

# Dunedin Group RDA Newsletter

January 2011

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★ Welcome to the 6th edition of our newsletter! ★

Feel free to pass it on to family and friends, and if you have any suggestions for content or feedback please contact Sue [jmarsha2000@xtra.co.nz](mailto:jmarsha2000@xtra.co.nz) or Sarah [esdee\\_23@yahoo.com](mailto:esdee_23@yahoo.com)

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**Visit the RDA Website and have a look -  
<http://www.dunedinrda.co.nz/>**

**1.5 million horse rides** are given to **3,000 riders** per year, by **500 horses** and **1,500 volunteers** across all the RDA Groups.

## RDA TRAINING – LYN EVANS

**(On the 30<sup>th</sup> of October Lyn and Vanya attended a two day refresher course on Side-walking and Leading).**

Thank you for the opportunity to participate in this workshop, it reinforced a similar course I attended in 2006. Vanya was excellent to bounce ideas off as well as good company.

The main points for me were;

### LEADING

- The leader has total control of the horse and doesn't look or turn around to the side-walkers or riders, unless it is to say something relevant to where the horse is going e.g. "we'll do a serpentine now".
- Look for out for any behaviour problems.
- Anything that may be present before the ride, as these can effect the ride.
- Keeping in step with the horse.
- Never turning or backing a horse at the ramp - lead it through if it is unsettled.

### SIDE-WALKING

- Keep in step with the horses hind legs, as it brings harmony to the ride.
- Safe emergency dismounting.
- Communicating with the rider.
- Fitting of tack.

This refresher was invaluable; I have already been able to pass on some of it to the Monday Volunteers.

The course also reminded me how important Volunteers are and the need for them to also attend training courses.

The course has left me eager to learn more.

Lyn

## RDA 2011

Soon we will be making up a roster for the 2011 riding season that commences on Sat 29th Jan. In 2011, the riding days will be Saturday, Monday, and Thursday.

Please let me know if you are going to work as a volunteer for the coming season and confirm which day/s you are able to help.

Denise (Volunteer Coordinator) 0211 822 966.

## Meet a HORSE – ‘Barney’



Although our 21yr old Barney can be dominant and bulshy, he holds a special place in the hearts of Dunedin RDA Riders and Volunteers.

Barney is 15.2 hands high, is 90% Appaloosa and 10% thoroughbred and he weighs 500kg.

Barney has a very swayed back, so he has a special treeless saddle that moulds to his shape.

In the past Barney has participated in Cavalcades, trekking and even some jumping. Barney has been owned by Dunedin RDA since Aug 2008.

## WHAT'S HAPPENING - FOR YOUR DIARY



The Next Season Starts on

**Saturday 29th January,  
Monday 31st January and  
Thursday 3rd February**



Through to Monday 30<sup>th</sup> May 2011.

***Volunteers needed*** to lend a hand with leading horses on  
January 19<sup>th</sup> and 25<sup>th</sup>.

We have some groups of children coming from a School Holiday Programme to RDA for pony rides.

Help needed for either 10am-1pm or 1pm-4pm each day.

This is an important fundraiser for us, and  
we really appreciate your help.

We will need a minimum of 6 volunteers for each session.  
phone

**Denise (Volunteer Coordinator) 0211 822 966.**

### ***Mini Training Session:***

Towards the end of 2010, 5 of our volunteers attended Training Days, which covered various aspects of working with the RDA horses and riders at Invercargill and Dunedin. To gain the maximum benefit from these sessions we would like to share the knowledge gained with all our current Volunteers.

**We are holding a session on Thurs 20th Jan at RDA grounds starting at 6.30pm. Please come along if you can.**

***MATURE VOLUNTEERS REQUIRED URGENTLY FOR SATURDAY MORNINGS AND AFTERNOONS!!***

**If we do not have enough volunteers then the kids cannot ride as it is not safe.  
Some horse experience preferred.**

**Please contact Denise or Maree if you know of anyone who could help.**

## **Social Media and Blogging**

The Dunedin RDA committee has received a new policy from NZRDA national office that all volunteers should be made aware of, in regards to the internet and facebook.

Any information where RDA is mentioned should be passed by the group committee first and then forwarded to the NZRDA before going to print. Any information where RDA is mentioned needs to be accurate and using appropriate professionalism. You are all legally liable for anything that you write or present online.

For the Dunedin group please contact the President David Low or Maree Allison the Vice President in regards to the above information.

