



November 2019

CASP News

Messages from CASP,

Our thoughts are with everyone affected by the current fire situation and wish you all the best as the situation continues to affect our communities.

Congratulations to all of you for the achievements that your participants have made throughout the year. The planning and preparation that goes into Safe, Enjoyable and Achievable programs is huge and you should all be proud of your efforts. Thank you for all that you do for RDA(NSW).

Congratulations to all that competed in Regional Mounted Games events and are waiting patiently for qualification results. The planning is underway for the 2020 Sydney Royal Easter Show RDA(NSW) Mounted Games Championships and Horse of the Year. Check out the calendar and come along and watch the event and cheer on the participants.

If your helmets are expiring don't forget to consider a range of styles and sizes to accommodate a range of participants.

The fit of some styles will be different despite being the same size.

Do you have a particular training need or topic request?

If you would like to put in a request for the 2020 State Workshop please email training@rdansw.org.au

The workshop will be hosted by Central Coast Centre and CASP are currently working on the content. The earlier the suggestion the more likely the possibility.

In 2020 the Trainee Workshops will have an increased focus for CD personnel. There are two workshops in the planning stages see the Save the Date calendar for details.

Have you checked all your Horses against the Horse Suitability Checklist? This RAM document – HOR-03 is a requirement for all horses used in RDA programs.

The 2020 Centre Support Scheme will review all Administration and Practical components of the CEN-09B Document. As part of your planning process for the coming year it is suggested to go through and make sure everything is in place before the Auditor visits. The Self Assessment which is usually completed at the end of the year will now be a requirement to complete within 6 weeks of recommencing programs in the new year. Details will be sent in the new year.

Best wishes to everyone finishing off their Coach training for the year and completing their assessments. Practical assessment requests are now closed for 2019.

We wish you all a safe and Happy Christmas and New Year!

Some important reminders

If you need to complete an RDA(NSW) online form with Apple "I" equipment you may need "PDF Filler" to do so.

The RDA(NSW) Directory is available in the Members Section on the RDA(NSW) Website.

If you would like to organise a Mounted Games or Dressage competition or training day at your centre but not sure how to go about it, contact your Regional Representative and the Discipline Sub-Committee for assistance. Contact details are available in the RDA(NSW) Directory.

SAVE THE DATE

3rd Decemeber 2019

International Day of People with
Disability www.idpwd.com.au

5th December 2019

Carriage Driving Competition entries
close.

9th December 2019

2020 State Mounted Games entries
close.

21st & 22nd March 2020

Trainee Workshop for CD and Riding
programs hosted by Gunnedah Centre.
Applications for Coach training fund close 31st January 2020.

31st March 2020

Centre Support Audit Self
Assessments must be submitted.

4th April 2020

RDA(NSW) State Mounted Games
Championships and Horse of the Year
Event at the Sydney Royal Easter
Show

2nd & 3rd May 2020

RDA(NSW) State Coaching
Workshop and AGM hosted by
Central Coast Centre

15th May 2020

RDA(NSW) Dressage Video
Competition entries close

14th – 16th August 2020

RDA(NSW) State Dressage
Championships and Gymkhana Gala
at Sydney International Equestrian
Centre

aXcelerate

Have you checked out the latest Coaching Resources?

Coaching resources are now available in our new Student Management System
<https://admin.axcelerate.com.au/management/>

You can also access this page from the Coaches Tab on the RDA(NSW) Website.

Generic login details are:

Coaching.Centres – password = coach@rdansw

Admin.Centres – password = admin@rdansw

If you would like to participate in a Zoom – aXcelerate training session to see the features of
aXcelerate send an email to training@rdansw.org.au

Trainee's.....

- Must be provided with assistance by their Supervisor to complete their Theory workbooks to ensure everyone is on the same page – a study session is ideal on a regular basis.
 - Must work alongside a qualified Coach at all times.
- Before commencing training, should understand their commitment to complete at least 4 hours of on the job training a fortnight and 4 hours theory a fortnight and attend a Trainee workshop before their practical assessment.

Safety Do's and Don't's!

