



Therapeutic Riding of Tri-Cities (TROT) Volunteer Packet

Welcome!

Thank you for your interest in our volunteer program. Therapeutic Riding of Tri-Cities (TROT) is a non-profit organization serving children and adults with disabilities. Through the use of our equine partners, TROT is able to provide a unique, recreational approach to therapy. The goal of TROT is to offer quality therapeutic riding and equine-related activities that improve the bodies, minds, and spirits of children and adults with disabilities.

Most of our students would not be able to ride without the support of their volunteers. To offer our riders a safe, beneficial class, we must have an instructor and often a team of three volunteers per rider. Our volunteers will receive lifelong benefits as they share their guidance, patience, and enthusiasm with the rider. Our riders will be able to pursue an activity that makes a difference in their physical, mental, and emotional well-being.

At TROT, our focus is on the ability level of each rider, not his or her disability. The results are quite remarkable. Fun games, obstacle courses, and trail rides are just a few of the activities in which our riders participate. These riders are an inspiration to all who have ever wanted a horse and to all who have experienced the joy of riding.

As a volunteer, you will become part of the TROT team. We strive for safe, enjoyable, and professional atmosphere and want your time and dedication to our program to be a pleasant experience. Our trainings help us to keep our program in high standing in the equine assisted activity industry where safety is a focus. Our trainings will give you the necessary tools to be a knowledgeable and confident volunteer who knows our policies, procedures, and expectations.

Within this packet you will find:

1. General Volunteer Information
2. Points to Remember for Horse Leaders/Side Walkers/Trotters
3. Wrangler Instructions
4. Personal Volunteer Check-Off Sheet
5. Sidewalking and horseleading tips



General Volunteer Information

1. Check the weather and dress accordingly.
2. Always wear closed-toed shoes (boots are preferred).
3. Wear long pants.
4. Long hair must be tied back.
5. Smoking is prohibited anywhere on TROT's property.
6. Please refer to TROT's Volunteer Handbook on our website (www.tricities.org) for more information.
7. Do not use your phone during class unless it is an emergency.
8. Please let us know ASAP if you cannot come to class or will be late.



Points to Remember for Horse Leaders/Side Walkers/Trotters

Horse Leaders

1. Arrive 30 minutes prior to class time
2. Check tack assignment sheet
3. Have horse groomed, tacked, and warmed-up by start of class
4. Try not to talk to rider during the class (except for chat lap)
5. Walk ear-to-ear with horse, try not to pull on them or let them pull on you
6. Listen to the instructor
7. Listen to the rider
8. Untack horse
9. Put all tack away in proper place
10. Put horse away or leave tied for next class
11. Have a great time!

Side Walkers

1. Arrive 15 minutes prior to class time
2. Check tack assignment sheet
3. Wait for and greet rider
4. Help rider with helmet/gear
5. Stay with rider until called by instructor
6. Check with instructor about hand holds and how much help the rider will need
7. Chat during warm-up only
8. Give rider encouragement and help
9. After the session is done, help the rider put away their helmet
10. Return rider to parent (if appropriate)

Trotters

1. Arrive 15 minutes prior to class time
2. Ask instructor if they need help setting up the arena
3. Assist horse leaders with horse preparation as needed
4. Assist side walkers with checking in riders as needed
5. Assist instructor during the classes



Personal Volunteer Check-Off Sheet

Below are just a few things to make sure are checked-off so you are fully prepared to volunteer here at TROT!

- I attended and completed TROT's Volunteer Education Class!
- I received my TROT volunteer t-shirt!
- I paid for the Volunteer Education Class! (NOT REQUIRED)
- I activated my Wrangler account and became familiar with the program!
- I emailed or called TROT with my availability for volunteering!
- I liked TROT on Facebook and followed TROT on Instagram (trot3cities) to stay updated on events!
- I am excited to witness the power of horses and therapeutic riding! 😊