



Ride On St. Louis, Inc.
Equine Assisted Activities and Therapies

Thank you for your interest in Ride On St. Louis

Thank you for your interest in Ride On St. Louis. We have a variety of ways to volunteer with our organization, depending on your interest and abilities. Sidewalkers are the most important volunteers for our organization. Our program consists of 2-3 riders at a time, each one requiring 2 sidewalkers, a horse leader, and a therapist or instructor. In order to be a sidewalker, it is mandatory that you attend Training Day. These are scheduled 2-3 times a year. We always have a need for maintenance in and around the barn area, our pastures and arenas. Each year, we schedule 2-3 Work Days in order to keep our facility clean and maintained. Usually, 50-70 volunteers are needed for Work Days. We also have a variety of fundraisers throughout the year that require energized and creative volunteers.

Our sessions run in the fall and spring for 8-10 consecutive weeks. We have daytime classes on Mondays, Tuesdays, and Thursdays, and we have late afternoon/evening classes on Wednesdays. Our summer session runs the month of July for 4 weeks, Monday through Thursday. As a volunteer during a session, we ask that you commit to sidewalking for all 8-10 weeks (4 weeks during summer), as consistency is important for our riders. If a sidewalker cannot make a class, we ask for as much notice as possible in order to find a sub for that rider. If we have more sidewalkers than we need for a class, we would ask for your help in other areas around the facility, i.e. picking up manure, picking up sticks/gumballs in the pastures, etc.

Our volunteers must be 14 years of age in order to be a part of our program.

If you have any questions at all, please feel free to call us at 636.464.3408 or you can e-mail us at info@rideonstl.org. We thrive because of our volunteers, and we would appreciate your involvement in our program.

Blessings,

Susan Hoffmann
Volunteer Coordinator

