

WALKABOUT FARM THERAPEUTIC RIDING ACADEMY

Volunteer Opportunities:

Throughout the course of each week we benefit from the kindness and giving spirit of many volunteers at Walkabout Farm Therapeutic Riding Academy. Thank you! Individuals of all ages — from retired professionals, teachers and youth workers, to our amazingly generous youth, all coming together to share their skills and devotion to better the lives of the challenged members of their community.

We rely on our volunteers to assist our participants during the therapeutic riding sessions in a team approach. It is the guidance, safety and encouragement a volunteer provides that enhances the Therapeutic Riding session. With their help disabilities are challenged and new abilities are created. Therapeutic riding is a very volunteer intensive program. We require trained volunteers for each riding session with disabled participants to carry out each of the riding sessions. Anyone who is age 15 years or older may become a volunteer; experience with horses is an asset, although it is not a requirement. We provide hands on training for each volunteer position. Volunteering is an excellent way to begin learning about horses and interact with people that share the same interests. All that is required to become a volunteer is to have a passion for helping others, a clean criminal record and have a willingness to learn.

We ask for a minimum time commitment of about 2 hours. We can happily accommodate more hours, and/or more opportunities if you wish. You can choose a day and time that best fits your schedule. To volunteer in a Therapeutic Riding session, you will need to attend 'Orientation and Training'. You will learn Walkabout Farm Therapeutic Riding Academy Center policies and procedures and hands-on training in leading, sidewalking, mounting, dismounting, grooming and tacking up.

Volunteers are vital to the success of the program, some of volunteer positions are:

- Assisting in preparing the horses for riding (grooming, tacking up, lunging, etc.).
- During lessons, volunteer's sidewalk with the program's participants.
- Barn staff positions providing day to day care of horses and training.
- Volunteers (with adequate horse experience) lead the horses during the session.

We train volunteers to groom and tack horses, lead horses, and walk along-side participants, helping to support and stabilize them. Volunteers also participate in caring for our horses; maintaining our facility; helping with numerous administrative tasks; and assisting with special events and fundraisers.

Walkabout Farm Therapeutic Riding Academy volunteers can learn about power of the human-animal bond, the challenges faced by members of our community who are abled differently, living with mental illness and developmental delays all the while developing horse handling skills. We also offer the opportunity to increase physical fitness and to enjoy the social benefits of volunteering. When you volunteer with us you could become an important part of the lives of our phenomenal participants. For many of our riders, their time with their volunteers and their horse can be the most significant part of their week.

By volunteering at Walkabout Farm Therapeutic Riding Academy, you are helping to ensure that our participants will continue to benefit from the life enriching power and potential of therapeutic riding.

CONSIDERATIONS WHEN WORKING WITH PEOPLE WHO HAVE DISABILITIES

1. You will meet people with a variety of challenges: physical, emotional and intellectual. Each person will be unique in his or her own way.
2. All riders have abilities, skills, desires and dreams. While being aware of a person's needs, try and learn what their strengths are. This could be a sense of humour, patience, or a desire to help.
3. Provide support in a respectful way, and only when needed or requested. You can give too much support; experience is the ultimate teacher.
4. For those who have a hard time expressing themselves, behaviour can be a powerful means of communication. The more you get to know a person the better you can understand their behaviour. Anger does not always mean you are at fault.
5. Consistency of support can be very important. For those with emotional or intellectual challenges change is a difficult thing to deal with. If possible, try to work with a single individual as consistently as you can.
6. As a volunteer you may be working closely with people so you should be a role model of appropriate behaviour, competency, compassion, enthusiasm and uphold stringent safety standards.

Photo Release

Please check off ONE of the boxes below:

I hereby consent to and authorize I do not consent to and authorize

the use and reproduction by Walkabout Farm Therapeutic Riding Academy of any and all photographs and/or any other audiovisual materials taken of me/my son/my daughter/my ward, for promotional printed material, educational activities, exhibitions, or for any other use for the benefit of the programs run by Walkabout Farm Therapeutic Riding Academy.

