



VTRA
**VICTORIA THERAPEUTIC
RIDING ASSOCIATION**

Cart Driving Sidewalker Duties

The benefits of cart driving for the participant are improved co-ordination, balance, speech, communication, core strength, social skills, fine motor skills and gross motor skills. It also provides positive sensory stimulation. Our hope is the Cart Driving can fill the gap for people who love the wonderful world of horses but are unable to ride.

Training Requirements: Sidewalkers Cart Driving Training

Training Recommendations: Attend Sidewalker Training + Emergency Procedures Training yearly. Our practices and policies will change over time and attending these sessions ensures proper communication of these changes.

Before Classes Begin:

- Arrive 15 minutes prior to the start of the first lesson.
- Sign-in at the Clubhouse and put on your name tag.
- Check the Sidewalker Chalkboard to see which rider you have been assigned.
- Check the "Volunteer Tips Book" to learn more about your rider.

When Your Rider Arrives:

- Introduce yourself to the riders.
- Some riders will need help putting on their helmets, boots, and transfer belt while others will not. Ask your rider if they need help. This is also an opportunity to do a safety check.
 - Ensure that their jacket is done up properly,
 - They are wearing the proper boots or shoes,
 - They have no loose accessories,
 - They have no gum, candy, food, or drink or horse treats
 - Their helmet doesn't wiggle if they shake their head.
- Escort rider to the deck and stay with you rider while waiting to mount
 - While waiting you can help the rider prepare for their lesson by reviewing the horse words for "go" and "stop" or asking the rider to identify horses.

During the Lesson:

- The Sidewalker should never walk behind the cart for safety reasons.
- The Side walker walks alongside the vehicle or positions themselves in the arena, at the direction of the instructor.

The primary responsibility of the Sidewalker is to ensure the safety of the rider.

The Sidewalker also helps by keeping the rider's attention on the lesson, helping the rider to communicate, and offering encouragement to the rider.



At the End of lessons:

- Say goodbye to participants in a friendly manner.
- Ensure the participant puts their boots, helmet and belts back in the equipment room. Help connect participants to their ride home.
- Return your name tag and sign-out in the clubhouse.

