to the head can result in concussion. Concussion commonly causes short term neurological symptoms which may become apparent over the hours or days following the injury.

Signs of concussion

There may be obvious signs of concussion such as loss of consciousness, brief convulsions or difficulty balancing or walking.

More subtle signs and symptoms of concussion include;

- headache
- dizziness
- sensitivity to noise or light
- blurred vision
- confusion
- nausea or vomiting
- drowsiness
- sense of pressure in the head
- sadness or irritability
- feeling 'in a fog'
- amnesia
- neck pain

The Concussion Recognition Tool is recommended to help recognise the signs and symptoms of concussion (this is under development and will be attached to the policy).

Effects of concussion

Children aged under 18 years may be more susceptible to concussion and take longer to recover. Concussion may affect the ability to learn at school.

There is also growing concern about potential long-term consequences of multiple concussions.

Required action under this policy

Club risk management

A First Aid Officer should be appointed for all Pony Club rallies and events.

The plan for an event or rally should include the means to immediately contact emergency services by telephone.

Rider management

Any rider that suffers a fall or blow to the head should be screened for signs of concussion (see above).

The rider should not be left alone following the injury and serial monitoring is essential over the first few hours following the incident.

If there are any grounds for suspicion that concussion has occurred, the rider is not permitted to remount and continue riding. The only exception is if the rider has undergone a medical assessment and written consent to continue riding that day is provided by a medical practitioner.



PONY CLUB AUSTRALIA Concussion Policy

Parents have no right to over-ride the decision of the First Aid Officer/medical practitioner.

Any rider with diagnosed concussion is not permitted to ride at a Pony Club rally/muster or event for a minimum period of 21 days, and must be symptom free for the preceding 48 hours.

Riders can have a mandatory suspension removed by providing a certificate from a Medical Practitioner stating that full recovery has occurred.

Riders diagnosed with concussion should have physical and mental rest until the acute symptoms resolve and then a gradual, stepwise program of increasing activity and medical clearance.

The Pony Club or event organiser must complete an Incident Report and submit to their state office.

Policy review

PCA will review and update this policy from time to time and ensure that it complies with current policy and practice for junior and equestrian sport. The revised policy will be posted on the PCA website.

For further information please contact
Pony Club Australia, PO Box 7128, Brighton, Vic, 3186
Telephone on (03) 9596 5390
Email to info@ponyclubaustralia.com.au



CONCUSSION RECOGNITION TOOL RECOGNISE & RESPOND

Concussion should be suspected if one or more of the following visible clues, signs, symptoms or errors in memory questions are present.

1. Visible clues of suspected concussion

- Loss of consciousness or responsiveness
- Lying motionless on ground/slow to get up
- Unsteady on feet/ balance problems or falling over
- Grabbing/clutching of head
- Dazed, blank or vacant look
- Confused/Not aware of fall/what is happening around them

2. Signs and Symptoms of suspected Concussion

- | | |
|--------------------------|----------------------------|
| - Loss of consciousness | - Headache |
| - Seizure or convulsion | - Dizziness |
| - Balance problems | - Confusion |
| - Nausea or vomiting | - Feeling slowed down |
| - Drowsiness | - "Pressure in head" |
| - More emotional | - Blurred vision |
| - Irritability | - Sensitivity to light |
| - Sadness | - Amnesia |
| - Fatigue or low energy | - Feeling like "in a fog" |
| - Nervous or anxious | - Neck Pain |
| - "Don't feel right" | - Sensitivity to noise |
| - Difficulty remembering | - Difficulty concentrating |



3. Memory Function

Failure to answer any of these correctly may suggest Concussion

"Where are you today?"

"What Pony Club are you a member of?"

"What colour is your horse?"

Any rider with a suspected concussion is NOT permitted to remount

RED FLAGS

If ANY of the following are reported then the rider should be safely and immediately removed. If no qualified medical professional is available, consider transporting by ambulance for urgent medical assessment:

- Rider complains of neck pain
- Increasing confusion or irritability
- Repeated vomiting
- Seizure or convulsion
- Weakness or tingling/burning in arms or legs
- Deteriorating conscious state
- Severe or increasing headache
- Unusual behavior change
- Double vision

Remember

- Any rider that suffers a fall should be screened for signs of concussion
- In all cases, the principle of first aid (danger, response, airway, breathing, circulation) should be followed.
- Do not attempt to move the rider (other than required for airway support unless trained).
- Do not remove helmet unless trained
- The rider should not be left alone following the fall / injury. Serial monitoring is essential over the first few hours

Adapted from McCrory et. al, Consensus Statement on Concussion In Sport. Br J Sports Med 47 (5), 2013

Out & About:

Drouin PC SJ Day -

Seth Staley & Brooke PC E Grade - 2nd & =3rd

Seth Staley & Flick Open F Grade - 6th & 4th

Werribee PC HT -

Clem Harvey & TL Snow Fairy G5.3 - 4th

Madison Casey & Tripper G4.6 - 5th

Taleah Cameron & Equineaffair Black Jack G3.2 - 1st

Emily Vigus & Kendalee Roulette G3.3 - 4th

Taylah O'Neil & Avalon Mist G3.6 - 5th

Madelon Veerman & Luck of the Game G2.2 - 6th

Make sure you email us your results to kated26@bigpond.com or mmilleharvey@gmail.com to be included in the newsletter!

