

THE STARTER'S GATE

2017-18 SEASON

WWW.NZEQUESTRIAN.ORG.NZ

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EQUESTRIAN SPORTS
NEW ZEALAND

CONCUSSION ISSUES A REAL HEAD CASE!

Increasingly over the past year, concussion and concussion testing has been a topic of conversation at board level, at AGMs and at horse events. There are two specific camps when you discuss this, those who think that no-one can tell them they can't ride their horse if they fall off it. And those who have had some experience with head injuries and know the long lasting and sometimes life changing effects of a bang on the head.

I've heard the stories of the riders (and yes there are lots of them) who fell off, thought they were fine, but for the next four shows, couldn't see a stride and fell off again and again. Not their fault, they were great riders, but their brain was injured and needed to heal. Only when they actually couldn't ride any longer because of other injuries sustained in the falls, did their brain get time to heal and they realised what had happened.

This issue cannot be ignored in sport any longer, the complicating factor in equestrian sport is how do we administer a system that checks people for head injuries at events and stands firm on its commitment to keeping people safe? ESNZ is going to have to take a position on this and spend time and resource in developing a way to ensure riders with head injuries have time off the sport. This will require a huge amount of education for people as there will be a large "self-responsibility" component to this. After all, who is going to know if you fall off at home and come to the show with side effects from that fall?

Auckland based Axis Sports Medicine Specialists have written a Concussion Policy specifically for ESNZ. They run Auckland's most comprehensive sports concussion service, and it's free of charge to use it - you can make an

appointment at any time if you are worried or want to be assessed.

The policy will be considered by the ESNZ board and will be the subject of discussion with the ESNZ Technical Committee before any rule changes are proposed for the next season.

We haven't just sat on our hands though, there are already plans for ESNZ, the NZ Thoroughbred Racing industry and ACC to prepare awareness materials for all equestrian related sports. ESNZ has changed the General Regulations to now insist that all events must have a First Aid certificate holder at all times. And we collect fall reports from all events and log them into our system for analysis. We have also developed a dedicated section on our website relating to concussion assessment.

What happens next? Further education of all officials, riders and parents is required to ensure everyone is aware of the long lasting effects of concussion. Rules will need to be changed and new systems developed. These all take time and are being worked on at the moment. We will keep you posted.

So next time you fall off your horse at an event, think you're fine, load your horses in the truck and disappear off down SH1 for four hours, consider getting yourself checked out first. We have a very strong culture of "getting back on the horse" and that's admirable - but maybe it's not the smartest idea any more.

Dana Kirkpatrick
General Manager
Equestrian Sports
New Zealand



EVENTING

ESNZ EVENTING WOULD LIKE TO WELCOME TWO NEW FACES.

Susan Morris - Rules Liaison on the Technical Advisory Group. Susan's professional role is as a regulator managing the MPI National Monitoring Programs for residues and contaminants in animal products. Previous experience with ESNZ is in developing and leading the clean sport program. ESNZ Eventing is excited to have Susan as part of the technical team and looks forward to her input. This means the TAG says farewell to Judy Haskell from the Rules Liaison role which Judy held for over six years.

ESNZ Eventing would like to thank Judy for her many years of service and her dedication to the sport. Judy is still an active Technical Delegate and volunteer so will still be seen out and about at events.

Maree Burnett was recently appointed as an independent member to the Eventing Board. Maree, who lives in Christchurch, has extensive professional management and governance experience in sport and is excited to apply this experience to Equestrian, a sport she is passionate about.

We have had a rule change - Article 666 - Scoring (548) please read the changes in the following link;
<http://www.nzequestrian.org.nz/eventing/whats-new/news/2017/december/eventing-rule-change/>

MERRY XMAS

The ESNZ National Office team wishes all our members a very Merry Christmas and a happy New Year.

We wish to advise the ESNZ National Office will be open over the Christmas break from 27-29 December 2017, and open again from 9am on Wednesday, January 3, 2018

JUMPING



Jumping Squad riders at Rob Ehrens' Equidays Clinics

The Jumping season is tracking along swiftly and has hosted some unique opportunities for riders - including clinics at Equidays with Dutch showjumping legend Rob Ehrens and training for our squad riders from Australian Michelle Strapp.

There are some exciting international events in sight for 2018 with the Youth Olympics and World Equestrian Games (WEG). Emma Watson will also be heading to Beijing in December to compete in the FEI World Children's Challenge Final making it the second time in a row she has qualified for the final.

The FEI World Jumping Challenge has wrapped up and results have been released. Congratulations to Steffi Whittaker on board Ngahiwi Cruise who was first overall in the New Zealand competition. We are still waiting on regional rankings from the FEI. The World Jumping Challenge also served as the Certificate of Capability for the 2018 Youth Olympic Games.

