

LANARK COUNTY
Therapeutic Riding Program

Volunteer Registration Form

Thank you for being a volunteer!

YOU are a very important part of the Lanark County Therapeutic Riding Program!

Surname: _____ Given Name(s): _____ Date: _____

- New Volunteer:** (Please complete the following section)
 Returning (Please complete the following, **if there is any changes**)

Address: _____ <small>(Street)</small>	Postal Code: _____ <small>(City)</small>	
Phone: (H): _____	(W): _____	Cell: _____
Email: _____	Year of birth: _____	
Volunteer Experience (if any): _____ _____		
Experience with horses (if any): _____ _____		
Please provide two references:		
1. Name: _____	Phone: _____	
2. Name: _____	Phone: _____	
Emergency Contact Name: _____		
Relationship: _____	Phone Number: _____	

Please indicate your availability and check any area of interest:

<p style="text-align: center;"><u>Spring Session: May-June</u></p> <ul style="list-style-type: none"><input type="radio"/> Monday (early evening)<input type="radio"/> Tuesday (morning)<input type="radio"/> Wednesday (early evening)<input type="radio"/> Thursday (morning)	<p style="text-align: center;"><u>Summer Session: July-August</u></p> <ul style="list-style-type: none"><input type="radio"/> Tuesday (morning)<input type="radio"/> Wednesday (morning)<input type="radio"/> Thursday (morning)	<p style="text-align: center;"><u>Fall Session: September- October</u></p> <ul style="list-style-type: none"><input type="radio"/> Monday (early evening)<input type="radio"/> Tuesday (morning)<input type="radio"/> Wednesday (early evening)<input type="radio"/> Thursday (morning)						
<table style="width: 100%;"><tr><td><input type="checkbox"/> Leading horses</td><td><input type="checkbox"/> CanTRA Certification</td></tr><tr><td><input type="checkbox"/> Walking beside the rider (Sidewalker)</td><td><input type="checkbox"/> Fundraising activities/events</td></tr><tr><td><input type="checkbox"/> Winter boarding of horses</td><td><input type="checkbox"/> Schooling/Hacking horses (horse experience required)</td></tr></table>			<input type="checkbox"/> Leading horses	<input type="checkbox"/> CanTRA Certification	<input type="checkbox"/> Walking beside the rider (Sidewalker)	<input type="checkbox"/> Fundraising activities/events	<input type="checkbox"/> Winter boarding of horses	<input type="checkbox"/> Schooling/Hacking horses (horse experience required)
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LANARK COUNTY
Therapeutic Riding Program

Confidentiality Form

I agree to deal with all matters relating to the Lanark County Therapeutic Riding Program as well as client information, in a professional and confidential manner at all times. I am fully aware that this is a volunteer position & that no compensation, monetary or otherwise is expected.

Name of Volunteer (please print): _____

Signature of Volunteer: _____ Date: _____

Signature of Witness: _____ Date: _____

Photo Consent and Release Form

In consideration for the Lanark County Therapeutic Riding Program (LCTRP) continuing to provide services to the community, I hereby:

- a) Grant permission to the LCTRP and all members of its staff to take and use, for the purpose of instruction, publication in scientific journals, use on our web site and for other similar purposes, photographs or video tapes of myself.
- b) Release all claims on behalf of myself, my heirs, executors, administrators and assigns which I (or the said Student) may have against the LCTRP, its affiliates, and all members of its staff or the use of any photographs/video taken and used as aforesaid.

Name of Volunteer (please print): _____

Signature of Volunteer: _____ Date: _____

Signature of Witness: _____ Date: _____

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CONSENT FOR EMERGENCY MEDICAL TREATMENT

Name of Volunteer: _____

Emergency Contact: _____ Relationship: _____

Emergency contact phone: _____

Family Doctor: _____ Health Card Number: _____

This will give the authority to the Lanark County Therapeutic Riding Program Staff and/or other volunteers to look after the volunteer noted above. If any emergencies should arise in connection with the volunteer we are empowered to deal with such emergencies and make any decisions and to give any consent required by any doctor or hospital in case any medical treatment should be required.

WAVIER OF RESPONSIBILITY

Please read the following carefully and initial where indicated affirming your agreement:

I understand there are inherent **DANGERS, HAZARDS** and **RISKS**, associated with Equine Activities and injuries resulting from these **“RISKS”** are a common occurrence.

(initial)

I acknowledge that the inherent **“RISKS”** of Equine Activities mean those **DANGEROUS** conditions which are an integral part of Equine Activities, **including but not limited to:**

- The propensity of any equine to behave in ways that might result in injury, harm or death to persons on or around them and to potentially collide with, bite or kick other animals, people, or objects.
- The unpredictability of an equine’s reaction to such things as sounds, sudden movement, tremors, vibrations, unfamiliar objects, persons or other animals and hazards such as subsurface objects.

(initial)

We/I will not hold the Lanark County Therapeutic Riding Program liable should any accident occur while participating in the Program or any related activities thereof, in the company of a volunteer from the Program. It is understood that there are some potential dangers associated with horseback riding as outlined above.

We/I will not hold the Therapeutic Riding program liable should any accident occur while participating in the program or any related activities thereof, in the company of a volunteer from the Program. It is understood that there are some potential dangers associated with horseback riding as outlined above.