Upcoming PCAV Events:

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7th October - Tooradin Dalmore Dressage Day

13th & 14th October - Ballarat PC Horse Trials

13th & 14th October - Yarrambat Horse Trials

21st October - Hastings PC Show Jumping Day

4th November - Dandenong Ranges PC Combined Training

More events can be found on the PCAV website, <http://www.ponyclubvic.org/> under 'competitions & clinics'.



Club Member Profile:

Personal Information		 
Full Name	Madison Casey	
Age	14	
School	Canterbury Girls Secondary College	
Lives	Surrey Hills	
Riding Information		
Coach	Nat Davies and Danielle Smith	
Favourite Discipline	Eventing, Games and Ride To Time	
When and where did you start riding?	I started riding when I was 4 years old in Mornington	
How often do you ride?	3 times a week	
How many horses do you have?	1 Tripper	
Biggest Influences	Danielle Smith and some of the senior riders	
Equestrian Highlights	Getting to do the ride to time with Jordyn and achieving good results in my eventing season	
Other Information		

Pets	1 Horse, 1 Lizard and 1 Guinea pig
Hobbies/Interests	Eventing, Racing and hanging out with friends
Ambitions	Being in the racing industry and riding 1*
Planned Career	Something to do in the racing industry and eventing
Something I Collect	Horseshoes, money and saddle blankets/ something that's to do with horses
MPPC member who's profile you'd like to read next	Jess Dalglish

Rally Plan:

Morning Session 9:45am => 11am

	Mark - XC	Qona - XC	Steph - DR	Janette - SJ	Jo - Ride To Time	Eliza - Flat Work/Poles
Ella S	Bronte A (UM)	Lily	Milly H	Milly R	Maddy C	Isaac
Madelon V	Chelsea P	Lulu H	Brooke H	Sam R	Jordyn W	Abbey
Alana M	Seth S	Summer L	Emily V	Safari	Asha B	Paige R
Dakoda L	Chloe O	Eva M	Carys W	Phoebe (C&T)	Jess Dagleish	Frankie M
Kate D (UM)	Emily M	Melanie (C&T)	Caitlyn (UM)		Jess Drennan	Indigo S
	Naveah W					
	Clem H					

Morning Session 11:15am => 12:30pm

	Mark - SJ	Qona - SJ	Steph - DR	Janette - XC	Jo - Ride to Time	Eliza - XC
Bronte A (UM)	Ella S	Brooke H	Lily	Asha B	Eva M	Isaac
Chelsea P	Madelon V	Emily V	Lulu H	Jess Dalglish	Safari	Abbey
Seth S	Kate D (UM)	Carys W	Summer L	Jess Drennan	Naveah W	Paige R
Chloe O	Alana M	Caitlyn (UM)	Melanie (C&T)	Milly R	Emily M	Phoebe (C&T)
Clem H	Milly H	Jordyn W	Maddy C	Sam R		Frankie M
		Jaimee S	Dakoda L			Indigo S

Afternoon Session 1:30pm => 2:45pm

	Mark - SJ	Qona - XC	Steph - XC	Janette - SJ	Jo - C Cert & XC	Eliza - DR
Clem H	Bronte A (UM)	Brooke H	Ella S	Isaac	Summer L (C Cert)	Milly R
Nevaeh W	Chelsea P	Carys W	Madelon V	Abbey	Dakoda L (C Cert)	Sam R
Eva M	Seth S	Caitlyn R (UM)	Kate D (UM)	Paige R	Maddy C (C Cert)	Safari
Asha B	Chloe O	Jaimee S	Alana M	Frankie M	Jordyn W (C Cert)	Phoebe (C&T)
Jess Dalglish	Emily M	Emily V	Milly H	Indigo S		
Jess Drennan	Lily			Melanie (C&T)		
	Lulu					

October Birthdays:

Wishing our members the happiest of birthdays!