Signature: _____ Date: _____

General Farm & Safety Rules

!!!!!!! There is a strict nonsmoking policy at both Briarwinds and Walkabout Farms. There will be absolutely no exception made to this rule !!!!!!!!!!!

- Listen to the staff and volunteers, follow their direction! Participants must be directly supervised and within arm's reach, always.
- **** Participants/volunteer's may need to be touched for mounting/dismounting/safety purposes. We respect a participant's/volunteer's personal space, however, in the event of an emergency and to prevent injury physical contact may be unavoidable. ****
- Keep all gates closed at all times. A loose horse is a dangerous horse.
- Teasing, taunting, harassing, or purposely annoying, scaring, chasing, or irritating the animals at the farm is strictly prohibited.
- Treat animals with respect. Use kind, even if direct, words with the animals. Anyone not being kind will be removed from them.
- Do not go into fields, barns, or stalls without direction from a staff member.
- Family members and guests must stay in designated area only. If you wish to go anywhere other than designated visitor areas, please check with a staff member first.
- Everyone must wear appropriate clothing and footwear for the environment.
- Do not give the animals any food without permission. (Despite what the animals may tell you!) Excessive treats make the horses pushy and rude.
- Except for service animals; No dogs are allowed on the property. Please notify staff prior to bringing the service animal to a session (farm dogs on site).
- Please allow our staff to conduct the session without interruption. When the session is taking place, please give the participants and staff room to work and without distraction. Please keep conversation quiet.
 - Horses often mistake fingers for food, they will test & taste objects given the opportunity, this behavior is different than 'biting' Chewbacca for example is an extra-large horse and careless with his mouthing, please keep your fingers safe! Hands to yourself unless a staff or volunteer is supervising you.
 - Horses may kick out or bolt if startled, make your presence known, avoid the rear end of the horse and maintain a safe distance when staff is not within arm's reach. Horses can behave unpredictably. Horses have good hearing, talk to them, let them know your approaching in case they are sleeping (JUST IN CASE YOU DIDN'T KNOW HORSES CAN SLEEP STANDING UP).

If you would like to take the next step toward becoming a Walkabout Farm Therapeutic Riding Academy volunteer, please contact Jennifer Semach owner and operator. Volunteers must be at least 15 years old to work in the riding arena. Volunteers who are at least 12 may help in the barn accompanied by a parent until they can demonstrate the willingness and ability to follow directions effectively.

Our volunteer's must

- Demonstrate the willingness and ability to follow all barn safety rules.
- Demonstrate the ability to complete given tasks independently.
- Treat all riders, participants, volunteers, farm owners, staff and animals with dignity, empathy and respect.

Volunteer opportunities not involving therapeutic riding sessions & care of the horses directly do not require attendance at a volunteer orientation, only registration and task specific training/information

Informed Consent for Equine Assisted Activities & Therapies Services

Walkabout Farm Therapeutic Riding Academy (WFTRA)

Name: _____ DOB: _____ Age: _____

Person Requesting Service: _____ Date: _____

Volunteer: _____

Equine Assisted Activities utilize the relationship between human and equine, through riding, horsemanship, and the physical movement of the horse for recreation and for the purposes of contributing positively to the cognitive, physical, emotional and social well-being of individuals.

Limitations and Potential Risks:

An equine activity sponsor, owner or equine professional is not liable for any injury to, or the death of, a participant in equine activities resulting from inherent risks of equine activities. Although WFTRA adheres to safety recommendations from the OEF & CanTRA, equines may be unpredictable and could spook, jump, rear up, break away, buck, bite, kick, knock into, or step on those around them.

It is important to alert owner operator Jennifer Semach if there are any pre-existing conditions that might make participation unsafe for you or your child. Such conditions could include asthma, allergies, or a health condition that would make being active outdoors unsafe. Furthermore, please alert the staff if you or your child has suffered any animal related trauma or have fear or discomfort around any animals.

Your services will generally be conducted outdoors, sometimes regardless of elements and will be with or around animals and the farm environment. You will need to be prepared for varying weather conditions and dress accordingly (see "Clothing" below). Drinking water is important year around so

make sure to bring a water bottle regardless of the season. There is no guarantee that a toilet will be available for use.

