

## Volunteer Job Description

### Sidewalker

#### **Objective:**

Physically support the rider, (during grooming, riding, mounting and dismounting); to help the rider guide their horse in following directions of the instructor as necessary. The amount of support required is dependent on each rider.

#### **Qualifications:**

- Minimum age of fourteen years
- Attend an annual training and safety session at North Country RIDE
- Commitment to attend class each week for the duration of an 6-week session
- Ability to arrive 10 minutes before scheduled class to meet with instructor
- Walk/jog for up to an hour at a time (indoors and outdoors) on uneven surfaces
- Ability to hold your arm raised and out to the side for extended periods of time
- Must have adequate vision and hearing to ensure the safety of horses and participants
- Ability to communicate and act collaboratively with Staff and other volunteers
- Comfort in working with the disabled (including physical contact)
- Physical and mental ability to support a rider in a crisis situation.
- Horse experience preferred

#### **Responsibilities:**

- Safety of rider as directed by Instructor
- Help prepare horses for class (grooming and tacking), if necessary
- Assist with rider support during mounting and dismounting as necessary
- Walk next to the rider throughout the class, including physical support as necessary
- Help the rider follow directions given by the instructor
- Encouraging the rider to stretch and grow to the best of the rider's ability.
- Adhering to all North Country RIDE policies and procedures.

#### **Timeframe:**

- Minimum length of commitment: one class a week for the duration of a session
- Estimated total hours; two hours per class (more classes can be done)

#### **Volunteer Benefits:**

- Satisfaction of helping in your community
- Gain an understanding and appreciation of what it means to live with a disability
- Learn the care of horses
- Acquire community service experience for school, church, Boy Scouts, Girl Scouts, personal resume, etc.
- Develop new friends