

FLAT CHAT

The Newsletter of Dural & District Pony Club Inc



The Zone 23 E Grade Team at Area One Showjumping- December 2008
Claire W, Alana K, Courtney W, Imogen B

Zone 23 Sporting Championships are on the **22nd** of February at Forest Hills Pony Club. Registration is on the day, and the program and attendance sheet are attached.



Dural Pony Club Calendar of Events 2009

Events at DPC Grounds shown in bold.

This calendar may change through the year. Check the most recent calendar closer to an event to confirm dates

JANUARY/FEBRUARY

15th

February **Rally Day - Troopdrill - Sporting - Jumping - General Riding**

22nd

February Zone 23 Sporting Championships - Forest Hills

MARCH

1st March

Rally Day - Show Jumping Grading - Dressage - Mounted Games

Wed. 4th

Committee Meeting

6th- 8th

NSW Interschool Championships

14th- 15th

Club Camp

15th March

Rally Day - Show Jumping Clinic tbc - troopdrill -

20th March

Last day for State Equestrian entries to Zone 23 secretary

21st/22nd

Zone 23 NCAS Train the Coach - Instructors' School at Forest Hills

Sat. 21st

Castle Hill Show - Pony Club Classes

Sat. 28th

Pymble Ladies' College Interschool Dressage Day

29th March

Zone 23 Jumping Equestrian Championships Arcadia

APRIL

School Holidays 10th - 28th April

Wed. 1st

Committee Meeting

5th April

Rally Day - Mounted Games - general horsemanship & riding

19th April

Rally Day - Area 1 Horsemanship Award syllabus & certificate work

22nd April

Royal Easter Show Pony Club Classes

25th April

PCA State Sporting Championships Scone. Entries close 13th March.

MAY

Friday 1st

State Showjumping entries due to zone secretary

Sunday 3rd

Zone 23 Show Jumping Championships Ryde

Wed. 6th

Committee Meeting

Sunday 17th

Rally Day - Dressage Clinic tbc

16th/17th

PCA State Jumping Equestrian. Entries due to zone sec. 20th March

Sunday 31st

Metropolitan Cup - Show Jumping. Ryde PC

JUNE

Wed. 3rd

Committee Meeting

Sunday 7th

DPC Closed Dressage competition

Friday 12th

State Dressage entries due to zone secretary

13th/14th

Zone 23 Regional Dressage /Show Jumping School. Forest Hills PC

Sunday 21st

Zone 23 Dressage Championships hosted by Avondale PC. **DPC Rally Day tbc**

27th/28th

Dressage Judges School. Tbc

JULY

School Holidays: 11th - 27th July

Wed. 1st

Committee Meeting

Sunday 5th

Rally Day - Cross Country training - Mounted Games - Show riding

4th/5th

PCA State Show Jumping Camden.

12th- 18th

National Pony Club Championships. SIEC

Sunday 19th **Rally Day - Cross Country training - Mounted Games - Show riding - D D* Certificate training**

AUGUST

Sunday 2nd **DPC Closed One Day Event**
Wed.5th **Committee Meeting**
Friday 7th State ODE entries due to zone secretary.
Sunday 9th Zone 23 Mounted Games Championships
Sunday 16th **Zone 23 One Day Event Championships hosted by Dural PC - NO rally day**
29th/30th PCA State Dressage Championships, Goulburn.

SEPTEMBER

Wed. 2nd **Committee Meeting**
Saturday 5th Area 1 Horsemanship Awards
Sunday 6th **DPC Closed Show Riding Competition**
Sunday 20th **Rally Day - D & D star Testing**
Sunday 27th **Zone 23 Show Riding Championships - hosted by Dural PC**

OCTOBER

School Holidays: 2nd-19th October
Sunday 4th **Rally Day - C C* certificate testing, Sporting**
3rd/4th State Mounted Games
Wed.7th **Committee Meeting**
10th/11th PCA State ODE, Curtin, ACT.
12th - 17th Zone Camp Kiama tbc
Sunday 18th **Rally Day - Troopdrill, Sporting**

