



Wellington Group

New Zealand Riding for the Disabled

Position Description

Sidewalker

- Position title:** Side walker
- Responsible for:** Ensuring the safety of WRDA riders
- Reports to:** Coach
- Qualification:** Applicable courses in NZRDA Training Syllabus for Volunteers and WRDA Introduction Course
The orientation sessions set out in the Safety Recommendations
Attend other courses from time to time eg. regional and WRDA level workshops
- Other requirements:** Physically fit and alert; matched in height and strength to rider
Able to complete an emergency dismount (appendix 1)
Ability to work as a team member
Interpersonal communication skills
Read and understand the Volunteers Package and Health and Safety Booklet
- Type of role:** Volunteer
- Responsibilities/duties:**
- Read rider card before the ride to check personal requirements
 - Check the information board before each ride
 - Learn how to help the rider achieve their goals
 - Actively assist the rider (as trained) during rides and unmounted activities
- Expected outcomes:** Actions, practices and communication endorse WRDA philosophy and mission statement, meet WRDA quality requirements and the privacy rights of riders, carers, staff and volunteers
- Parents/Caregivers
- Liaise with:**
- Other Volunteers
 - Coach

Other Information: SIDEWALKERS ARE RESPONSIBLE FOR THEIR RIDERS AT ALL TIMES

PLEASE DO:

- Learn the correct holding techniques for your Riders
- Handle Riders firmly and with confidence
- Ensure helmets are correctly fitted for your rider.
- Ensure riders waiting to ride are kept away from the arena and horses warming up.
- Encourage the Rider to do as much as possible themselves during exercises and games.
- Stay with Rider, in the event of a Rider falling off.
- Ensure, once Rider has dismounted (s)he leaves horse/arena safely after thanking helpers and pony.
- Ensure Rider's feet/legs are not digging onto horse's side.
- Be prepared to alert Leaders of problems with horse or Rider.
- Always put hand on hind quarters when walking behind horse to swap sides.
- Inform the Coach about anything you have observed about a Rider that may be important, i.e. change in behaviour, physical appearance or anything else you may be worried about.
- Keep Rider in field of vision and be alert to changes in posture or emotional state.
- Be relaxed and confident with Rider.
- Read Riders Card prior to ride and be aware of Rider's goals and aims.
- Learn part of horses, tack & grooming kit to assist Rider to learn them too.
- Encourage Rider to ride as independently as possible but advise Leader if Rider needs more assistance with directing/controlling horse.
- Advise Coach if a Rider pulls on the reins, as it may be decided to attach the reins to the halter rather than the bit, so as not to hurt the pony.
- Walk on opposite side to Leader if you are a single Side walker.
- If Rider is capable of holding reins, assist Rider with directing horse by holding the Rider's hands on the reins and showing them how to steer.
- Encourage the rider to listen to instruction, help to interpret these instructions if necessary.
- Be aware of the rider's progress and be prepared to gradually decrease the amount of help you give.
- Supervise independent riders closely and be ready to give assistance if they get into difficulty.
- Do not mount or dismount anyone without direction from the Instructor
- Know the arena terms and expressions (appendix 1)

PLEASE DON'T

- Sidewalk with hands in pockets
- Ever leave the Rider on the horse alone.
- Push the horse - avoid contact with the horse as much as possible.
- Use a cellphone during rides

Appendix 1:

EMERGENCY DISMOUNT - Guidelines

Procedure - Ensuring hands are free of reins and feet are free of stirrup irons

- i) with two Side Walkers and horse still - lift Rider's leg over the horse's neck.
- ii) with two side-walkers and horse not still - Rider is taken around the waist and under the arm and pulled off, preferably with the other side-walker throwing the leg over the horse's neck.
- iii) Reasons
 - i) Horse out of control, eg. shying
 - ii) Loss of balance that cannot be recovered
 - iii) Epileptic seizure

Arena - Terms and Expressions

Distances - The distance from one pony to another should be approximately 4 feet from tail to nose

Correction of Distances - Ponies should cut from one long side of the arena to the other long side to catch up. This avoids the need to stop, start, or go faster to catch up.

The Track - The course the pony takes around the arena.

The Outside Track - The rider rides close to the fence

The Inside Track - The rider rides about 5-6 feet away from the fence

Going Large - This is when a rider has performed a movement such as a circle and you wish them to go around the outside of the arena on the outside track again

Leading File - The rider in front of the ride

Rear File - The rider at the back of the ride

The Right Rein - Riding clockwise around the arena

The Left Rein - Riding anti-clockwise around the arena

Changing the Rein - Changing direction

Whole Ride - Everyone does something simultaneously

Commands - eg. Prepare to Trot On, pause, Trot On

Always use the rider's name before you give a command. This will alert them to what is required. Always try to get riders to pass right shoulder to right shoulder when coming face to face with others