

GALEP

Galt Horse Assisted Learning & Enrichment Program

www.galep.org

Volunteer Orientation



Welcome to GALEP!

- Started in 2009
- Member of PATH (Professional Association of Therapeutic Horsemanship International)
- Affiliated with Galt Elementary School District
- Non profit
- 100% volunteer supported
- Includes both therapeutic riding and horsemastership programs
- Riding done at GALEP arena behind McCaffrey Middle School on Wednesday afternoons



Volunteer Roles

- Assisting students as they prepare for lessons
- Helping with horse related learning and activities
- Helping riders as a sidewalker
- Volunteering your horse or helping handle volunteer horses during lessons
- Grooming and tacking horses
- Arena set up and maintenance
- Administrative assistance, fund raising and community outreach



Volunteer Guidelines

- Wear clothes and shoes appropriate to the job
- No dangling jewelry or perfume
- Wear sunscreen and a hat or visor
- Stay hydrated
- Let the volunteer coordinator or instructor know of any health concerns



Horse Safety

- Students must have helmets and closed toe shoes before approaching horses
- Be calm and quiet around horses
- Keep horses separate in grooming area
- Keep at least 2 horse lengths between horses during lessons
- Stirrups should be run up when not in use
- Be alert to the horses expressions



Volunteer Leader

- Responsible for control of the horse
- Be alert and pay attention
- Listen to instructor directions
- Keep safe distance from other horses
- Use “halt position”
- In case of a rider fall or emergency dismount – clear the horse



Volunteer Sidewalker

- Responsible for the riders safety
- Instructor will indicate appropriate spotting method
- Help rider understand instructor's directions
- Assist the student with skills being taught
- Help keep rider's attention on instructor
- Assist with keeping mount walking



Spotter for Mounting

- Assist the instructor in mounting riders
- Assist the rider from the opposite side
- Hold down on stirrup when needed
- Receive the riders hips, leg and foot and makes sure riders leg clears the horses back
- Sidewalkers can also serve as spotter during mounting



Paddock Crew

- Responsible for riders before and after lesson
- Check in riders and prepare name badges
- Assist with helmets and boots & make sure of correct fit
- Convey messages/information from classroom teachers to riding instructor
- Oversee horse related learning in the waiting area (“Paddock”)
- Ensure safety procedures are followed



Getting Ready to Ride

- Students arrive from their classes and are seated in the waiting area
- Volunteers check in students and give them their name tag which has their helmet and boot size on it
- Riding assignments are posted on the white board in the waiting area
- Volunteers assist students with helmets and boots
- The instructor determines the order of mounting
- Students stay in the waiting area until their turn to mount



Mounting

- Equipment is checked and cinch tightened
- The horse is moved into the mounting area next to the ramp
- Spotters and sidewalkers move into position and a volunteer is stationed at the arena gate
- The instructor leads the student up the ramp and directs the mounting process
- The horse is then walked into the ramp or blocks
- Once mounted, the horse is moved to the arena where the rider's stirrups are adjusted
- Horses and riders will be instructed on warm ups to do until all the class is mounted. Be extra careful and safe while instructor is still in mounting area



The Riding Lesson & Dismount

- Lessons are about 30-60 minutes long
- Lessons may include stretching, developing and practicing a riding skill and games
- Once the lesson is complete, riders line up in the center of the arena for dismounting
- The instructor oversees dismounting of each rider
- A sidewalker accompanies the rider back to the waiting area
- Volunteers collect and disinfect helmets and boots
- Leaders return horses to the ready area where they are offered water, cinches loosened and any tack changes made



Emergency Procedures

- Medical emergency
- Emergency dismount
- Problems with the horse
- Loose horse
- Other



Volunteer Contacts

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