

If you would like to volunteer please complete the following form indicating your areas of interest.

NAME: _____

ADDRESS: _____

CITY: _____

POSTAL CODE: _____

PHONE (H): _____

(W): _____

- ◇ Horse Handler
- ◇ Side Walker
- ◇ Groom
- ◇ 1/2 Day Coordinator
- ◇ Web Host
- ◇ Marketing
- ◇ Special Events
- ◇ Fundraising
- ◇ Board of Directors



The Riding Program is held at
6917 Veyaness Road



T

o receive more information about volunteering, please call:

(778) 426-0506

or

e-mail: vrda@shaw.ca

**You may mail this form to:
Victoria Riding
for the Disabled
PO Box 412**

**Brentwood Bay, BC V8M 1R3
Visit our website at
<http://members.shaw.ca/vrda/>
BN #89034 1977 RR0001**



VICTORIA RIDING FOR THE DISABLED ASSOCIATION

6917 Veyaness Rd.

(777) 426-0506

vrda@shaw.ca

VOLUNTEER OPPORTUNITIES



The VICTORIA RIDING FOR THE DISABLED provides a therapeutic riding program for children and adults with disabilities to promote their physical, psychological and social well-being.

About VRDA



Victoria Riding for the Disabled Association has been operating since 1982. The organization is made up of a volunteer board, a small paid staff and many volunteers who through their dedicated contribution of time enable more than 150 children and adults with disabilities to ride each week.

Each rider in the program requires a minimum of usually two, but more often three volunteers; one person to handle the horse (Horse Handlers), and one or two people to walk beside the rider (Side Walkers), ensuring their safety by helping with balance, exercises and giving encouragement.

RIDING PROGRAM

VOLUNTEER POSITIONS

HALF DAY COORDINATOR

1/2 day coordinators greet riders and volunteers, assign volunteer jobs, help get horses ready, make sure coffee is made and more.

HORSE HANDLER

For those who love horses and have a great deal of horse handling experience.

Horse Handlers lead the horses and are responsible for the horse's behaviour and performance during the class. They may also be required to catch, groom and saddle up. Some physical fitness is necessary as running may be required.

SIDE WALKER

Like the sound of working in a horse environment but don't know anything about horses? Are you interested in working with Individuals with disabilities? Side Walkers walk beside the rider during the lesson to provide physical and emotional support and encouragement. Some physical fitness is necessary as running may be required.

GROOM

Grooms are responsible for catching, brushing and saddling, keeping the barn clean, putting tack away and more. Previous horse experience is necessary

Orientation and training sessions will be available for all volunteer positions.



Photo by Bruce Stotesbury



Classes are held from:

October—December

January—March

April—June

Class times are:

Mondays 9:30 - 12:30

Tuesdays, Wednesdays, & Thursdays

9:30—12:30

2:00—5:00

We ask for a three hour, once a week commitment to ensure that we provide a safe environment for our riders.

Other volunteer positions include:

- ◆ **Web Host**—maintains VRDA website
- ◆ **Marketing**—distributes posters and newsletters, speaks at special functions, attends public events
- ◆ **Special events**— works with a committee to help put on events such as horse shows, volunteer recognition lunches, and the end of year barbeque
- ◆ **Fundraising**—works with a committee to hold fundraising events. These may include: silent auctions, pledge events, polo matches, raffles and our annual Ride-a-Thon.
- ◆ **Board of Directors**— serve a two year term as a member of the executive or as a member at large.