



Lanark County Therapeutic Riding Program

Volunteer Registration Form - 2017

Name: _____ Date: _____

- New Volunteer:** (Please complete the following section)
 Returning (Please complete the following **if there are changes**)

Address: _____ Postal Code: _____
(Street) (City)

Phone: Home: _____ Work: _____ Cell: _____

Email: _____ Year of Birth: _____

Volunteer Experience: _____

Please provide two references:

1. Name: _____ Phone: _____

2. Name: _____ Phone: _____

Experience with horses? _____

Emergency Contact Name: _____

Relationship: _____ Phone Number: _____

Riding Lessons are held in the: (Please check the location and time you are available)

Spring and Fall 2017: Smiths Falls: Monday/Wednesday/Thursday/ Friday afternoon

Beckwith: Monday/Thursday: late afternoon / evening,

Tuesday/Friday: morning

Summer 2017: Smiths Falls: Monday/Wednesday/Thursday: morning

Beckwith: Monday/Thurs: late afternoon; Tuesday/Friday: morning

Please check any that are of interest

Leading horses

Walking beside the riders (Sidewalker)

Schooling/Hacking horses

Assistant Instructor Certification

Fundraising activities/events

Winter boarding of horses

I am interested in a: 2 hour shift 3 hour shift

Thank you for being a volunteer – the most important element of the Lanark County Therapeutic Riding Program...besides the horses that is!!



Lanark County Therapeutic Riding Program

Confidentiality Form - 2017

I agree to deal with all matters relating to the Lanark County Therapeutic Riding Program as well as client information, in a professional and confidential manner at all times. I am fully aware that this is a volunteer position & that no compensation, monetary or otherwise is expected.

Name of Volunteer: _____

Signature of Volunteer: _____ Date: _____

Signature of Witness: _____ Date: _____

Photo Consent and Release Form - 2017

In consideration for the Lanark County Therapeutic Riding Program (LCTRP) continuing to provide services to the community, I hereby:

- a) Grant permission to the LCTRP and all members of its staff to take and use, for the purpose of instruction, publication in scientific journals, use on our web site and for other similar purposes, photographs or video tapes of myself.
- b) Release all claims on behalf of myself, my heirs, executors, administrators and assigns which I (or the said Student) may have against the LCTRP, its affiliates, and all members of its staff or the use of any photographs/video taken and used as aforesaid.

Name of Volunteer: _____

Signature of Volunteer: _____ Date: _____

Signature of Witness: _____ Date: _____



Lanark County Therapeutic Riding Program

CONSENT FOR EMERGENCY MEDICAL TREATMENT - 2017

Name of Volunteer: _____

Emergency Contact: _____ Relationship: _____

Emergency contact phone: _____

Family Doctor: _____ Health Card Number: _____

This will give the authority to the Lanark County Therapeutic Riding Program Staff and/or volunteers on behalf of ourselves, to look after the volunteer noted above. If any emergencies should arise in connection with the volunteer we are empowered to deal with such emergencies and make any decisions and to give any consent required by any doctor or hospital in case any medical treatment should be required.

WAVIER OF RESPONSIBILITY - 2017

Please read the following carefully and initial where indicated affirming your agreement:

I understand there are inherent **DANGERS, HAZARDS** and **RISKS**, associated with Equine Activities and injuries resulting from these “**RISKS**” are a common occurrence.

(initial)

I acknowledge that the inherent “**RISKS**” of Equine Activities mean those **DANGEROUS** conditions which are an integral part of Equine Activities, **including but not limited to:**

- The propensity of any equine to behave in ways that might result in injury, harm or death to persons on or around them and to potentially collide with, bite or kick other animals, people, or objects.
- The unpredictability of an equine’s reaction to such things as sounds, sudden movement, tremors, vibrations, unfamiliar objects, persons or other animals and hazards such as subsurface objects.

(initial)

We/I will not hold the Lanark County Therapeutic Riding Program liable should any accident occur while participating in the Program or any related activities thereof, in the company of a volunteer from the Program. It is understood that there are some potential dangers associated with horseback riding as outlined above.