Occasionally program participants become so involved with the animals that they become possessive of those animals, and an atmosphere of competition rather than social cooperation develops. Participants may perceive that an animal has rejected them, usually because of unrealistic expectations of the animal's behavior toward them, and this can exacerbate low self-esteem. Death of an animal may generate intense feelings of grief and sometimes guilt in participants and staff. Our staff will provide mediation and support if any of the above-mentioned situations develop.

It is not unusual for volunteers to also be participants simultaneously.

During your session, an animal care provider, safety support staff or other volunteer may be present. If you are uncomfortable with this arrangement, please speak owner Jennifer Semach.

*There are also individuals who own and reside at the farm. Their residence is private and we ask that you do not approach their house without permission, we rent the barn only. These individuals may come and go during the course of a session, but will not interfere with a session or interact with the participants. Please do not enter the hayloft, garage, chicken coop, house without an invitation by the owner of the farm.

Acknowledgement of Receipt of Informed Consent

By signing below, I acknowledge that I have received or reviewed a copy of this Informed Consent document. I acknowledge that my signature below indicates that I have read the information included, have asked any questions needed, and am aware of the business practices and the risks and benefits associated with Equine Assisted Activities. I agree to abide by the terms and conditions stated in both documents.

*All volunteers must provide a criminal background & vulnerable sector check from the OPP before they start volunteering their time. Impairment from drugs or alcohol, is forbidden on our property at any time what so ever.

Volunteer Signature _____ **Date**

Parent/Guardian Signature _____ **Date**

Volunteer Information

Name of volunteer: _____ DOB: _____ Age: _____

Email: _____

Sex: ___ M ___ F Phone: _____ (cell) _____

(home) _____ (w) _____

Emergency Contact: _____ Phone: _____ Relationship: _____

1. Briefly describe your interest in volunteering at walkabout Farm Therapeutic Riding Academy:

2. Are you a student?

3. What goals do you hope to achieve by participating as a volunteer in our program?

4. Describe your work history:

5. Describe your strongest qualities and interests:

6. Have you had a negative experience with animals? If yes, please describe your experience.

7. Do you have any experience with horses? If yes please describe:

Equine Assisted Activities & Therapeutic Riding Liability Release Form

Including but not limited to program participants & volunteer's

This RELEASE FROM LIABILITY is made and entered into on this date of _____ of
20____ and contains NO expiration date, by and between: _____
(Participant/Volunteer)

and Walkabout Farm Therapeutic Riding Academy, herein after referred to as "WFTRA" and
_____, herein designated as "Participant", who hereby claims responsibility
for self and his/her agents, friends, family and any and all guests present on their behalf, and if
Participant.

is a minor, Participants' parent or guardian: _____ who hereby
claims full responsibility for Participant, in addition for Participant's agents, friends, volunteer's,
family and any and all guests present on their behalf. In return for the use today, and on all future
days, of the property and facilities that WFTRA uses and the services of WFTRA and any and all of
WFTRA's representatives. The Participant, his heirs, assigns, family, guests, and legal representatives
all herein referred to as Participant, hereby expressly agrees to the following:

- Participant understands there are risks in and around equine activities and has read the equine warning.
- Participant agrees to assume any and all risks involved within or arising from Participant's use of horses or presence upon property and facilities that WFTRA uses including, without limitation but not limited to: the risks of death, bodily injury, property damage, falls, kicks, bites, collisions with vehicles, horses or stationary objects, fire or explosion, the unavailability of emergency medical care, and/or the negligence and/or deliberate act of another person.
- Participant is responsible for full and complete insurance coverage on his/her property and him/herself.
- Participant agrees to hold WFTRA and all its successors, assigns, subsidiaries, franchises, affiliates, officers, directors, owners, partners, employees, tenants, landlords, volunteers, interns, and agents completely harmless and release them from all liability whatsoever and agrees not to sue them on account of or in connection with any claims, causes of action, injuries, damages, costs or expenses arising out of Participant's use of or presence upon horses, property, and facilities, including without limitation, those based on death, bodily injury, property damage, including consequential damages, except if the damages are caused by the direct, willful and wanton gross negligence of WFTRA.
- Participant agrees to waive the protection afforded by any statute or law in any jurisdiction whose purpose, substance and/or effect is to provide that a general release shall not extend to claims, material or otherwise, which the person giving up the release does not know or expect to exist at the time of executing the release.
- Participant agrees to indemnify and defend WFTRA and all successors, assigns, subsidiaries, franchises, affiliates, officers, directors, owners, partners, employees, volunteers, interns, and agents against and hold harmless from any and all claims, causes of action, damages, judgments, costs or expenses, including attorney's fees, which in any way arises from the Participant's use of or presence upon property and facilities that WFTRA uses.
- Participant agrees to abide by all of WFTRA's rules and regulations. Protective headgear is mandatory due to the inherent risks of equine activities.