Visit our website for the World Jumping Challenge results: There are plenty of team events on home soil for the latter part of the season, including a new area group initiative:

TEAM SHOWJUMPING EVENTS FOR 2018

- The FEI Children's Challenge Team Competition - is to be held at the Waitemata World Cup Final on the 11-14 January. Team riders compete as individuals and as a team where the team score is then ranked against other teams from around the world for the final result. This event is for riders who will be turning 12-14 in 2018.
- The annual NZ vs AUS Young Rider Trans-Tasman Challenge - is happening at the Gisborne Show 26-28 January. This is a borrowed horse event and always an exciting battle of the nations to watch. New Zealand narrowly lost last year so will be looking to secure a win on home soil.



Dutch showjumping legend Rob Ehrens

INVALUABLE INPUT FROM WORLD-CLASS WESSELS

International dressage trainer Isobel Wessels may work with some of the best in the world, but she heads home from a recent trip to New Zealand buoyed about the talent she has seen here.

"There is some super talent (here) and lucky me to help them on their way," said the 5* judge, trainer and competitor. Wessels, who works with ESNZ's high performance eventers, was in New Zealand for the third time in as many years as part of a High Performance Sport New Zealand Prime Minister's Scholarship.

Wessels enjoyed her time coaching, and particularly with those that she has seen develop over the years. "The squads are looking good," she said. "There is much to be proud of and some super talent coming through."

The visit is a key part of the ESNZ High Performance Coaching Programme, which is focused on developing quality New Zealand coaches for the future, while supporting and growing current performance and high performance coaches.

"The coaches day was the third one I have been involved with in New Zealand and definitely the best so far," said Wessels. She worked alongside HPSNZ coach co-ordinator

Lyn Gunson, ESNZ eventing performance leader Penny Castle, ESNZ eventing performance development coach Jock Paget and talent ID co-leader Tracy Smith.

She felt Gunson's exercises, around coaching skills which did not involve horses or riders themselves, were both "stimulating and revealing". Wessels said it was a "privilege" to work with coaches Paget, Castle and Smith.

Similarly, Wessels judges' clinic was an important fixture in ESNZ Dressage's Judges' Training Programme. Sue Hobson, ESNZ Dressage's judges' officer says it is imperative New Zealand seeks as much overseas (international) input as possible for our judges.

"They can give us invaluable feedback on what is happening with the judging scene in Europe, as well as new ideas and rules, and also put more emphasis on the correct way of going." The connection to high performance is an obvious one.

ESNZ High Performance dressage selector Judy Alderdice says for her, having national dressage squads included in the high performance initiatives with Wessels has huge benefits for all.

"It meant all squads were exposed to the same level of training along the same

lines," said Alderdice. "Isobel was happy to approach the training sessions in either her capacity as a trainer or a judge, which meant the riders didn't have to make the choice to use a different trainer but could still benefit from the sessions."

Wessels also spent time with dressage high performance riders.

"Isobel also had useful advice for those riders contemplating heading offshore," said Alderdice. "I don't think it is possible for us to develop our sport without the help of people like Isobel and we are very fortunate to have her on board."

ESNZ high performance director Sarah Dalziell-Clout said it is vital New Zealand continues to upskill and keep Kiwis abreast with international trends, competition and developments.

"That way we can ensure our riders are able to step seamlessly into international environments as required," said Dalziell-Clout. "We are extremely fortunate to have someone of Isobel's calibre available to our programme and people."

By Diana Dobson
HP Media Liaison





LIVAMOL FEI WORLD DRESSAGE CHALLENGE (NZL)

After some stellar performances at the Livamol FEI World Dressage Challenge, NZL provisionally holds a narrow lead from Kyrgyzstan and Australia. Less than 1% separates these three nations after competitions in thirty-two countries.

Section winners in NZL: Livamol
Intermediate I: Lauren Haig (Canterbury) Westford Lanciano.

Syncroflex Prix St Georges: Melissa Galloway (Marlborough) Windermere J'Obei, W

Hatton and Lilly Senior II: Karolyn Norton (Canterbury) Larapinta Primadonna.

Zilco NZ Senior I: Diane Wallace (Marlborough) KP Dexter Exclusively Your's.

Youth: Millie Thompson (Canterbury) Rifesyde Prancer.

Full report in the December issue of the Dressage NZ Bulletin

Courtesy NZEquine

ENDURANCE

Following on from a Strategic Planning session with Frank Aldridge of The Integral Group in August, the Endurance Board has now finalised the Strategic Plan for 2017-2021 with some targets already completed and others underway.

Increased participation in both endurance and CTR are important aims of the new plan along with providing increased support for

the members and officials. Also important is funding/sponsorship to ensure the long term sustainability of programmes put in place.

Improved communication is high on the list of priorities and already this is happening with Board minutes being published as soon as they have been approved at the following meeting.

The full version of the Strategic Plan can be viewed at <http://www.nzequestrian.org.nz/endurance/about/strategygrowth/>



• WHAT'S YOUR TARGET?

