

## **Sidewalker & Coach Training Packet**

### **What is a Sidewalker and Coach Volunteer?**

#### **SIDEWALKER (Non-verbal part of support team)**

This individual will be responsible for:

1. Maintaining complete and accurate personal information on file in the office.
2. Wearing appropriate clothing per dress code guidelines
3. Arriving 30 minutes before beginning of scheduled riding session to meet with the instructor
4. Safety of the rider as directed by the instructor.
5. Walking and/or jogging beside the horse providing support to the rider as directed by the instructor.
6. Understand the role within the team as it may differ for each client but understands to limit communication directed at rider as this is the Coaches responsibility.
7. Following safety guidelines as detailed by [PROGRAM NAME].
8. Caring for tack and equipment in a manner to preserve its life of usefulness.
9. Adhering to all [PROGRAM NAME] policies and procedures.

#### **A volunteer must have the *following qualifications* to fill the position of SIDEWALKER:**

1. Be 16 years of age or older
2. Completion of a [PROGRAM NAME] Sidewalker/Coach Trainign and Skills Check Off and a minimum of one (1) additional refresher training session annually.
3. Aware of acceptable horse behavior and movement.
4. Ability to communicate with instructor, other volunteers, and participant.
5. Physically, cogntitively, and emotinally able to support a participant in an adaptive riding class.

#### **COACH (Verbal part of the support team)**

All Side-walker duties AND:

1. Use instructor's information to help vocalize instructions to rider
2. Encourage rider throughout class time
3. Explain instructor's instructions in a way that makes sense to the individual rider
4. Greet/wait with rider at the white sign in the waiting area
5. Check over the helmet fit of the rider
6. Escort rider to waiting area after class

#### **A volunteer must have the *following qualifications* to fill the position of COACH:**

All Side-walker qualifications AND:

1. Basic understanding of disabilities served.
2. Basic knowledge of appropriate coaching techniques.

### **The Programs at [PROGRAM NAME]**

- Adaptive Riding (recreational)- Adaptive Riding, Show Team, Games-Based
- Adaptive Horsemanship (recreational)
- Hippotherapy (therapy)
- Equine Assisted Learning (recreational)
- Equine Facilitated Mental Health (therapy)

### **The word “Therapy”**

- A majority of our programs are NOT therapy!
  - Only Equine Facilitated Mental Health and Hippotherapy are THERAPY because a state recognized, certified therapist is helping to facilitate the session
  - All other programs are RECREATIONAL
- What is ‘Therapeutic’?
- What is ‘Therapy’?
- Why do we use the word ‘Adaptive’ when referring to a majority of our programs?

### **Who is Served at [PROGRAM NAME]?**

- Most common disabilities served at [PROGRAM NAME]:
  1. Autism Spectrum
    - a. Low functioning vs. high functioning
  2. Cerebral Palsy (CP)
  3. Traumatic Brain Injury (TBI)
  4. Multiple Sclerosis (MS)
  5. Sensory Processing Disorders
- What is comorbidity?

### **Why Equine Assisted Activities?**

1. Movement of the horse
2. Sensory input
3. Life skills
4. Social skills
5. The one activity that is ‘theirs’
6. And so much more....

### **NOTES:**

## **Coaching & Side-walking Tips**

- How do you talk to someone with a disability?
  - Talking to a kid vs. adult
  - Simplifying instructions vs. 'talking down' to someone
- Processing time delays- incoming vs. outgoing information
- Internal vs. External Cueing and why use external
  - Internal cueing= straighten your back and sit up tall
  - External cueing = we are going to sit tall by stretching our head to the sky
- Benefits of using eye contact and count downs
- Cueing the rider at the right time (it's an art!)
  - Don't over cue (focus on one or two things)
- Importance of not talking over the instructor/negating what they just said
- When and why we use 'hand over hand' coaching
- Handling rider outbursts
- When to call over the instructor
  - Trouble getting a rider to correctly do something
  - Behavior outbursts
- The benefit of letting your rider make 'safe' mistakes
  - The harm of false praise
- The harm of false promises
  - Embrace the skill!
- The harm of false praise
- Importance of YOUR positive words