Participant will wear protective headgear whenever mounted on a horse. • This contract is non-assignable and non-transferable and is made and entered into the Province of Ontario and shall be enforced and interpreted under the laws of this province. Should any clause be in conflict with Provincial Law, then that clause is null and void. When WFTRA and Participant (and Participant's parent or guardian)/or volunteer, sign this contract, it will be binding on both parties, subject to the above terms and conditions.

Disclaimer

The purpose of these standards is to educate program directors, program personnel/staff and the public regarding best practices and procedures followed within the therapeutic riding industry. These standards are voluntary. It should be understood that each standard or each part of every standard may not be applicable to all therapeutic riding programs. Further, these standards do not include every practice or procedure that might be desirable for or implemented by a program since the services, conditions, facilities and objectives of all programs are not identical. CanTRA does not suggest or infer that those who do not follow all of these standards or recommendations engage in unsafe practices.

I _____ dated _____ have read and understood this disclaimer.

Sport, Recreation and Leisure

In sport, the therapeutic riding program helps the rider to develop new skills or to improve existing skills. Sport activities involving the horse can be adapted so that they are accessible to people who have physical, intellectual, developmental, learning, sensory and/or psychological impairments. People with disabilities can derive therapeutic, psychological, educational and social benefits from their involvement in equestrian sport activities. These activities include riding, driving and vaulting as forms of recreation and competition.

Therapeutic riding instructors are the key individuals responsible for the design and implementation of equestrian sport programs for people with disabilities, currently there is no regulatory requirements for certification or instruction.

Equestrian activities can be adapted and used as recreation/leisure by people with physical, mental and psychological impairments. The emphasis is on enjoyable and relaxing experience that provides additional benefits in the areas of socialization and physical well-being. Individuals may participate in horse-related activities to their maximum abilities in an atmosphere of support and structure for the primary purpose of the intrinsic enjoyment of these activities

I have read the Equine warning and disclaimer of this liability release form. I fully understand and agree to this release.

_____ Participant's or volunteer's Signature

Participant's or volunteer's Printed Name _____

Parent or Legal Guardian Signature _____

Printed Name of Parent/Guardian _____

_____ Date

Walkabout Farm Therapeutic Riding Academy Medical Release Form

In the event that emergency medical aid/treatment is required due to illness or injury during the process of receiving services, volunteering or while being on the property of the agency, I authorize Jennifer Semach & Walkabout Farm Therapeutic Riding Academy and/or agents acting on its behalf to:

- 1) Secure and retain medical treatment and transportation if needed.
- 2) Release participant or volunteer records upon request to authorized individual or agency in the medical emergency treatment.

Name: _____ DOB: _____

Address: _____

Phone: _____ (c) _____ (h) _____ (w)

Physician's name: _____ Preferred Medical Facility: _____

Health Card: _____

Allergies to medications: _____

Current medications: _____

In the event of an emergency, contact:

Name: _____ Cell: _____ Other: _____ Relationship: _____

Consent Plan This authorization includes x-rays, surgery, hospitalization, medication, and any treatment procedure deemed "life-saving" by physician. This provision will only be invoked if the person below is unable to be reached.

Date: _____ Consent Signature: _____

Walkabout Farm Therapeutic Riding Academy (705) 455-2899