

The Diamond Centre **for Disabled Riders** **Getting** **Started**



www.diamondcentre.co.uk



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0208 643 7764

Welcome Message from **Claire Snowdon**

Chair of Trustees



We've been providing equine therapy to children and adults, with a wide range of disabilities of all ages, backgrounds, and experiences since 1974 in Carshalton.

Whether you started volunteering with us recently or have been with Diamond for many years, we really value your contribution. We couldn't do it without you and look forward to what we can achieve together in the future.

We want to do all we can to help you settle into your role. You can get in touch with the Volunteer Working Group at any time, and we are all here to support you every step of the way.

Welcome to the volunteer team!

Meet your Volunteer Working Group



Ffion Curtis



Eve Curtis



Kate Gordon



Claire Agius



Rosemary Stuart

If you have any questions, please come and find one of us!



Our Safeguarding Officers

Safeguarding refers to the proactive approach to keeping children, young people and adults at risk, safe from harm.

RDA places the highest priority on safety and enjoyment, and recognises that it has a duty of care to those taking part as well as promoting their welfare by taking all reasonable steps to ensure risks of harm are minimised.



Kate Gordon



Maz Ray



Carol Bedwell

If you have any concerns about a participant or another volunteer, please talk to one of the Safeguard Officers.



What to Wear:

Sturdy boots

- ☒ Trainers give no protection from clumsy hooves.

Layers

- ☒ It can get cold in winter, but you get warm leading!
- ☒ Wear appropriate clothing for the seasons!

Shoulders covered

- ☒ No strappy tops

Hair tied up

- ☒ If hair is shoulder length or longer, it must be tied up.

Avoid strong perfumes

- ☒ These can be upsetting for some participants.

Be aware that hanging jewellery

- ☒ These can get caught or be grabbed.



Arriving

Which door you use to enter on your volunteer day depends on your slot.

Early Risers will enter through the back door. This will be shown to you at the Induction.

You get to this door from the car park, by going down the side of the building, and walking through the little brown gate and the door is on the right.



Volunteers who come in for lessons will enter through the front door.



Signing In:

When you come in for your volunteering session, it is important to sign in.

The register is located in the reception window. All you need to do is find the session on the day you volunteer, and tick yourself in.

If you have a holiday booked, or know you cannot attend a certain day, please mark yourself as away as early as possible.



When you are entered into the register, you will also be invited to join the WhatsApp group for the time you volunteering.

These groups are for us to contact you about any changes to your volunteering sessions.

It may also be used to inform us if any last minute cancelations.



Fire Drill:

The fire meeting point is in the car park.

If there is an alarm, the best procedure is to listen.

Whether this be to the coach if in a lesson or a member of staff if on the yard, or head to your nearest fire exit (all of which are labelled).



What3Words:

In case of an emergency, use our What3Words to tell the emergency services how to find us. These are:

modest.cheese.basket



Buddy System:

When you start, you will be working alongside a **Buddy**.

Your Buddy will show you the ropes, and be there to support you for as long as you need while volunteering.

If in doubt at any time, don't be afraid to ask your buddy, coach or a member of staff for help - no question is too trivial!



Horse Risk Assessment

We have a risk assessment for every horse on the yard. This is in the form of a traffic light system.



GREEN: Friendly



AMBER: Be Aware



RED: Take Care

All of our horses are great at their jobs, but a few have certain requirements and needs. These are displayed on the side of their boxes. If in any doubt, ask a member of staff.



For helpful videos on leading, tacking up and untacking and preparing for lessons, scan the QR Code below to take you to the Volunteer Training Section of Website.



Quick Guide to Happy Horses

Ears RELAXED: Content

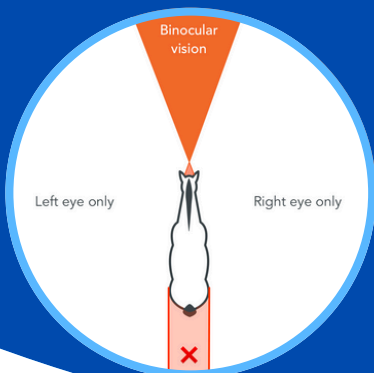


Ears FLAT BACK: NOT Happy



Always move calmly and slowly around the horses.

Let them know where you are when working around them - sudden movements are scary.



Horses have monocular vision. This means they have a blind spot directly behind them.



How to Hold a Lead Rope Safely

When leading, it is important to have a safe lead rope! This means:

- ☒ Arms are relaxed
- ☒ No tension along the rope
- ☒ Two hands on the lead rope

A safe lead rope looks like this:



It is important to not wrap the lead rope around your hand.

If the horse was to pull, you could hurt your hand.



When in Lessons

Keep movements smooth - nervous riders will feel unbalanced at sudden halts or walk-ons. Being aware of your rider's balance, and be prepared to halt gently and safely, for your coach to come over.



For the horse to walk out, you must try to stay at their shoulder and not get in front of the horse's head.

Keep a horse's distance between you and the horse in front.



Always take wide turns! - If on the centre line head straight to the track then turn left or right, as directed by the coach.

For more information, see tutorials on our website.



How to Tie a Quick Release Knot



1. Make a small loop with your lead rope through the baling twine or safety ring

2. Twist your loop 540 degrees or 3 times



3. Grab the tail of the rope and pull another loop through the first



4. Keeping hold of the loop, tighten the knot till its snug



5. Quick release knot is done!

6. There should only be about a foot between the horse and the knot



**Miss them
when you are
not here?**
**Follow us
on...**



The Diamond Centre for Disabled Riders



diamoncentre_disabledriders



<https://www.diamondcentre.org.uk/#>

We look forward to seeing you soon!



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