

## THE SIDEWALKER

### **STARS Mission:**

*The purpose of the Special Troopers Adaptive Riding School, Inc. is to provide persons with disabilities with an animal-oriented therapeutic, rehabilitative and recreational program that will contribute to their physical and emotional health.*

### **History:**

STARS remains one of the most unique programs making a real difference in the Siouxland region. With the credibility and experience of our over 40-year history, STARS remains highly-efficient and financially solvent while continuing to initiate remarkable and significant change in our community. Since its inception by Sue and Dr. Mark Wheeler in 1984, STARS has quietly grown from small start-up program to one of Siouxland's most established nonprofit organizations, while also becoming one of the oldest Equine Assisted programs in the nation. Today, demand for our specialized form of animal-assisted services is growing by leaps and bounds.

Volunteers are critical to the success of the program and for the safety of the participants. Without the sufficient number of volunteers, participants will not be able to safely ride in class.

Please notify STARS as soon as possible for any absences by texting (712.239.5042) so a replacement may be found.

### **Your Main Responsibilities as a Sidewalker:**

- ❖ To provide **safety** to the participant through correct sidewalking techniques (which you will learn during your hands on training)
- ❖ To keep your attention on the participant at all times
- ❖ To provide appropriate verbal cues & feedback to the participant
- ❖ To allow the participant to be as independent as possible



### **Important Reminders:**

- ❖ Please arrive at least 10 minutes before the class starts to greet your participant
- ❖ NEVER for any reason, leave the participant's side
- ❖ Always keep an eye on your participant's emotional & physical status
- ❖ Allow & encourage the participant to do as much as possible on his/her own
- ❖ Help only when the participant cannot do it alone
- ❖ Please listen to the instructor's directions & accept suggestions willingly
- ❖ Please keep all side-conversations to a minimum
- ❖ Maintain your proper body position & avoid leaning on the participant & horse
- ❖ Always think about the participant's safety 1st
- ❖ If you have any questions, please don't hesitate to ask at any time
- ❖ Please keep cell phones off during class or leave in vehicle
- ❖ Please dress appropriately (*comfortable* closed toe walking shoes & clothing that is both barn & weather appropriate)