NOVEMBER

Sunday 1st **DPC Closed Sporting Competition**
Wed. 4th **Committee Meeting**
Saturday 7th Area 1 Showjumping
Sunday 15th **Rally Day - Jamboree practice - Troopdrill**
28th/29th Zone 23 Jamboree

DECEMBER

5th/6th PCA State Show Riding Championships, Bingara. Entries close

For the latest information about Dural Pony Club, go to
<http://www.duralponyclub.com.au>

Keep looking at the Zone 23 website for regular updates:
<http://www.zone23.com.au>

For information and entry forms for PCA state events go to:
<http://www.pcansw.org.au>

From the President

Welcome to Dural Pony Club for 2009. How spoiled are we to have such wonderful grounds in the heart of the Hills. The extension of the back paddock has made a world of difference and the vegetation around the paddock is slowly starting to grow. We have received glowing praise for our grounds and our hospitality from the participants of the A certificate which happened mid January under the guidance of Lorraine.

The committee has had two meetings so far and we are all adjusting well to our (new) roles. We are liaising with Baulkham Hills Shire Council and our neighbours regarding the noise complaints and it looks like we are getting very close to resolving the issues. If you have any suggestions regarding improvement to our club or the way it is run, please feel free to approach myself or any other committee member. Your feedback is always welcome.

Most of you may have noticed the change to the kitchen area in the clubhouse. For OH&S reasons the committee decided to put a lockable door in to ensure the kitchen was only accessible to authorised people. This way we avoid the risks associated with kitchens and kids such as hot water burns, cuts etc. A heartfelt thank you goes out to Ray, Mark and Geoff for a job well done. The three of them have donated their time, tools and expertise on an otherwise sweltering hot day.

A very special welcome to our new families. Please make sure they are made feel welcome. And please lend them a hand when it comes to introducing them to other members and showing them the ropes. There are a lot of forms to fill in and a lot of rules to learn if they are first time pony clubbers.

Our first rally day was a great success. We've had an excellent turn out despite the blistering heat. Thanks to our club captain Catriona and all the instructors the day was very well organised and everything went smoothly. The kids had a blast. The new system where the instructors do the gear check while the other parents set up went very well. I hope we can motivate the remaining few parents to participate as well. Don't be afraid to tag along. Someone will explain everything to you.

This Sunday we are having a rally day. Next week the first zone event is on the agenda. It is sporting at Forest Hills Pony Club. If last year is anything to go by then we will all have a blast at sporting.

I am looking forward to seeing as many of you as possible

Andre

CLUB CAPTAIN'S REPORT - February

Welcome back to Dural Pony Club in 2009.

It was great to see lots of new members at our first rally day and of course to see all our 'old' members as well. We have yet another busy year planned and we hope to see everyone participating in all our events throughout the year. The more often your children come to pony club the faster they will improve and consequently they will enjoy their riding more.

Everyone should have received a **DPC Handbook 2009** – if you haven't, please make sure to collect one at the next rally day at lunchtime. It is vital that everyone reads this at the start of the year - although most of the information is the same as last year there are some changes.

The Handbook will explain what you need to know to get started at our pony club. If you still have questions about the running of our rally days please ask me, an instructor or committee member.

Gear check and marking system

We have changed the **gear check system** to make it more efficient so that we can start the day's activities faster. Riders will stand in a group for their age group – i.e. the age that they will be on the 1st July at the earlier start time of 9a.m. This way instructors don't have to go looking for you. There will be signs along the rail in front of the club house to indicate where your group will stand. These are the age groups we use for end of year awards, they are not necessarily the group you will be instructed with every week.

The same marking schedule we have always used still applies - marks are given at gear check for attendance, horse, gear and uniform. At the end of the year awards will be given. Any pony club rider can win these awards if they come regularly to pony club. The marking schedule is included in this month's Flatchat.

It is important to attend rally days because the riders will be given instruction for the closed competitions that are coming up. We are now focusing on sporting and showjumping.

Zone 23 sporting is the first competition on the calendar, to be held at **Forest Hills PC on the 22nd February**. Entry is on the day.

Zone sporting is not just for the really speedy riders – anyone can go as long as you've been to 3 pony club rally days in the past 12 months. Each rider does the course individually and is timed. In between events you get to chat to other riders – it's really fun.

