

HOW DO I BECOME AN

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# RDA VOLUNTEER

A quick, handy guide to the pathway you might take to become an RDA Volunteer, explaining how our groups will support you on your journey



## WHO CAN VOLUNTEER?

**Anyone over the age of 12 can volunteer with the RDA and there are many ways to help. No previous knowledge of horses is necessary and, beyond our hands-on equine activities, we have other roles available such as fundraising, governance, being a trustee, or publicity & PR...**



## 1. FIND YOUR GROUP

RDA groups come in all shapes and sizes: operating on different days; offering varying activities and working with any number of clients each week. The easiest way to find details of the groups that are nearest to you is to use our handy postcode search at [www.rda.org.uk/rda-groups](http://www.rda.org.uk/rda-groups)



## 2. GET IN TOUCH

Once you've found your local group, you can get in touch with a friendly group contact. They'll let you know when and where the group meets and how you can get started. They may invite you along to observe a session, to meet the team and see what kind of thing we do, so you know what to expect



## 5. TRAIN TO GAIN

If you're helping out in RDA sessions, you'll receive some basic training to help you get started. You may pick up skills 'on the job' with support from more experienced volunteers, or groups will provide training sessions. We'll keep a record of this on your RDA Green Card – a checklist of basic skills all volunteers need to have been trained in



## 4. SWOT UP ON SAFETY

At some point you'll need to read up on our key policies regarding health and safety, and safeguarding. It's really important that everyone in RDA stays safe, and you'll need to understand how we do this, and be familiar with the details



## 3. DO THE PAPERWORK

You will need to complete a volunteer application form and provide two references for us, and if over 16 you'll be asked to complete an enhanced disclosure check. Talk to your group contact about what this entails...



## 6. EVERYONE WINS!

Once you've completed your basic training, you can operate as an independent volunteer, comfortable without supervision. You'll continue to gain practical experience, building your skillset while helping our participants to achieve their goals. Ultimately everyone benefits!



## 7. THE NEXT LEVEL

The volunteer journey needn't stop there. Beyond supporting group level activities, there's a whole host of opportunities for RDA UK volunteers supporting groups at a national level. And, we also offer e-learning courses and volunteer workshops – you could even embark on the journey to become an RDA coach!



## HOW TO CONTACT US

National Office 01926 492915  
Visit our website [www.rda.org.uk](http://www.rda.org.uk)  
Email us at [mcobbler@rda.org.uk](mailto:mcobbler@rda.org.uk)



CONGRATULATIONS! YOU'VE DONE IT!



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