

Dates for your diary:

26th July 2020 at RDA Wilton
Ride, Coach, Ride Dressage
Places still available.

Remember

- Wash your hands
- Stay Alert
- Keep the 'two metre' if possible
one metre if not social distance
- Protect our NHS
- Save lives

JULY 2020

Newsletter

Wessex Riding Club

Things are really moving now so now, welcome back and hopefully you are as keen as us to get back to some sort of normality! I might even manage a haircut!

As I am writing this I am aware that Catherine is struggling to fill training slots at the moment and I see she sent out a mail the other evening to try to gather some interest. A great deal of effort goes into planning these arrangements and I know it's disappointing to have to cancel due to lack of uptake. What I would suggest is that anyone who would like to take part in this during the course of the next six months send an email Catherine to register their interest and type of training package required so she can tailor sessions to suit you.

[Please Email Catherine at:](#)

Faulkner_catherine@hotmail.com

I have covered a recent session in this newsletter that was enjoyed by several and it may give you an insight into what is available.

I was in receipt of an update from BRC this week so I have attached this news on the latest COVID 19 update for everyone's information and this can also be found on our website. I think it is important that we all stay safe and continually refresh our minds of the regulations as they get updated. It certainly gives both a level of comfort and encouragement.

So, turning to the future, what have we got in store for you? As you all know we are starting back to events at Riding for the Disabled at Wilton with a Coach Ride Coach session, the first taking place on 26th July 2020. This will be a 'test the water' situation and further sessions like this will be held if this one runs as smoothly as we anticipate. We are also looking at running an off-site Dressage test and judgement using home videos sent to us on Whats App so our in house judge can award scores – the rider will then have feedback on a score sheet to read whilst watching their performance online in the comfort of their own home! What could be nicer than that? More to follow on this one.

Going back to the 26th July event I was delighted to see the response, the 12 places for this were snapped up quickly. I am sorry we can't offer more places but we are confining our activities to fit in with the guidance given and of course the RDA stipulations whilst abiding by strict Risk Assessment processes. This hopefully gives everyone a great deal of confidence and I hope that many of you will attend future sessions.

The rules we have put in place, adhering to guidance from BRC will keep everyone safe but allow us to have some fun with our horses at last! The restriction on use of the indoor school has now been lifted which opens our options up further, so our next thoughts have turned to a day school event which is being mulled over and will be organised and run by Lorna Roger, pending committee approval. One key part in this programme is **participation** so I have outlined some thoughts on how the day would progress and I need you, our members, to let Lorna know what you think and if you would like to join the day.

Again due to the ongoing situation, places will be limited but if we have enough commitment then more events can be arranged so everyone gets a go.

Below is a message from Lorna with the outline of what she is proposing to run for us in the late summer, as yet dates to be determined so your contributions are very important to this planning.

Hi All

I hope you and your horses are all well.

I have been having a think about camp and have come up with the following format for a day camp.

Please let me know your thoughts. Possible dates, end of August, beginning of September.

We will need two instructors, one for flatwork and one for pole/grid work. (Names of trainers will be announced once we can confirm the event).

Total of 8 people to ride, using both schools in groups of 2.

Timings can be changed.

1st session - 10-11am indoor flat work.

2nd session - 11-12pm indoor flat work

3rd session - 10-11am outdoor school, grids or pole work

4th session - 11-12am outdoor school, grids or pole work

12-1pm lunch with maybe a demo or talk and chat type thing. I was thinking of something like fish and chips for lunch so we don't have to do any catering. It could be a bit of a socially distance social gathering! All members could be invited even if they aren't riding.

1st session - 1-2pm outdoor school, grids or pole work.

2nd session - 2-3pm outdoor school, grids or pole work

3rd session - 1-2pm indoor school, flatwork

4th session - 2-3pm indoor school, flatwork

Costs are yet to be agreed but as guidance to help you make a decision or comment on the activity I felt it would be helpful to give some idea on what it would cost you?

The cost to Members would be in the region of £50 - £60 inclusive of lunch and maybe a talk and chat for both sessions

Who knows what the rules will be by then, but I think we can make this format work with the rules how they are today.

You can email Lorna lodging your interest for the day camp idea at

Lorna_roger@hotmail.com



One participant from Emily's training session earlier this month

So now back to our training sessions;

I caught up with two members who had undertaken a session with Emily and thought the feedback would provide gentle encouragement to others to take up the challenge.

"Hi Janet.

I was a little flustered when I arrived for my session as the road into Wilton had been closed and the diversion seemed to go via Bath. However after many wrong turns I found a way round via the Racecourse. So having been super organised (unusual for me) we arrived 10 minutes late, hot and sweaty. Catherine was lovely and immediately came to help me get ready. Emily was great, she told me not to worry just go and warm up quietly. My little mare who is fairly young and her rider who is fairly old started off a little bit tense. As we worked through the session we got better and better. Emily asked us to work on more suppleness, the exercises were very simple figures of eight and serpentine loops, which when ridden really carefully ie. controlling the shoulder really worked. So, the session was definitely beneficial and I am looking forward to the next one. Thank you for organizing Catherine."

Maggie



"Training with Emily Harris on Sunday went very well. Emily is very gentle and got the measure of Leyla pretty quickly. She got us working on our transitions and paces within a pace to try and make Leyla a little more uphill as she tends to get a bit deep and fall on her forehead particularly in her downwards transitions.

By the end of the session Leyla felt lighter in my hand and carried herself better through our transitions."

Lorna

So that's about it for this month and apologies for the lateness of this newsletter – it's been a bit of a hectic month. At present we are still unable to hold talk and chats but with the relaxing of outside meetings I am sure we can organize a summer barbeque or at least a picnic, let me have any thoughts on this.

Best wishes to all and stay safe.

Janet

And the WRC Committee

Email janetbower@tiscali.co.uk

For all Dressage event queries and enquiries / Ride Coach Ride interest please send your emails to

Email to : wrcdressage@gmail.com