

Prancing Horse, Inc.
Center for Therapeutic Riding

P.O. Box 327, Southern Pines, NC 28388 Phone: 910-246-3202
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Steps to Sidewalker Success: Key Reminders

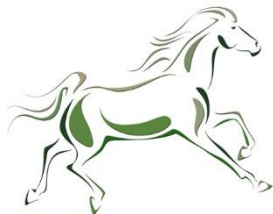
DO:

- ✓ Assist the rider as needed
- ✓ Realize you are important!
- ✓ Be an extension of the instructor
- ✓ Make position corrections as needed
- ✓ Allow the rider 10-15 seconds to respond
- ✓ Ask the instructor what type of hold
- ✓ Have the same hold on both sides
- ✓ Allow the inside sidewalker to do the talking
- ✓ Stay at the rider's leg
- ✓ Only talk to the rider on the trail or during "down" time about unrelated topics
- ✓ Run the stirrups up after the lesson
- ✓ Assist your rider back to parents/teacher
- ✓ Tell the instructor what you observe!

DON'T:

- ⊗ Talk to other volunteers about unrelated topics
- ⊗ Talk to the rider about unrelated topics (**trail only**)
- ⊗ Perform a hold incorrectly- defeats purpose
- ⊗ Perform a hold when it is unnecessary
- ⊗ Leave the rider for any reason
- ⊗ Bend down or walk away to pick up toys and objects
- ⊗ Do everything for the rider
- ⊗ Walk behind the horse during the lesson

You are vital to the success of our program! Thank you for volunteering!



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