



## **Sidewalker Volunteers**

*Position Title:* Sidewalker

*Reports To:* Volunteer Coordinator & Clinical Director

*Needed Availability:* Monday - Friday

*Volunteering Summary:* The Sidewalker assists therapists with rider safety during mounting, riding and dismounting over the course of a 40 min therapy session. The Sidewalker assists therapists with set up and clean up of the environment and safety items before/after sessions.

### *Volunteer Duties:*

- Assist in set up of family waiting area and arena (as directed by OT)
- Gather safety equipment (belt & helmet) from shed. Assist with donning equipment if directed by OT.
- Ensure rider safety during mounting, riding & dismounting during therapy sessions.
- Maintain safety in the arena.
- Walk on the right side of the rider to provide stability and assist with therapeutic interventions as directed by the OT.
- Remain quiet during sessions unless specifically instructed by OT to provide input.
- Advocate for safety concerns on the right side of the horse.
- Comply with all Iron Horse volunteer policies.
- Work as a team with staff and fellow volunteers.
- Abide by HIPAA Confidentiality expectations while on/off property.

### *Volunteer Qualifications:*

- Sidewalker time commitment - we ask that Sidewalkers be able to commit at least one session a week. Sessions are usually 3-4 hours long, held in both the mornings and afternoons.
  - If unable to commit to a weekly time, we ask that Sidewalkers provide available times to be called in if needed.
- Sidewalkers must be at least 17 years of age. Exceptions to this can be made on a case-by-case basis dependent on circumstances.
- All Volunteers are expected to participate in Sidewalker training prior to their start date.
- Able to walk at least two, 45 min sessions consecutively.
- Be able to maintain weight of the arm at shoulder level or higher for sustained periods of time.
- Be able to lift up to 50 pounds.
- Be able to walk across uneven terrain for sustained periods of time, maintain balance and react quickly to movement from the horse to ensure client safety.

This is not an exhaustive list of Sidewalker duties, expectations or qualifications. This list is intended to demonstrate the general aspect of work being performed by volunteers in this position.