

North Country R.I.D.E.			Volunteers Needed: 8
VOLUNTEER POSITION		AGES	WEBSITE
Incredible Exchange Volunteer		13-14-15	www.northcountryride.com
LOCATION	VOLUNTEER TIME NEEDED:		
North Country RIDE 180 Hatinen Road Esko, MN 55733	Mon. 8 am to 6 pm Tues. 8 am to 6 pm Wed. 8 am to 6 pm Fri., Sat., and Sun. not available.	Thurs. 8 am to 6 pm	
VOLUNTEER ACTIVITIES			
<p>North country RIDE provides equine facilitated activities to people with life challenges. Our biggest volunteer use is in classes by leading a horse, sidewalking with a client, or assisting the instructor in teaching. In addition to class-time, volunteers help out in the barn and with general horse care of our herd. For those interested in spending time inside, there is always need for help organizing and cleaning our arena and office area. Throughout the year, we also plan several special events to help fund-raise for our facility (Ride-A-Thon, Fall Dinner Dance, Playdays, etc.) and ask for volunteer help in planning and executing these events. There are many ways to get involved, so if you don't mind getting your clothes full of horse hair and your boots a little smelly, give us a call!</p>			
SCHEDULING AND AVAILABILITY			
<ul style="list-style-type: none"> The farm is located about 18 miles from Duluth, so reliable transportation is required. If you are an unable to make it for your volunteer time, please call the office asap so we can fill your spot. 			
VOLUNTEER QUALIFICATIONS		RESTRICTIONS AND REQUIREMENTS	
<p>Volunteers are vital to our riders being able to participate in classes, so we ask that volunteers be:</p> <ul style="list-style-type: none"> dependable and on-time for their scheduled shift. able to listen and follow direction from the instructor. willing to communicate with the instructor and other volunteers. horse experience is a plus, but not required. 		<ul style="list-style-type: none"> Must be willing to follow directions and safety codes around the horses, volunteer orientation is required before participating in classes. (TBA) Dress code: no open-toed shoes including flip flops, no shorts (capris OK), no low cut tank tops or clothing with profanity or questionable writing. Due to this being Minnesota, we recommend that people be prepared and bring a jacket or sweater in case the weather changes. Ability to lift 30 lbs. and walk for up to an hour. There is a no cell phone policy during volunteering. 	
THINGS TO CONSIDER			
<p>If you have hay allergies, volunteering in classes or out in the barn are not recommended. We are a working horse farm, so in addition to classes, there is a lot of general labor involved. We want our volunteers to have a fun time while they're here and to enjoy working with the clients and horses, but there's always hard work to go along with a good time!</p>			
CONTACT INFORMATION:			
Contact	Mentor(s)	Phone	E-mail
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