



2019 HRET Volunteer Application

Equine-Assisted Activities and Therapy (EAAT) Riding Program

“Empowering people through the spirit of the horse”

Holistic Riding Equestrian Therapy (HRET) program’s goal is to provide safe, fun, skill appropriate mounted EAAT activities for veterans or those individuals navigating life with special needs. **OUR BIGGEST NEED FOR VOLUNTEERS IS EVENINGS: MONDAY AND WEDNESDAYS AND MORNINGS: TUESDAYS AND WEDNESDAYS. THURSDAYS AM AND PM ARE ALSO NEEDED.** We do NOT currently teach on weekends.

Volunteer Requirements (for helping with classes)

- 14 years of age
- Complete a PATH training program provided by HRET
- Commit to a minimum 1 morning or evening shift per week & 2 sessions (8-12 weeks)
- Commit to a regular schedule
 - Example options: Monday and Wednesday evenings 4:30-7:15pm or Tuesday and Wednesday mornings 8:30-12
 - Consistency is essential to running a successful program. Riders start to trust and depend on their team and **CANNOT RIDE WITHOUT YOU!!!**
- Capable of physically meeting the qualifications for the horse leader or side walker position and walking for 45 minutes
- Have a willing, positive attitude and value teamwork
- Interested in becoming familiar with our horses and riding equipment
- Being comfortable around people with cognitive and/or physical disabilities
- Willingness to adhere to all policies, procedures, Kopping barn rules and HRET guidelines
- Purchase a t-shirt, long-sleeve, or jacket that has HRET logo to wear while volunteering

Types of Volunteers for Classes

Horse Leader (horse experience helpful but not required): responsible for controlling the equine during a session and/or preparing the equine for participation in EAAT. The horse leader must constantly listen to the instructor and must insure that the horse starts, stops, and turns when necessary, while simultaneously allowing the rider to be as independent as possible. When several horses are in the arena, the leader must make sure there is an adequate safe distance between horses. Leaders must be capable of focusing exclusively on their horse and reading the signs to predict behavior changes prior to them occurring.

Side walker: responsible for the rider during the lesson session. If two side walkers are required, one will be responsible for the rider upon arrival for lessons and see to it that the rider is safely back with parents/guardians after the lesson. Side walkers may assist with rider mount/dismount and are positioned to assist rider with balance or directions when needed. Side walkers may also need to provide the rider with physical support by using a thigh or ankle support and stay in communication with the horse leader. Side walkers take turns giving the rider instructions and will decide who will be the pitcher and catcher in the unlikely event of the need for an emergency dismount.

HRET VOLUNTEER APPLICATION

Name: _____ Email: _____
 Date of Birth: _____ Gender: M F Cell _____
 Home #: _____
 Home Address: _____
 City/State: _____ Zip: _____
 Volunteers Age (if Minor): _____ T-Shirt Size: _____

Parent or Guardian #1: _____
 Home Phone: _____ Cell: _____
 Email: _____

Parent or Guardian #2: _____
 Home Phone: _____ Cell: _____
 Email: _____

How did you hear about the program? _____
 Last Tetanus Shot: _____ Tuberculosis Test: Positive Negative
 Any Health Issues:

Allergies: _____
 Medications: _____

I am most comfortable participating as: (CIRCLE ONE)
 HORSE LEADER SIDEWALKER BOTH

NON Horse Positions: Don't want to help with the equine therapy sessions or can't commit to a class time? We need you too!

GRANT WRITING NEWSLETTER RECRUITMENT
 PHOTOGRAPHY/VIDEO BUDGET & FINANCES DATA
 ENTRY/OFFICE WORK FUNDRAISING

(Please note: HRET will assign you to the volunteer position most needed at the time you apply.)

HRET will be conducted at Kopping Farm Lemont, IL 60439. All volunteers must meet at Kopping Farm in the new arena loft area for lesson curriculum planning and horse tacking assignments 1 hour before each class. We will the proceed to secondary location for lessons.

Current Sessions:

Session I- 4 weeks

Weeks of Jan 27, Feb 3, 10, and 17

Session V- 4 weeks (Special Olympics)

Weeks of August 4, 11, 18, and 25

Session II- 6 weeks

Weeks of Feb 24, March 3, 10, 17, and 31, and April 17

Session VI- 6 weeks (Special Olympics)

Weeks of Sept 15, 22, 29, and October 6, 13, and 20

Session III- 6 weeks

Weeks of April 21, 28, May 5, 12, 26, and June 2

Session VII- 4 weeks

Weeks of Nov 3, 10, 17 and Dec 1

Session IV-6 weeks

Weeks of June 9, 16, 23 and July 7, 14*, and 28

*Monday class will be July 15 and Wednesday class will be July 24

HRET VOLUNTEER APPLICATION

Code of Ethics

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As a Volunteer, I Will: Listen carefully to staff members, respect my fellow volunteers, respect and support the decisions of Holistic Riding Equestrian Therapy (HRET) staff and board members in regard to the success of the program. I will keep well informed of developments and follow all policies relevant to my volunteer responsibilities, participate actively in volunteer trainings and assist other volunteers as they join. I promise to bring to the attention of the Volunteer Coordinator and or Program Director **only**, any issues that I believe will have an adverse effect on the organization or those we serve. I will help curtail any negative conversations or rumors, positively represent HRET in the community and always strive to learn how to be a more effective volunteer. I agree to follow all HRET and Kopping Farm policies, barn rules and procedures.

As a Volunteer, I will not: Criticize fellow volunteers or staff members or their opinions, discuss confidential issues with anyone, specifically rider information with **anyone** other than staff if necessary due to an event that I have been involved in personally. I will not interfere with the duties of staff members or volunteers or undermine their authority. **I UNDERSTAND THAT FAILURE TO COMPLY WITH ALL OF THE ABOVE MAY RESULT IN MY TERMINATION FOR THIS PROGRAM.**

In the space below, please describe your horse experience (if applicable):

Signature _____ Date _____

Submit application to: hretvolunteer@gmail.com