

Animals as Natural Therapy

Group Activities

Volunteer responsibilities

BEFORE

Arrive 15 minutes before group arrives

Set up bales of hay or chairs in circle in meeting area.

Sweep meeting area and make sure it is free of hay and manure (if time sweep hay barn aisle.)

Dog poop search and rescue in parking area and barnyard

From ANT office:

Cold days: Drink supplies in purple tub (cups, spoons; cocoa if cold weather)

Electric Hot water pot (from brown cabinet on porch marked water pots (fill in kitchen 2/3 full and take to table next to tack room to plug in)

Hot Days: 10 gal. Orange Water jug filled from bathtub faucet in house (for filtered water)

Boxes of supplies for that group (nametags, koosh, journals, pens, kleenex etc.)

Handwashing:

Winter: from porch: large orange water container with spigot: 1/3 full of warm water from bath tub, antibacterial soap, paper towels.

Summer: open spigot slightly for outside sink, put out soap & towels and garbage bucket.

GROUP:

Sharing at physical & emotional check-in:

It's not about us. Be honest and brief without too much disclosure.

Generally we do not comment on another's feelings (unless they are cold and need to be offered a jacket or hat or gloves).

GROOMING:

Watch horse safety at all times. No standing in horse's personal space while chatting. Keep an eye on your horse at all times when client or yourself within their personal space. (12 -16 feet)

Assess while person cleaning if getting feet well cleaned, entire sulcus next to frog cleaned? no rocks. Assure client is following ANT's guidelines for

picking feet, not allowing horse to get frustrated with the time it may take some...assist to speed it up **before** horse getting bothered as needed. Perform final check with bare hand of all areas groomed for any dried sweat, dirt or scabs before allowing client to saddle, especially in cinch area. Do not leave an assigned client unattended unless asking another volunteer to watch safety until you return.

SADDLING:

Check underside of saddle pad for hay or shavings.

DO NOT TIGHTEN CINCH TIGHT, instructor will do that at time of mounting. Tighten cinch slowly being sure to not get any hair pulled.

Put helmet on before they bridle. Assist your client with helmet fitting (sits one inch above eye brows, snug head and chin strap) and boots.

RIDING: Stay with your client into the arena or round pen. Discuss with client, and instructor if necessary, to determine if you will lead horse and rider with rope, walk beside horse and rider without rope, or whether client will ride independently. If client is riding independently, go to the middle of arena and observe your client at all times. During a group lesson, assist your client individually to do what the group is asked to do if they ask/need help, review basic skills like holding the reins, taking up slack, V-thinking, clear communication, arena rules. Ask them to come to the middle if necessary so you can go over a skill or if there is a need to change strategy or discuss a frustration, etc. If the instructor asks you to assist temporarily with another client, tell your client this and then return to your client as soon as possible. ****Stay with your assigned client throughout the lesson for additional support to the client unless otherwise directed by the instructor.**

CLEAN UP:

Assure client is cleaning up horse's manure, tying up all straps and cinches properly before returning saddle to barn, cleaning grooming tools before returning to their boxes, bridles hung by poll of headstall, hanging tack correctly in tack room. (Ask them what they need to do rather than telling them when they forget something)

AFTER:

If your client has not cleaned up after their horse (grooming box and manure) please do so.

If evening lesson assist with feeding.

Report any horse health concerns to Sonja before leaving. (Leave note in kitchen if she is not home)

You are all wonderful!!! Thanks from animals and kids!!