Download the entry form for full details and fill out the Record of Attendance for horse events form and take it with you together with your entry fee.

<http://www.zone23.com.au/events/2009%20zone%2023%20sporting.pdf>



Show Jumping is our first closed competition. Please note the date for **Zone Showjumping** has been **changed to the 3rd May**, which was to have been our closed event, we'll let you know the new date for our closed event ASAP. Our Showjumping co-ordinator, Janne, has set down other show jumping dates

for you in Flatchat. We are doing basic gridwork training again this rally day. This is teaching both you and your horse the building blocks of showjumping. You will be putting this together when you jump a full course at our grading day on the 1st March. Remember you and the horse you wish to ride **MUST BE GRADED** at pony club to be able to enter any pony club jumping competition, unless you aren't able to jump the minimum height of 45cm, in which case you can participate in the beginners events at our closed day.

Showjumping courses take a lot of manpower to put up, could all parents please help set up the course for grading while your children are being gear checked ?

Club Camp

We have set **Saturday 14th & Sunday 15th March** for our club camp. It is a great way for the children to get to know each other. Horses, parents and children stay overnight on the DPC grounds. We will have a mix of fun and games, both on and off horseback. There is a small charge to cover the cost of catering and hire of horse yards. Could you please register your interest with me this rally day if you can make it?

Camp Leaders – I'll be asking riders 13 years and over to volunteer to become a camp leader this rally day. We will have 4 teams, so if you haven't had a go at being camp leader before, please put your hand up this time.

The rally day on the 15th March will proceed as usual, whether you are a 'camper' or not. There will be a full program of activities on the Sunday for everyone, just like any other rally day.



In addition, the **Showjumping clinic** is to be held on the 15th, but you don't have to participate in the clinic if you come to camp. You must register with our show jumping co-ordinator, Janne, and pay for the show jumping clinic separately.

Instructor Training **NCAS**

A new training scheme has been introduced for pony club instructors. Workbooks are used to go through the syllabus. Our

pony club has ordered these and they'll be available at a cost of \$20 each. If you go on to become a qualified instructor, DPC will gladly refund this money.

However, I encourage as many parents as possible to take part in this scheme, whether your goal is to undertake the instructor testing or just to be able to supervise a group at pony club or help your child look after their pony properly at home. Pony clubs always need more instructors! You no longer have to attend the weekend schools, although they are a fantastic way to learn and meet other parents from within our club and the zone. We will also be organizing DPC training meetings, with a mentor, throughout the year to fill out the workbooks. This makes the training process a lot more flexible, so hopefully more of you can squeeze it into your busy lives.

All the instructors at pony club are parents just like you, although many had some experience with horses before they came to pony club, others did not. Just like netball and soccer coaches, you don't have to be a pro to supervise groups at pony club and keep our riders safe and busy. Any member 16 years and over, can start filling out the log books, however, you have to be 18 years old to take the test.

Please let me know (by email or at the rally day) if you can come to the Zone 23 instructors school scheduled for 21st/22nd March at Forest Hills PC (Terrey Hills).

Castle Hill Show Saturday 21st March

Pony club classes, including Team of Four Riders, are on the program again this year. DPC will pay the cost of entries for anyone wishing to be part of the DPC team. There are also riding classes, pairs of riders and best pony club mount. See me this rally day at lunchtime if you would like to represent our club.

State Event Entries

The ZCI has a new system for accepting state entries. They must now be lodged a week before the zone event with the zone secretary – lodgement dates are on the calendar. The ZCI will then assess you at the zone event. State sporting entries (all required forms and ID) must be filled out and taken to the zone event this year.

Rally Day Announcements

We are doing these at lunchtime now at about 12noon in the canteen lunch area. If you have an announcement see me at the beginning of lunch. We have an ongoing issue about the use of the PA system and noise levels. Hopefully this will be rectified soon but **only authorised people may use the PA system at specified times and volume**. Although we have had some fun in the past no children are to use the system.

If you need to contact me or have a question, I would prefer you email me at svidr6@internode.on.net unless it is something you need a reply for quickly. For instance, on the day before a closed event or rally day I am unlikely to have time to look at emails so if it is urgent phone me at home on 9654 1649.