### **Things that are NOT your responsibility (yay!)**

- Parents asking about progress or why their rider did not do a certain skill
- Payments

### **Verbal Commands for the Horse:**

- |                        |                             |
|------------------------|-----------------------------|
| 1. Whoa = Stop         | 4. Canter (smooch) = Canter |
| 2. Walk On= walk       | 5. Easy = slow down         |
| 3. Trot (cluck) = Trot |                             |

### **The supportive holds at [PROGRAM NAME]**

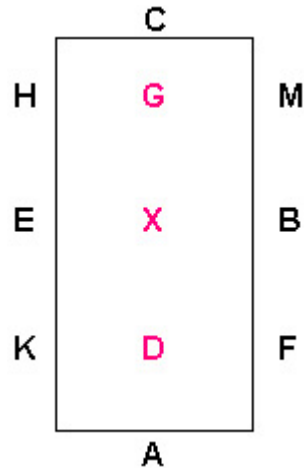
- |               |              |
|---------------|--------------|
| 1. Thigh Hold | 3. Heel Hold |
| 2. Cuff Hold  | 4. Gait Belt |

### **Notes:**

# Basic Arena Patterns

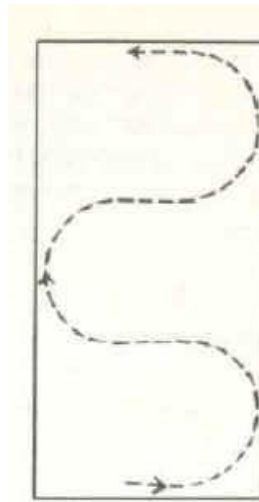
## Arena Letters

- Letters are commonly used in lessons. Please become familiar with their layout.
- 'X' is referenced the most in lessons since it marks the center of the arena



## Serpentine

- Number of loops in a serpentine can vary from three to five...or more.
- Note the straight line across the arena to each turn.
- Pattern: straight line-turn-straight line*



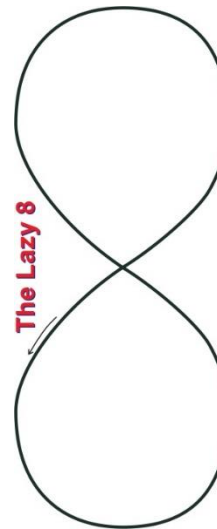
## Figure 8

- This pattern is basically two circles put together.
- Start this pattern in the MIDDLE of the two circles. The left and right half should be the same size



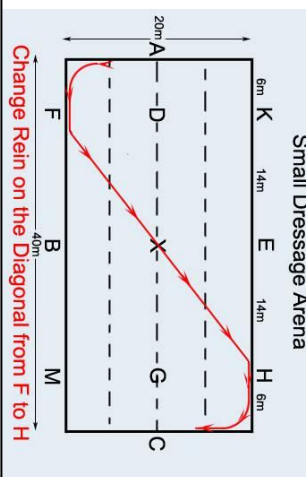
## Lazy 8

- This pattern is a more relaxed version of a figure 8. Often it is paired with an arena obstacle like a barrel
- Notice how each side is more oval than circle. The turns are not as 'harsh'.



## Change of Rein Across Diagonal

- Change of rein must 'originate' from second corner on the short wall.
- Image to the right is a common change of rein across the diagonal. There can also be a change of rein across a short diagonal.
- Letter practice:*
  - Change of rein F X H
  - Short change of rein across diagonal K to B



## Change of Rein on the Rail

- Change direction on the rail by turning towards the center of the arena ('x') then completing turn by heading back towards the rail.
- Please do not turn horse to tight during this exercise.
- Letter practice:*
  - Diagram to right shows a change of rein on the rail at F

### Barrel/Clover Leaf Pattern

Notice that you start and finish at the same spot.

