



## **Tweeddale Group Riding for the Disabled Association**

### **RDA Session Volunteer role description**

#### **Aims**

The RDA session volunteer assists in the smooth and safe running of an RDA session by leading a pony, side walking with a rider or assisting the instructor during a session.

#### **Tasks and responsibilities may include any of the following**

- Lead a pony with an RDA rider, being responsible for the control and safety of pony and rider.
- Side walk beside an RDA rider to give them assistance and confidence.
- Be part of the mounting team at the start or end of the ride.
- Assist the instructor during the ride by putting out equipment, tidying equipment away, picking up manure and being an extra pair of hands during some of the activities.

#### **Additional Responsibilities**

- Understand the importance of the RDA Health & Safety procedures.
- Understand the importance of confidentiality.
- Be aware of the standards set for Groups by RDA National Office and the need to work to these standards at all times.

#### **Skills**

- Experience of handling ponies is essential for leaders, but not necessary for side walkers and arena volunteers.
- A certain degree of physical fitness is needed.
- The session volunteer works as part of a team.
- The session volunteer should be reliable and arrive to help on the dates and times agreed.

#### **Training**

- Every volunteer will be trained in all the tasks they are required to carry out to ensure they have the skills and confidence to fulfil their role.
- No volunteer will be expected to carry out their duties unsupervised until they are confident and skilled in these duties.
- The session volunteer will be supported by an instructor, and their skills and contribution to the group reviewed on a regular basis.

#### **Additional information**

- Volunteers are covered by the Tweeddale Group's public liability and personal accident insurance while working with the Group.
- Volunteers have to be 14 years or over. There is no upper age limit.
- Session Volunteers aged 18 or over or who have left school are required to complete a CRB check as they are working with vulnerable adults and children.
- Skills gained while volunteering enhance a CV and can improve employment prospects.