See you at rally days,

Catriona

From the PCA December newsletter:

STOP PRESS: All riders permitted to wear gaiters in Pony Club from 1 January 2009

C53/08 It was moved that the 7th paragraph of page 7-7 of the PCA Handbook be amended to read: -

Riders under 17 years have the option of wearing short jodhpur boots defined as elastic sided, reasonably smooth, fully soled, solid leather upper riding boots.

Or short jodhpur boots and gaiters which must be made of solid leather and be full grain leather on the exposed side and the same colour as the boots.

Gaiters will not be permitted for riders under 17 years of age where a particular competition has a rule preventing junior riders from wearing gaiters.*

*As an example, the RAS Pony Club Teams of Four and Riding classes are run under RAS rules which currently do not permit juniors wearing gaiters.

Show Jumping News

Important Dates:

Sunday 1st March- SJ Grading day- the only way to be graded before the closed event.

Sunday 15th March- Show jumping clinic at Dural Pony Club, with Christine Johnson. Chrissie is a NCAS EFA Level 2 coach, based in Nelson and is very experienced. We will be running small group hourly sessions. Cost will be \$15 per rider and entry forms will be available at the next 2 Pony Club rally days.

Sunday 29th March- Zone Equitation, see www.zone23.com.au for flyer and entry form.

TBA- Dural Pony Club Closed Show Jumping Competition- entry form available at later date.

Sunday 3rd May- Zone Show Jumping at Ryde Pony Club.

Sunday 31st May- Metropolitan Cup, also at Ryde Pony Club.

Please contact Janne Redman at janne.redman@novartis.com or phone 0401717083, if you have any questions on the above.



OTHER NEWS:

AREA ONE:

Last year on the 10th of December, Area One Horsemanship and Showjumping was held. At the Horsemanship, Esther and Imogen B represented Zone 23. They had to complete certain tasks, such as opening and closing gates, lead a horse, saddle and unsaddle their horse, and jump a showjumping round, and were judged on this. Esther came second in the Associates age group and Imogen came 4th in the Under 13's, which are both remarkable achievements.

At the Showjumping, Esther was part of a B Grade Team who won all their rounds, and were B Grade Champions. The Zone 23 E Grade team consisted of Imogen, Claire, Courtney and Alana. Although they did not place, they all had a fun filled day and a wonderful experience. Well done to all!

GUIDELINES FOR GEAR CHECK

A total of twenty (20) points may be awarded each rally day.

5 points for each of the following:

Attendance and punctuality

Full pony club uniform that is clean

Horse- well groomed and cared for

Gear – saddlery clean, well maintained and correctly fitted

The intention of awarding points for gear check is to:

- ♥ develop good habits in our riders so that they
- ♥ look after their horses and keep them healthy,
- ♥ look after their gear so that it is comfortable for the horse and safe,
- ♥ take pride in their appearance and
- ♥ learn to plan their time well,

it is not to penalise them.

Sometimes you won't get everything done and you may lose a point, don't stress, try to plan better next time, its good practice for when you enter an event.

At the beginning of the year some uniform items may not be available, allowances will be made for this.

Attendance and punctuality

If you are standing ready in troop line for gear check at starting time you will get full points.

Full clean, pony club uniform

Correct uniform – summer, can wear polo or long sleeved shirt (tucked in) and tie.

Winter – shirt, tie, fleecy pullover optional.

Boots have been polished for rally day. Saddlecloth – Gold DPC, clean.

Chinstraps correctly fitted on helmet – these slip loose all the time. Could riders/parents check chinstraps before mounting to save riders having to get off to adjust them?

Horse

Horse has been groomed by rider that morning. Doesn't need to have been washed – we know that stains show up on greys. Manes and tails will need a shampoo if they have lots of old flaky skin and are itchy. Mane not knotted, no mud or old manure stains, etc on legs.

Grass and shavings taken out of tail and no large knots – tail does not need to be brushed out strand by strand, just use your fingers to untangle knots or your horse will have no tail left.

Hooves – hoof oil is optional as long as the hooves are healthy. Hooves should be regularly trimmed or shod. If hooves are cracked hoof oil or diet modifications may be needed.

Gear/ Tack Cleanliness and fit.