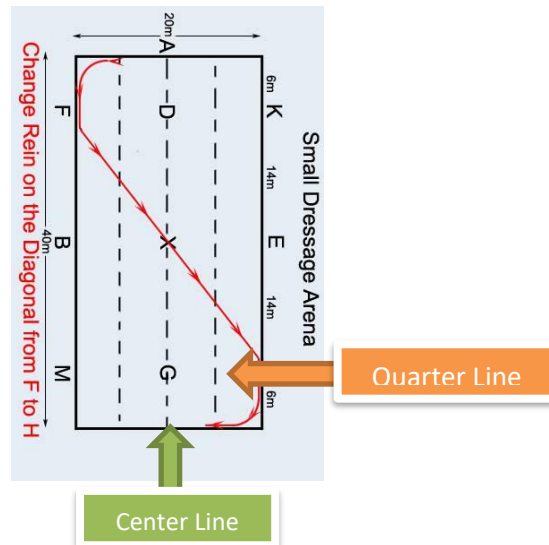
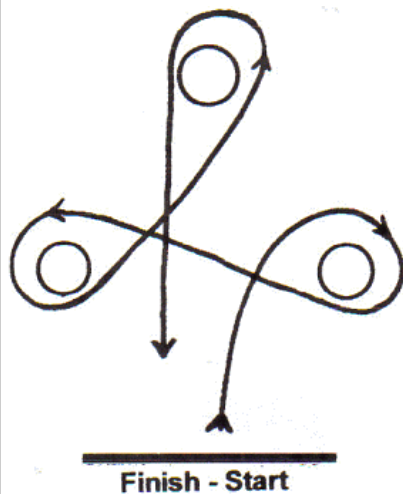
This pattern can be taken by doing a:

Right-left-left turn (as shown)

Or

Left-right-right

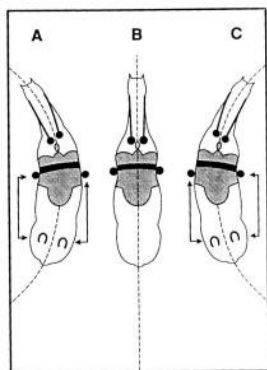
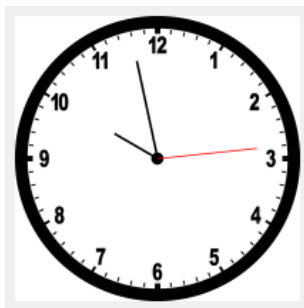
Take care not to turn too tight around the barrels for the horse and rider's safety and comfort.



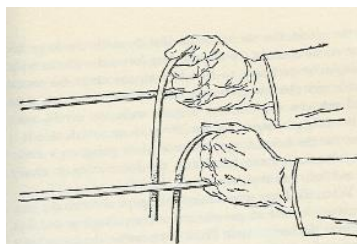
## Basic Arena Etiquette/Terminology

### Terminology

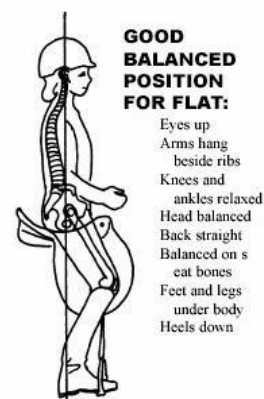
- **Tracking right**- Clockwise
- **Tracking left**- Counter clockwise



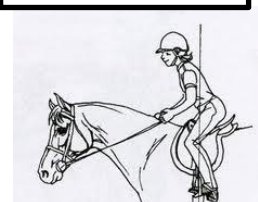
"Bending"



Holding the reins with two hands



Proper riding position



"2-point"

- **Inside/Outside rein**- Typically, the inside rein is towards the middle of the arena. Outside rein is towards arena rail.
- **Trot (jog)**- 2 beat (1-2-1-2) gait of the horse that is faster than a walk. Riders can sit or post this gait. This is similar to a human jog