Volunteer Signature

Date: _____

Signature of Witness

Date: _____

LANARK COUNTY

Therapeutic Riding Program

Volunteer Job Description

Volunteers for the Therapeutic Riding Program have basically two jobs. If you have experience with horses and are comfortable around them you could either lead the horse or walk beside them during lessons.

- There are different things to consider when you are leading a horse with a disabled rider onboard who may have very poor balance and a short attention span. We will train and teach you how to lead safely.
- The other job is side walking beside the riders offering them both physical support as well as helping them to follow the directions the Instructor is giving them and keeping them focussed on the task at hand. Getting to know the riders to understand what help they need with and when they should be trying the task by themselves will come with time. The riders will be trotting at times during the lessons so sidewalkers and leaders may have to run/jog for short distances.

If you would like to help groom and tack up the horses you can arrive earlier to help get the horses ready.

Lessons take place in 3 sessions, Spring (May-June), Summer (July-August) and Fall (September-October). **If you are unable to attend your scheduled shift, please do your best to arrange with another volunteer to cover and inform the coordinator of the change.**

In the Case of Inclement Weather:

Unfortunately, we are not able to predict the weather, and at times we experience severe conditions that are unsafe for our participants, instructors, volunteers and horses. The riding location has an indoor arena that is available for our use; if it is raining, we will continue with our lessons indoors. If there is a humidex warning in excess of 38°C, we will NOT proceed with lessons. Also, please note: If there is thunder/lightening, we will cancel lessons. If we need to cancel lessons, we will make every attempt to give ample notice (i.e. by 7:30am for morning lessons and by 2pm for afternoon lessons). Please note that this is not always possible; we ask for your understanding.

If you have any questions please let me know or call me at 257-7121, ext. #3238.

Thank you for your interest in the program!

Amy Booth
Program Coordinator
www.therapeuticriding.ca



LANARK COUNTY
Therapeutic Riding Program

History of the Lanark County Therapeutic Riding Program

For more than 3 decades the Lanark County Therapeutic Riding Program has been providing specialized equine experiences to children and adults with physical and/or developmental disabilities. The Lanark County Therapeutic Riding Program began in 1985 with twelve young riders at one location. The program has grown to include more than one hundred and forty riders at two different stables in Lanark County. The LCTR is part of Lanark Community Programs and a part of Lanark Renfrew Health and Community Services.

Therapeutic riding emphasizes the learning of functional riding skills as a means of improving the physical and/or mental well-being of the participants. It encompasses disabilities categorized as orthopedic, neurological, and a broad range of others.

The Benefits:

The benefits of riding as both physical and mental therapy are widely accepted in Europe and elsewhere in North America. The physical benefits take place as the movement of the horse is transferred into the passive body of the rider. The three dimensional swinging gait of the horse causes the rider's pelvis, trunk and shoulder girdle to react in ways very similar to those of a natural human walking gait. The gentle movement of the horse encourages the rider to maintain good posture. The rider typically goes through a series of exercises that help to reduce spasticity, increase strength, coordination, flexibility, and muscle control. Imagine the feeling of riding a horse for someone usually confined to a wheelchair.

Cognitively, the riders develop their memory skills, ability to concentrate, communication skills, and the ability to plan and problem solve. As the rider's skills develop, their self-esteem and confidence increases and they are encouraged to set higher goals for themselves. They are thrilled when they learn to maneuver their horse through obstacle courses and compete in the games, races and activities during the riding lessons. The rider experiences success and accomplishment, which transfers into other areas of their lives as they realize they are capable of achieving challenging new goals.

The Participation of Volunteers:

The Lanark County Therapeutic Riding Program could not exist without its volunteers. This dedicated group assists during the riding lessons, help organizing fundraising events, and help with administrative tasks.

The program's volunteers come from a variety of backgrounds and age groups. We have everything from high school students who are doing volunteer work as part of their curriculum to retired people! There are a growing number of seniors and retired people who volunteer largely because they enjoy getting out for some exercise and experiencing the benefits and progress that the riders make during their lessons. Volunteer training sessions are given to new volunteers and there is an extensive training program for volunteers who are interested in becoming certified instructors.

We are members of the Canadian Therapeutic Riding Association and the Ontario Therapeutic Riding Association, The North American Riding for the Handicapped Association and the International Federation for Disabled Riding.



LANARK COUNTY
Therapeutic Riding Program

Location of Program Riding Stable

Directions to Fox Hollow Farm: 4655 Appleton Side Road, Almonte, ON K0A 1A0

From Ottawa: Take the Queensway west and exit onto Hwy 7 and follow to the Appleton Side Road exit. Turn right. Continue on Appleton Side Road to Fox Hollow Farm (on the left hand side).

From Almonte: Take Hwy 49 North, at the traffic circle turn right onto the Appleton Side Road. Continue on until Fox Hollow Farm (right hand side).

From Carleton Place: From Hwy 7 east, take the exit for Appleton Side Road. Turn left. Continue on Appleton Side until Fox Hollow Farm (left hand side).

Please DRIVE SLOW at the farm so as not to startle the horses and riders!!

Please let us know when you will be away or if you cannot attend your scheduled time.

Maria, Head Instructor & Coordinator: 613-267-6611 (Urgent calls: Cell 613-812-8484)

Fox Hollow Farm is not involved with the operation of the program so please contact us directly and not Fox Hollow Farm.