Stitching and leather on all tack should be in good condition and not cracked or worn. Any gear that is worn, including stretched or worn girth points, will need to be repaired or replaced.

Bits to have no old, dried saliva on them. **Girths** to be free of old sweat and mud. Both these items should be cleaned after every use.

Bridles and nosebands to be fitted correctly. A bridle fitting guide is below, it is part of pony club certificate work. Please read this. For the first few rally days, gear checkers will help you with bridle fit, but we would like you to all check your own gear before you present to gear check to make sure straps and keepers are in the right place and to save time on rally days.

Stirrup irons MUST be wide enough for the boot to allow 10mm either side. A rider will not be allowed to ride if the stirrup iron is too small. Your child MUST be able to easily get his/her foot out of the iron in the event of an accident. Safety irons, if used, to be on leathers the right way round. Stitching on stirrup leathers in tact.

GEAR CHECK-BRIDLE FITTING

It is most important that all saddlery is fitted correctly and is well looked after if your horse is going to perform at his best. An uncomfortable, or worse still, painful saddle, bridle or bit, can and will cause many problems. At the very least it will be distracting and take the horse's mind off his work, at worst it will cause severe behavioural problems such as bucking, bolting and rearing.

Please check that your bridle fits your horse correctly using the guide below. Most bridles today are made by people in factories who have probably never seen a horse, much less ridden and owned one. When you buy a bridle take a tape measure with you or a bridle that fits your horse well so that you get the right size. All pony/cob/full size bridles are NOT the same. Throat lashes are often too long, and cavesson nosebands too tight. Even the expensive \$300 bridles will not necessarily fit what I would call a normal horse's head.

EVERY horse should have its **teeth checked** at least once a year to remove the sharp edges that inevitably develop. You know how painful a small mouth ulcer can be – well imagine if you had a bridle with studs rubbing that ulcer against your razor sharp teeth, held firmly in place by a Hanoverian noseband – OUCHH!!!!!!!

Fitting of the Snaffle Bridle (Exerpts from PCA Manual "Riding")



The **headpiece** sits comfortably behind the horses poll and ears. Its purpose, together with the cheekstraps, is to hold the bit in the mouth at the correct height. Make sure that studs/buckles etc. on the inside are not sticking into the horses head/back molars.

The **bit** should be high enough in the mouth to form one and a half wrinkles in the corners of the lips and should be wide enough so that it does not pinch the side of the mouth. All debris and saliva should be cleaned off after use so that the surface is perfectly smooth the next time it is used. As to the most appropriate bit to use there have been many books written on this subject – do your horse a favour and go and read one to understand the anatomy of the mouth and the way each bit exerts pressure on the mouth, teeth and poll. The book by Tom Roberts – *Horse Control and the Bit* is an oldie but a goodie and many of his theories have stood the test of time.

The **browband** stops the headpiece from slipping back and should be long enough so that it does not pull the headpiece forward onto the back of the horse's ears. After an hour or so this is pretty uncomfortable – similar to wearing a tight pair of sunglasses. When buying browbands do not ask for pony, cob, full but for a particular length e.g. 14 inch, 15 inch etc. and measure it before you buy.

The **throatlash** should not be too tight – it should not interfere with the horse's ability to flex and breathe, nor should it be so loose that the bridle slips over the pony's ears every time you lead him forward. It seems that throatlashes on mass produced bridles are all made the same length regardless of the rest of the bridle.

Allow clearance of four fingers sideways against the horse's cheek.

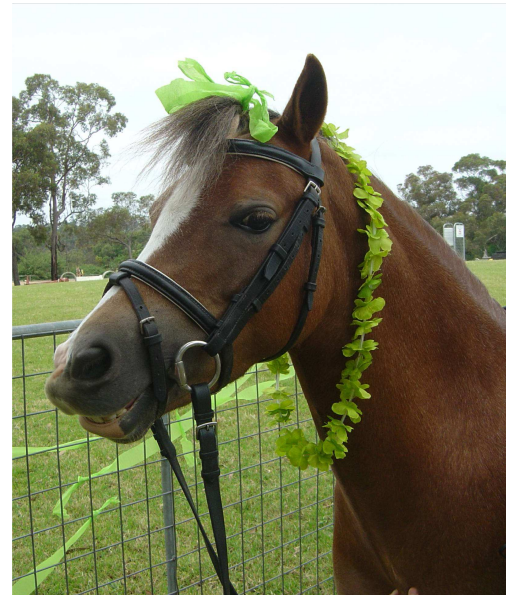
Nosebands

It is not mandatory to wear a noseband at rally days, however they are required in dressage tests.