- Train like you want it
- Act like you own it
- Ride like you stole it
- Get what you worked for
- Experience it all
- Take it to the next level

BATES SADDLES DRESSAGE 2018 CHAMPIONSHIPS

Dressage NZ invites everyone to be part of a very special 2018 Bates NZ Dressage Championships. Join us to celebrate the 20th Anniversary Event at Manfeild, Feilding from 15 -18 February 2018.



The Dressage Spectacular on Saturday evening will feature the Grand Prix Freestyle and the Bates Nationals 20th Birthday party. Corporate tables will be available for the Spectacular and for the first time you can book a table exclusively for you and your friends for the entire event. Contact Event Manager dressage@inspire.net.nz

There's a wide variety of classes including Amateurs, Masters, NI Super League Finals, Young Horses, CDI 3*/2*/P/Y, NZ Para Dressage Championships. Riders in any of the CDI classes can get their FEI registrations renewed or actioned by the ESNZ office prior to the Christmas break. Riders in the CDI 3* (Grand Prix) also need to check their FEI horse passport expiry date and organise to get one if not already in possession

The schedule is available on Equestrian Entries. Entries close on 19th January. Entries are not considered to be received until payment is made. Payment deadline is 22nd January. We look forward to seeing you there. There is a great line up of judges including Eddie de Wolff van Westerrode (5* NED) Elke Ebert (4* GER) Ricky McMillan (4* AUS)

IMPORTANT NEWS FOR FEI LEVEL DRESSAGE RIDERS:

Dressage NZ will adopt the 2018 versions of all FEI tests at both national and CDI events from 1 Jan 2018. These tests were approved by the recent FEI General Assembly. These tests have the newly introduced "rider only" coefficient and will be available soon on

<http://inside.fei.org/fei/your-role/organisers/dressage/tests>

HEALTH AND SAFETY @ ESNZ

We have made considerable progress in putting in place a Concussion Policy, which is to be applied to all ESNZ members and events in the near future. Any policy like this will require good training and good systems so everyone knows what is required and who is responsible.

Most concussion in sports regulations include these three action steps:

1. Educate coaches, officials, parents and athletes;
2. Remove athlete from play;
3. Obtain permission to return to play.

Axis Sports Medicine Specialists have written a Concussion Policy specifically for ESNZ. They also run Auckland's most comprehensive sports concussion service, and it's free of charge.

All concussions are serious - you can't just walk/ride it off, if you think you or someone else may have a concussion:

- Don't hide it
- Take time to recover
- Make an appointment with Axis or a medical officer in your area.

It's better to play it safe and have your injury assessed by an experienced professional before you return to riding, than risk further injury.

CONCUSSION AND HELMET SAFETY APP

Download the **CDC HEADS UP Concussion and Helmet Safety app**. It will help you learn how to spot a concussion, and what to do if you think you or another rider has a concussion.

The application also includes a 3D helmet fit feature that teaches about proper helmet fit, safety and care.

Download for free on the Apple or Android App store.

HORSE OF THE YEAR SHOW HASTINGS 13 -18 MARCH 2018

This event features a CDI 3* / Y plus Young dressage horse classes for 4-7 year olds for the first time. Qualifications can be viewed on the ESNZ/Dressage website

<http://www.nzequestrian.org.nz/dressage/whats-new/news/2017/november/bates-nationals-horse-of-the-year-qualifications>

International Judges include: Mary Seefried and Maria Schwennesen (5*AUS) Henning Lehrmann (4*GER)

REGISTRATION CHECKLIST

To make it easier for your registration this year we have developed the following checklist. Please note it is your responsibility to ensure your memberships and registrations are up to date.

If you have any queries or want to check anything please do not hesitate to contact the Membership Services team as soon as possible by emailing nzef@nzequestrian.org.nz or calling **04 499 8994**. Please ensure you add your details to payments so we can assign them to your account.

RIDER DETAILS

Have you selected your membership type?

EQUINE DETAILS

Have you paid your equine annual registration fee \$75?

HAVE YOU PAID FOR YOUR ANNUAL DISCIPLINE START?

you will need this to ride in series classes and if you are competing regularly.

SHOW JUMPING / SHOW HUNTER \$55 Pony \$85 Horse

DRESSAGE \$70 Level 1 \$100 Level 2-9

EVENTING \$25 CNC80 & CNC95 \$60 CNC105 & CNC1* \$90 CNC2* & CNC3*

ENDURANCE/CTR \$30 Novice/Intermediate/CTR \$50 Open/Graded

When registering a pony you must produce a current height certificate from the RAS.

PLEASE NOTE: if your pony has a Life Height Certificate, can you please check with the office that we have it on file 04 4998994.

MISCELLANEOUS (Please see below if there is anything else you need to purchase)

ID Book \$20 Medical Arm Band \$20 Medical Card 50c

Eventing Dressage Test Book \$10 Dressage Bridle Numbers \$40

Dressage Test Book \$18 Show Jumping Time Fault Wheel \$40

Rule Books – these are on the website as well.

ESNZ General Regulations \$10 Show Jumping \$10 Show Hunter \$6

Eventing \$10 Dressage \$10 CTR/Endurance \$6

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