We/I will not hold the Therapeutic Riding program liable should any accident occur while participating in the program or any related activities thereof, in the company of a volunteer from the Program. It is understood that there are some potential dangers associated with horseback riding as outlined above.

Volunteer Signature

Date: _____

Signature of Witness

Date: _____



Lanark County Therapeutic Riding Program

Volunteer Job Description - 2017

Volunteers for the Therapeutic Riding Program have basically two jobs. If you have experience with horses and are comfortable around them you could either lead the horse or walk beside them during lessons.

- There are different things to consider when you are leading a horse with a disabled rider onboard who may have very poor balance and a short attention span. We will train and teach you how to lead safely.
- The other job is side walking beside the riders offering them both physical support as well as helping them to follow the directions the Instructor is giving them and keeping them focussed on the task at hand. Getting to know the riders to understand what help they need with and when they should be trying the task by themselves will come with time. The riders will be trotting at times during the lessons so sidewalkers and leaders may have to run/jog for short distances.

If you would like to help groom and tack up the horses you can arrive earlier to help get the horses ready.

Lessons take place in two different locations and in 3 sessions, spring, summer and fall.

Spring and Fall 2017:
Smiths Falls: Monday, Wednesday, Thursday & Friday afternoon
Beckwith: Monday and Thursday late afternoon (after 4pm)
Tuesday and Friday morning

Summer 2017:
Smiths Falls: Monday, Wednesday and Thursday morning
Beckwith: Monday, Thurs late afternoon & Tuesday, Friday morning

In the Case of Inclement Weather:

Unfortunately we are not able to predict the weather, and at times we experience severe conditions that are not safe for our participants, instructors, volunteers and horses. Both riding locations have indoor arenas available for our use; if it is raining, we will continue with our lessons indoors. If there is a Humidex warning in excess of 38°C, we will NOT proceed with lessons. Also, please note: If there is thunder/ lightning affecting the farm, we may cancel lessons. If we need to cancel lessons, we will make every attempt to give ample notice (i.e. by 7:30am for morning lessons and by 2pm for afternoon lessons). Please note that this is not always possible; we ask for your understanding.

If you have any questions please let me know or call me at 257-7121, ext. #3238. Please find the volunteer forms attached.

Thank you for your interest in the program!
Amy Booth

Program Coordinator
www.therapeuticriding.ca





Lanark County Therapeutic Riding Program

History and Background of the Lanark County Therapeutic Riding Program

For more than 2 decades the Lanark County Therapeutic Riding Program has been providing specialized riding lessons to children and adults with physical and/or developmental disabilities. The Lanark County Therapeutic Riding Program began in 1986 with just twelve young riders at one location. In 2015 we are in our twenty ninth season!! The program has grown to include more than one hundred and forty riders at two different stables in Lanark County. The Lanark County Therapeutic Riding Program is part of Lanark Community Programs and a part of Lanark Health and Community Services.

Therapeutic riding emphasizes the learning of functional riding skills as a means of improving the physical and/or mental well-being of the participants. It encompasses disabilities categorized as orthopedic, neurological, and a broad range of others.

The riders in the Lanark County Therapeutic Riding Program range in age from two to 73 years and have a wide variety of both physical and developmental disabilities including: cerebral palsy, spina bifida, Down Syndrome, stroke, spinal cord injury, amputees, sight and hearing impairments, learning disabilities and attention deficit hyperactivity disorder.

The Benefits:

The benefits of riding as both physical and mental therapy are widely accepted in Europe and elsewhere in North America. The physical benefits take place as the movement of the horse is transferred into the passive body of the rider. The three dimensional swinging gait of the horse causes the rider's pelvis, trunk and shoulder girdle to react in ways very similar to those of a natural human walking gait. The gentle movement of the horse encourages the rider to maintain good posture. The rider typically goes through a series of exercises that help to reduce spasticity, increase strength, coordination, flexibility and muscle control. Imagine the feeling of riding a horse for someone usually confined to a wheelchair.

