

HANDI-RIDERS OF NORTHERN CALIFORNIA, Inc.

www.handi-riders.org



A Premier Accredited Center

Introduction

Handi-Riders has been in existence since 1981 helping people with emotional, physical and cognitive challenges.

What do volunteers do?

During an 8-week session, volunteers assist the riders with mounting, riding (walking and trotting), in performing a variety of exercises on the horse, and dismounting. They do this by being Lead walkers and/or Side walkers. We also need Barn Volunteers to help with chores around the ranch.

Under the direction of a Certified NARHA Instructor, our volunteers provide a safe, secure and a greatly enhanced riding experience to children and adults with a variety of special needs. Minimum volunteer age is 14. Parents or guardians of volunteers under age 16 must be on the premises during classes.

Lead walkers are responsible for the horse, the **safety** of those around the horse, and must pay careful attention to class directives given by the instructor. Lead walkers should have extensive experience handling horses.

Side walkers are responsible for the student's comfort and **safety**. They must be aware of the student's balance at all times to make sure they stay centered on their horse. Side walkers assist the student directly in performing the tasks outlined by the Instructor. No experience is required.

Volunteers ready the horse for the lesson, grooming and tacking up, and care for the horse when the lesson is over.

For information on how to volunteer in our Spring, Summer, or Fall Sessions, please call the Handi-Riders' office at 530-533-5333, or e-mail hr.volunteers@foothill.net.