Cavesson noseband – this noseband is purely for aesthetics. It should **not** be fitted tightly around the horse's nose – you should be able to fit 2 fingers sideways against the horse's nose and there should be one or two fingers' clearance below the projecting cheekbones.

Hanoverian noseband – this is the noseband most commonly sold on snaffle bridles today. If your horse doesn't need it, take the lower strap off and wear it as a cavesson, loosely fitted.

The **Hanoverian noseband** consists of a padded cavesson noseband and a strap that goes through a loop on the cavesson on the bridge of the horse's nose, passes on the underside of the bit and sits in the chin groove. The cavesson part should sit about one finger length below the projecting cheek bones, it should be firm against the horse's jaw. It should not be high enough that it is rubbing against the cheek bones or too low so that it or the secondary strap are pressing on the soft parts and cutting off the airways and restricting breathing. It is very important to keep the leather of this noseband oiled, soft and supple because of its snug fit to the bony jaw, and to make sure that the inner surface is as smooth and comfortable as possible.



Please note that curb chains may NOT be used with Hanoverian or drop nosebands.

The **dropped nose-band** has a similar action to the Hanoverian and should be fitted so that the front strap is well above the horse's nostrils and the back strap lies below the bit and in the chin groove. You should be able to get 2 fingers under the strap at the chin groove.

Reins – should be soft and supple and free of cracks. Check webbing reins for splits, especially where the leather meets the webbing. If a running martingale is worn “stoppers” MUST be fitted on the reins between the rings and the bit to prevent the rings getting caught on the bit. The shorter, synthetic sporting reins may be used for games.

Grass reins are allowed at pony club to prevent ponies getting their heads down to eat. They must run from the saddle direct to the bit and the horse must be able to get its head to its knees to maintain its balance.

After you have put the bridle on your horse and have checked that it is fitted correctly, make sure everything is straight and all straps are in keepers.

HORSE SAFETY

If we use common sense and learn the rules of handling and riding our horses, DURAL PONY CLUB will be a safe place to ride!

WE NEED TO THINK ABOUT THE DO'S AND DON'TS OF SAFETY

WE ALWAYS:

- ✓ wear a helmet
- ✓ wear riding boots
- ✓ do the girth up tight
- ✓ wear sunblock
- ✓ drink plenty of water
- ✓ put a red ribbon in the tail if the pony kicks
- ✓ wear a protective vest for jumping or cross country
- ✓ call for help if someone falls off
- ✓ watch out for others

WE NEVER!

- ✗ run around horses
- ✗ scream when riding
- ✗ ride up behind other riders
- ✗ ride fast past another rider
- ✗ hit our horses
- ✗ leave a horse without water
- ✗ leave the group without telling the instructor
- ✗ crowd round someone who has fallen off

WHAT DO I DO WHEN SOMEONE FALLS OFF?

- Don't move them
(unless they fell off in the water jump!!)
- crowds cause chaos – if you're not giving first aid stay away!
 - someone stay with the injured person
 - someone go to get help
- bring the first aid kit and phone (000 for ambulance)
- leave their helmet on till injuries can be assessed.

FIRST AID

“DR ABC”

D DANGER - to them and to you!

R RESPONSE -“are you OK?”
- No response = get help! Call AMBULANCE!!
- Send someone else to get the first aid bag

A AIRWAY-are they choking?
-clear their mouth!
-gently turn them onto side & finger sweep mouth

B BREATHING - are they breathing?
-“look listen feel”

NOT BREATHING? - Put them back onto their back
- breathe for them
- give 2-5 good QUICK BREATHS!
- Start COMPRESSIONS
- *CALL the ambulance!!!!!!*

C CIRCULATION - start chest compressions
Go Hard, go fast and don't stop!!!