Source: Code of Practice – Managing risks when new or inexperienced riders or handlers interact with horses

Do:

- Approach a horse with its safety zones in mind and speak or make some kind of noise so the horse is aware of your presence when approaching.
- Correctly secure a horse (or have it controlled) when grooming, saddling or rugging.
- Walk at the horse's left shoulder, with both hands correctly placed on a lead rope.
- Move quietly and confidently when working around a horse.
- Be alert to sudden changes in a horse's behaviour.
- Always maintain your body in a position where you can move quickly away from the horse.
- Ensure the Coach keeps riders together and in their sights at all times, no riders should be behind the Coach.
- Ensure a safe gap between horses when riding and leading.

Do Not:

- Approach a horse in its kicking zone.
- Wrap a horse's rope or reins around a person's hand, arm, neck or body.
- Stand on the reins or lead rope to hold or restrain a horse.
- Be complacent around a horse.
- Let the reins or lead rope dangle towards the ground while bridling or haltering.
- Duck under the neck or body of a secured horse.
- Kneel or sit on the ground near a horse.
- Mount a horse when it is secured.

PHOTOS – Important note for all photos submitted for Annual Reports. Coaches or Whips must approve the photos before they are sent to stateoffice@rdansw.org.au. When being sent in please send in the name of the person from the Centre that has approved the photos.

Please make sure they are checked for safety concerns.

Recommended information to review.....

Rider Weight limit study

<https://onlinelibrary.wiley.com/doi/full/10.1111/eve.13085>

NDIS Worker Training Module

This free module has been developed to assist workers to better support people with disability.

<https://training.ndiscommission.gov.au/>

Conflict Resolution Network

<https://www.crnhq.org/free-resources/>

SANE AUSTRALIA

<https://www.sane.org/information-stories/facts-and-guides>

FOCUS ON: DOWN SYNDROME

Reference: www.downsyndrome.org.au

Down syndrome is a genetic condition. It is not an illness or a disease.

Our bodies are made up of millions of cells. In each cell there are 46 chromosomes. The DNA in our chromosomes determines how we develop. Down syndrome is caused when there is an extra chromosome. People with Down syndrome have 47 chromosomes in their cells instead of 46. They have an extra chromosome 21, which is why Down syndrome is also sometimes known as trisomy 21.

Although we know how Down syndrome occurs, we do not yet know why it happens. Down syndrome occurs at conception, across all ethnic and social groups and to parents of all ages. It is nobody's fault. There is no cure and it does not go away.

Down syndrome is the most common chromosome disorder that we know of. One of every 700-900 babies born worldwide will have Down syndrome, although this number is lower in Australia -see Down syndrome population statistics. Down syndrome is not a new condition. People with Down syndrome have been recorded throughout history.

People with Down syndrome have:

- some characteristic physical features
- some health and development challenges
- some level of intellectual disability.

Because no two people are alike, each of these things will vary from one person to another.

A test for Down syndrome can be carried out before a baby is born. Down syndrome is usually recognised at birth and is confirmed by a blood test. It was named after Dr John Langdon Down who first described it.

Having an intellectual disability

Down syndrome is the most common cause of intellectual disability that we know of. Everyone who has Down syndrome will have some level of intellectual disability. There will be some delay in development and some level of learning difficulty. Because everyone is unique, the level of delay will be different for each person.

When a baby is born, there is no way to tell what level of intellectual disability the child may have. Nor can we predict the way in which this may affect a person's life. However, we do know that having Down syndrome will not be the most important influence on how that person develops and lives their life. Instead, what happens after birth will be much more important and family, environmental, cultural and social factors will shape their life, just like everyone else.

For many people with Down syndrome, speaking clearly can be difficult. Although a lot of people with Down syndrome speak fluently and clearly, many will need speech and language therapy to achieve this. Very often, people with Down syndrome can understand a lot more than they can express with words. This often means that their abilities are underestimated, which can make them feel frustrated.

Some people with Down syndrome will find it very difficult to develop language skills and speak clearly. This may be made worse by hearing loss.

See the attached Communication and Language Factsheet:

https://www.downsyndrome.org.au/documents/community_inclusion_toolkit/general/DSA-communication-and-language-C03.pdf.