

# Volunteering at Free Rein Therapeutic Riding

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Free Rein Therapeutic Riding is a program in Spokane that will provide recreational and sport riding to individuals who are differently abled.

**Horse leaders** - This is a very important volunteer position. The leader is very often also the leader of the team that works with an individual horse and rider. We are looking for people who are comfortable with grooming and tacking a horse, able to be relaxed and aware when leading a horse in class and able to stay calm in emergency situations. They must be able to maneuver the horse safely at a walk and a trot and follow the directions of the instructor while being aware of what the rider is doing.

**Sidewalker:** We will often have two sidewalkers with each rider. The sidewalker's job is to keep the rider safe and secure while on the horse at a walk and a trot. This position will vary with each rider and their abilities. Along with the safety of the rider the side walker may also assist the rider in games or in processing directions from the instructor. You do not need horse experience to be a sidewalker but this would be a great way to get more experience with horses while assisting the leader with preparing the horse for class.

**Arena Assistant:** This is a position that we will have the luxury of filling if we have enough volunteers to handle the horse and riders in each class. This may be a position that will become a floater and fill other positions if we are short volunteers. The idea behind an arena assistant is to have someone to help the instructor with gates, equipment changes in class, toys and props. Basically just being available to keep things running smoothly.

**Photographer/videographer:** It will be very important to document our riding sessions. We will use pictures for promotion of the program and for soliciting support. The videos will be used to show progress with each rider and also for promotion purposes. We would like to get pictures and video of each class, it would be desirable to have several people available to do this job so that we can cover all the time slots.

**Other help needed:** Newsletter/other publications - Public Relations - Fund Raising Events (Planning or assisting at events) - Coordinating other fundraising ideas-Special events ( Media Day, Horse Show, Rider/Volunteer picnic or potluck)