Cognitively the riders develop their memory skills, ability to concentrate, communication skills, and the ability to plan and problem solve. As the riders skills develop their self-esteem and confidence increases and they are encouraged to set higher goals for themselves. They are thrilled when they learn to manoeuvre their horse through obstacle courses and compete in the games, races and activities during the riding lessons. The riders experience success and accomplishment which transfers into other areas of their lives as they realize they are capable of achieving challenging new goals.

The Participation of Volunteers:

No where is the community support for the Therapeutic Riding Program more evident than in its volunteers. The Lanark County Therapeutic Riding Program could not exist without its volunteer base. We are very fortunate to have a terrific team of more than forty five volunteers. This dedicated group assists during the riding lessons, transport riders to and from lessons, help organizing fundraising events, and help with administrative tasks.

The program's volunteers come from a variety of backgrounds and age groups. We have high school students who are doing volunteer work as part of their curriculum, retired people and active people! There are also a growing number of seniors and retired people who volunteer largely because they enjoy getting out for some exercise and experiencing the benefits and progress that the riders make during their lessons.

Volunteer training sessions are given to new volunteers and there is an extensive training program for volunteers who are interested in becoming certified as Assistant Instructors or Instructors through the Canadian Therapeutic Riding Association.

We are members of the Canadian Therapeutic Riding Association and the Ontario Therapeutic Riding Association, The North American Riding for the Handicapped Association and the International Federation for Disabled Riding .



Lanark County Therapeutic Riding Program

Location of Program Riding Stables

Smiths Falls Location:

Corner Stone Stables
368 Stone Road East
Port Elmsley, ON

Beckwith Location:

Ashland Farm
2262 Derry Side Rd.
Beckwith Twp.

Directions to Corner Stone Stables: 368 Stone Road East, Port Elmsley

From Smiths Falls take Hwy #43 towards Perth. Drive about 8 km to Port Elmsley and turn right on Stone Road East. Corner Stone Stables is about 200 metres on the left.

From Perth take Hwy # 43 or Craig Street about 8 km to Stone Road East. Turn left and Corner Stone Stables is about 200 metres on the left.

From Ottawa & Carleton Place take Hwy 417 to exit on to Hwy #7 to Carleton Place. Turn left onto Hwy 15 South towards Smiths Falls. At Franktown turn right onto County Rd 10 towards Perth. Drive to Richardson Corners and at church turn left onto Richardson Side Road. At 'T' intersection turn right onto Drummond Concession I to Churchill Road. Turn left and drive 8.8 km on Churchill Road to Hwy 43 at Port Elmsley. Turn left onto Hwy 43 and in 300 metres turn left onto Stone Road East. Corner Stone Stables is about 200 metres on the left.

Directions to Ashland Farm: 2262 Derry Side Rd., Beckwith Township, near Ashton

From Ottawa: Take the Queensway west and exit onto Hwy 7 and follow to the Cemetery Side Road exit. Turn left. Continue on Cemetery Side Road to the 9th Line stop sign. Continue across the 9th Line – the road becomes the Derry Side Road. Ashland Farm is about half a kilometer down the road on the left.

From Almonte: Take Hwy 49 North, at the traffic circle turn right onto the Appleton Side Road. Continue on until you cross over Hwy 7 where Appleton Side Road becomes the Cemetery Side Road. Continue to 9th Line stop sign. Continue across 9th Line – the road becomes the Derry Side Road. Ashland Farm is about half a kilometer down the road on the left.

From Carleton Place: From Hwy 7 east, take the exit for Cemetery Side Road. Turn right. Continue on Cemetery Side Road to the 9th Line stop sign. Continue across the 9th Line – the road becomes the Derry Side Road. Ashland Farm is about half a kilometer down the road on the left.

Please Drive Very Slowly at the farms so as not to startle the horses and riders!!

Please let us know when you will be away or if you have to cancel at the last minute because of illness, etc. Here are contact numbers to keep handy:

Maria, Senior Instructor, Coordinator Smiths Falls farm: 613-267-6611 (Urgent calls: Cell 613-812-8484)

Meaghan, Instructor, Coordinator Beckwith farm: Cell 613-552-1048