To read the full policies please go to the NZRDA Resource Manual which is held at RDA in Flower St. Refer to Section 3 - Page 10-11.

# Denise and Mary's Training Day Report.

## **RDA Training Day –Saturday 20 November Sidewalker**

The second in a series of three Training Weekends for RDA Volunteers was held at our RDA grounds in Flower Street in November. Volunteers from seven RDA groups attended. Instructor for the day was Maxine Hooper from Ashburton. She is an extremely personable and knowledgeable coach with a wealth of experience which she readily shared with us all.

Unfortunately it was an extremely wet day all day! The morning session was held indoors.

The role of the sidewalker was discussed and the following points noted:

- Safety Support Keeping riders on track Looking after the rider
- Communication between the coach, leader and rider
- Check gear of horse and rider Be aware of possible hazards

There was a strong emphasis on being part of a team consisting of coach, leader, horse, sidewalker and rider. The need to know the capabilities of every member of the team and to be empathetic towards all was stressed.

In the afternoon a practical session was held using Barney, Summer and Clyde to demonstrate the natural gait of the horse, the importance of matching horse to rider and the effects on the rider. The importance of the sidewalker keeping in step with the horse was demonstrated. We all trialed the effects of sidewalking with our eyes closed while keeping a hand on the horse's shoulder!

There is a booklet "RDA Sidewalker" in the office at Flower Street and I urge everyone to read it

It was very beneficial meeting other RDA volunteers from other clubs and being able to share experiences and ideas!

My thanks to Dunedin RDA for the opportunity to attend the training session and to the NZRDA Lotteries Grants Board for funding the training Programme. Many thanks to the local volunteers who prepared the delicious lunch!

Denise Shirley

## **RDA Mounting and Dismounting Training Day**

It's clear from the recent training day that RDA Dunedin are already following recommended guidelines on mounting and dismounting and are doing an excellent job of training new volunteers.

It's also good to revisit the main points occasionally and some of these are listed below.

- 1 Mounting transfers need to promote independence of the rider while maintaining the safety of all concerned.

- 2 All assisted mounts from a block or a ramp require knowledge of the rider's *Moving and Handling profile* and clear communication of this to all volunteers involved.
- 3 Lifting riders over 16kg is unsafe and the focus is on safe moving and handling instead. This includes using the LITE and APPLAUSE techniques, as described in the RDA training booklet.
- 4 Use a flat hand to assist transfers and hold at the hips or trunk rather than arms, which could be injured.
- 5 If a rider gets anxious on dismounting and tries to grab at the volunteers, turning them onto their stomach before dismounting prevents possible injury to all involved.

Mary Carpenter

## [Training for Volunteers](#)

The Dunedin RDA committee is committed in providing training to all volunteers.

The NZRDA national office provides formal training workshops to all RDA groups. The costs of these workshops are \$115 per person per day. A workshop is usually for 2 days. If a workshop is away from our own group then we also find funding for accommodation, meals, and travel expenses, e.g., flights, petrol.

Unfortunately, this limits us to how many volunteers we can offer this training to at any one time.

The conditions for the volunteers to attend these courses are a commitment to staying with the group for 1 year and to share the information they are taught with all other volunteers in the group on an individual basis or in a group training session.

If you are approached by a volunteer to show you a better and safer way of, e.g., leading a pony or side-walking, **please do not be offended**. It is important as a group that any information is shared to all volunteers, and the disabled riders are in the safest environment possible. The committee values your time and input you give to the group.

As funds become available, you will be asked to attend a workshop, but please be patient, as this will take time.

Please contact Maree anytime if you have any questions re training.

# Christmas BBQ

On Friday the 10th of December we had our end of year "Volunteer Get Together".

Ash and Willy were the chief barbecuer's, and with their efforts plus the many plates of salads, desserts and sweets that everyone contributed, we were provided with a scrumptious feast!



Some volunteers visited the horses and fed them some willow.



It was a glorious warm sunny evening, and although there was not a big turnout it was a great chance to relax, unwind and thank everyone for their hard work this season.

Your help is very much appreciated!

☺ HAVE A SAFE NEW YEAR EVERYONE ☺

## Important Phone Numbers

Maree ( Vice President ) (03) 4811 343 or 027 494 9878 ,  
Lyn (Horse Manager) 021 110 9644      Sarah 027 4245 160.  
Denise (Volunteer Coordinator) 0211 822 966. Vanya 0272248276  
Saturday Cancellation Line 474 8425      [www.dunedinrda.co.nz](http://www.dunedinrda.co.nz)