30 compressions : 2 breaths

***** keep up CPR till the person breathes by themself /OR they “come to”
OR until the ambulance officers take over!!!!**

- BLEEDING?** - Press on the wound
 - Put on a pressure dressing
- Keep them warm
 - Keep the sun off them
 - no drinks or food

SHOCK? - pale? /sweating? /cold hands?

DISABILITY

- 1) **BROKEN BONES**-“does it hurt anywhere?”
- “does your neck hurt?”
 - tell them not to move their head!
 - do arms/ legs look the wrong shape?
 - is there back pain?
 - is their chest OK?
 - does their hips/pelvis hurt?
 - *what can you use to make a splint?

2) **INJURIES ON THE INSIDE?**

- Head and Face: - check they can answer their name,
 & age, recognize people, what day?
- open mouth, poke out tongue? /teeth?
 - is the helmet cracked? /marked?
 - Headache?
 - eyes:can they see OK? Grass/dirt-rinse

- Chest: - check collar bones, squeeze chest-pain?
- can they take a deep breath?
 - loosen tie/expose the chest/check for problems

- Tummy: any pain?
- gently press all over abdomen
 - look for bruises/wounds

- 3) **WOUNDS**-where? How bad?
- Pressure dressing (first aid kit) **stop bleeding**
 - clean wounds with disinfectant, dressing,
 - Burns-water for at least 30minutes, special dressings in first aid kit

REMEMBER: “DR ABC”

CALL for HELP!!!

Any doubt, call an ambulance

Don't move the child!!!!

How fast were they going? How did they fall? Time of fall?

Are they alert? Are they asking the same thing over and over?

Do they look shocked?

Nothing to eat or drink!!

BITES AND STINGS

SNAKE BITES

- Immediate application of a pressure bandage
 - Bandage from the bite down towards the fingers/toes, then back up the limb all the way to groin or armpit
 - Immobilize the limb (tie/bandage it to the other leg or splint/sling)
 - Keep them quiet –no exertion!!!
 - CALL AMBULANCE
 - REMEMBER 'DR ABC'
 - Treat for shock
- *** if the snake is dead, take it to the hospital for ID (for anti venom)

SPIDER BITES

- pressure bandage (except for the Red Back)
- bandage over the bite down to toes/fingers, then all the way to armpit/groin
- keep them quiet
- immobilize limb
- if you're sure it's a red back, ice/pain relief and help

OTHER STINGS

Any bite/sting can cause ANAPHYLAXIS.

ANAPHYLAXIS: is a life threatening emergency

Signs: rash / lip swelling / swelling of the tongue/eyelids wheezing/vomiting/ trouble swallowing/ fearful

WHAT TO DO:

- "DR ABC"
- CALL HELP!!

"Phenergan" is in the *white FIRST AID cupboard in the clubhouse kitchen* (only if they are alert, can swallow and are not allergic to anti histamines)

BEESTING: remove the sting with your nail or a credit card (lifts it up so it can be pulled out).Call for help if any symptoms of anaphylaxis.

CHOKING

The choking person usually clutches their neck and has bulging eyes and fear

ABCD!!!

If they're conscious:

- encourage them to "cough it up"
- 5 chest or back blows

If they're unconscious:

CALL an AMBULANCE!!!

ABCD!!!

- airway
- breathing: 2 quick breaths, then 2 breaths for every 30 compressions
- compressions: 2 breaths to 30 chest compressions
- 5 chest blows/ back blows

HAPPY BIRTHDAY to the following DPC members:



January

4 th	Phoebe S	11 yrs
5 th	Belinda P	15 yrs
5 th	Alana K	12 yrs
11 th	Imogen B	13 yrs
14 th	Elloise M	15 yrs
24 th	Georgia G	9 yrs

February

6 th	Charlotte J	10 yrs
8 th	Elizabeth C	12 yrs
9 th	Jane W	13 yrs
13 th	Nicolette E	11 yrs
13 th	Isabella E	11 yrs
17 th	Sarah W	9 yrs
21 st	Emma W.	11 yrs

Any photos, articles, results, drawings, stories etc that you would like to be put into Flat Chat can be emailed to Joelle K at kunzoz@bigpond.com. Thankyou!