



## WAYS YOU CAN VOLUNTEER AT R.O.C.K.

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Volunteering at R.O.C.K. is a great way to develop personal and professional skills. These skills include sensitivity awareness, creativity, problem solving and teamwork.

### The R.O.C.K. Team

Without volunteers, R.O.C.K. would cease to exist. Each session involves a team effort consisting of people and horses, working together to accomplish therapeutic goals. The R.O.C.K. team consists of:

- ♥ **Side Walker(s)** - In a hippotherapy session, the side walkers aid the therapist in the physical manipulation and support of the participant. These sessions tend to be very “hands on”. In a therapeutic riding session, depending upon the level of independence of the participant, the side walker may provide some physical support as well as emotional and motivational support. The ultimate goal of a good side walker is to encourage the participant to stretch, grow and develop to their fullest potential, while providing a safe environment. Side walkers work side-by-side with the instructor, **never leaving the participant’s side** without direction from the instructor.
- ♥ **Horse Handler** - In most cases, the horse handler will remain in control of the horse throughout the session. In some therapeutic riding sessions, depending upon the level of independence of the participant and at the discretion of the instructor, the horse handler **may or may not** have control over the horse. Regardless, the horse handler remains in constant awareness of the horse’s movement and behavior and is prepared to step in to take control of the horse at all times.
- ♥ **Horse Prep** - Volunteers assist with the grooming and the tacking of the horses before sessions. Volunteers are also responsible for keeping the tack room organized and for ensuring that all equipment is in proper working condition.
- ♥ **Team Leader** - Oversees the tack room, grooming area, stalls and horses during sessions. They also supervise the stable hands and horse handlers during grooming and tacking.

In addition to the team members in the arena, it takes many other volunteers, working on the sidelines, to make R.O.C.K. therapy sessions possible. These include:

- ♥ **Stable Hands** - Stable Hands take their direction from the Equine Manager, Facilities Supervisor or Team Leader. These volunteers assist with mucking stalls, cleaning the barn area and maintaining the facilities.
- ♥ **Office Volunteers** - Office volunteers answer phones, greet guests and families, communicate needs, assist the R.O.C.K. staff and help out with numerous office functions.
- ♥ **Special Event Volunteers** - Special Event Volunteers assist with the planning and execution of special events such as Barn Dance, Golf Tournament, horse shows, VIP tours, Horse Shoe Club committee, Appreciation Dinners and various fund raisers.

Most volunteers find that they prefer to “wear many different hats.” A typical day for a volunteer may include side walking in one session, horse handling in another, prepping horses or answering phones.

We would be delighted to have you volunteer with R.O.C.K.

Check the R.O.C.K. website ([www.rockride.org](http://www.rockride.org)) for upcoming training sessions.

For more information please contact:

Kali Moore

Volunteer Coordinator

[rockateer@rockride.org](mailto:rockateer@rockride.org)

1-512-930-7625