

ADAPTIVE RIDING ROLES

Instructors are in charge of the lessons.

Sidewalkers are responsible for the participant before, during and after the lesson under the supervision of the Instructor. They may also help with preparing the horse and putting it away.

Sidewalkers

- Ensure the safety of the participant.
- Accompany participant into the arena, advise the Instructor if the participant's helmet is not secure.
- Assist Instructor with mounting, dismounting, stirrup adjustments, etc. as needed.
- Once mounted, walk beside the participant in line with their hip.
- May use any of a number of holds to support the participant as instructed by the Instructor.
- When using a hold, keep your thumb lined up with fingers to prevent injuring your thumb or inadvertently squeezing the participant.
- When supporting a participant be sure not to touch or lean on the horse.
- Ask the leader to halt the horse if there is a problem.
- Let the participant answer questions - they are here to learn!
- Give the participant enough time to process the Instructor's directions before repeating them - at least 10 seconds.
- Stay with the participant while mounted at all times.
- Change sides safely: One sidewalker at a time changes sides so the participant is never left unattended. If there is only one sidewalker, ask Instructor to stay with the participant while changing sides in front of the horse.
- Use hand over hand to help with the participant when directed to do so by the Instructor. Always ask if you can touch them and tell them what you are doing.
- Stay with the participant after dismounting and accompany them safely to their parent/caregiver.
- Inform the Instructor about unacceptable participant behaviour: e.g. spitting, hair pulling, swearing and kicking, so that it can be dealt with.
- Let Instructor know if you have concerns or suggestions about the participant you are working with, new insights are welcome.