7th – Maya C

24th – Sophie

26th – Lulu H



For Sale:

Regretfully offered for sale is “Cayuse Let’s Tos”

Boots is a 15.1hh 12yo QH X Appy, he has been in our family since he was a 6yo trail riding pony and has taken 2 young riders through pony club and interschool competitions. He has a very loving and playful personality. Boots is a great jumper with plenty of scope having competed up to grade 3 eventing, D grade Show jumping and preliminary dressage. He has 3 lovely paces on the flat with established leg yield and walk to canters, with a soft mouth ridden in a snaffle in all 3 phases. He is easy to catch, shoe, float, wash etc. For sale as rider is moving on and it would be a shame to let him go to waste in a paddock, this is a very sad sale and he will only be sold to the best of homes.

Located Moorooduc, VIC

For more information contact Jess on 0488507474 – please call in the morning as she works night shift. Or PM me via Facebook

\$12,000

Recent placings include:

Langwarrin HT grade 4 2016 – 3rd place

Werribee HT grade 4 2016- 3rd Place

Main ridge HT grade 4 2016 – 4th place

Mornington HT grade 3 2016 – 9th place (riders first grade 3)

Merricks CT grade 3 2017 – 5th and 6th in Dressage, 3rd in CT

Boneo CT 2017 80cm – 1st place

Mornington 2D HT grade 4 2017 – 3rd place

Boneo Interschool CT 60cm 2018 – 5th place (first comp back after time off)

Langwarrin CTD 2018 grade 3 – 6th and 7th in Dressage and 7th in CT

Merricks CT and DR - 4th, 4th And 3rd in CT

If you have any pony club uniform for sale, pony club horses for sale, or if you have a wanted ad send it to kated26@bigpond.com or mmillieharvey@gmail.com

Members Ground Access:

Members are reminded you must contact the grounds manager, Matt Cameron, prior to riding on the grounds. Riders must avoid any “out of bounds areas” advised at the time. Also, non-members are required to pay a grounds fee of \$20, payable to the responsible member. Money collected must be handed to the club at the first opportunity. Failure to obey these simple rules will result in forfeiture of access rights.



Team App:

All members please can you download the TEAM APP to your phones and become members of MPPC and also Southern Metro zone, as going forward all the info you need will be sent by this App. With Team App you can respond if you're coming to the rally or not and if you need to be graded. Rally Plans and information that is emailed out can also be found on Team App.



Website:

Notices for MPPC events & results are uploaded to the website. Take a few minutes to see what's going on around the club. If for some reason you do not receive the newsletter via email, you can download from our website.

<http://www.mornpen.ponyclubvic.org.au/>

Instagram & Facebook Pages:

Stay up to date with our riders by following our Instagram page @morningtonpeninsulaponyclub and join our Facebook group MPPC Members Only.

Newsletter:

Please email through any results and pictures from future events to mmillieharvey@gmail.com or kated26@bigpond.com so we can include you in the next newsletter! Images must be emailed and not have Photographers Copyright, we don't have permission to just download images.

Uniform:

Riders please note WINTER uniform is to be worn at the rally

Winter uniform is shirt, tie, woollen jumper, white/cream/banana jodhpurs and riding boots. It is important for riders to be in the correct gear at rallies.

If unmounted pony club uniform is still required however dark jodhpurs are acceptable. Clean riding boots and pony club top must be worn.

New members are allowed a reasonable time to arrange the gear & we acknowledge that at times we may not have all sizes in stock, so please be patient.

Jumping vests are recommended at MPPC for jumping lessons.



When out competing, we ask that when competing as a Team, you all wear the same uniform for each phase. For dressage, it is traditional to wear the shirt, tie and jumper, however the polo tops can look incredibly smart when tucked in and worn with a belt. For cross-country and show jumping, you may wear either the summer or winter uniform. Rat catchers are now acceptable to wear with pony club jumpers, but that XC silks may only be worn if they are predominantly in the club colours.

Do's & Don'ts For Pony Club:

- ✓ DO make sure that your horses and ponies have access to fresh water at break time and lunchtime.
- × DON'T ride or lead horses in the area where we walk into clubhouse and have our lunchtime meetings.
- ✓ DO ride at a sensible speed when in the car park area.
- ✓ DO make sure that you remain at pony club the entire time your child is there.
- × DON'T leave another adult in charge of your child without writing a note of exactly who is responsible for your child in your absence, including their contact details. This note must be passed to the DC in person.
- × DON'T tie horses or ponies to floats that are not attached to cars. Most horses and ponies have the ability to pull a float over if they pulled back and there is no car to weigh the float down



Please remember we are all volunteers so we rely on everyone pitching in to ensure the rally runs smoothly.

If you are not rostered on we would appreciate helping out during the day.

If you are required to assist your child with tacking up or preparing for the rally, please ensure you arrive earlier to be able to assist with set up.

Upon arrival please review the updated plan on the noticeboard. Riders are not to change groups unless agreed prior with the DC.

Gear check is at 9:30am sharp

