

HORSEPOWER VOLUNTEER FAQ

Who Can Volunteer?

People from all walks of life become **HORSEPOWER** volunteers. Moms, dads, teens, retired people, people with horse backgrounds or people without – anyone with a little time and a desire to become a part of our family-are all welcome. Come join us and learn about horses, help people with disabilities, give to your community and make new friends along the way! We accept ages 11-13 volunteering in the barn with a parent. Ages 14 and up can join barn team or become a Sidewalker without a volunteering parent. Ages 16 and up with experience, can be trained to handle horses.

How do I get started?

It's easy, schedule your tour today! Please contact our Volunteer Coordinator by email volunteer@horsepower.org or call the office 336-931-1424 for more information, tour schedules, and opportunities. You can also visit the [Events page](#) on this website to find out about upcoming special events.

Are there trainings involved?

Yes, once you have completed your tour and decided on Barn team or Sidewalking you will attend an orientation/ training. Then sign up for the time that best suits your schedule. You can become a regular (what we prefer) and have a set day/time, or you can be a fill in.

Becoming a horse leader (Part 1 or 2) is a volunteer opportunity you may sign up for once you have been trained and volunteered for Barn team or Sidewalking, if you have reasonable horse experience, and are over the age of 16.

What's in it for me?

We hope that everyone who volunteers gets something positive out of their experience. Here are a few benefits our volunteers have shared with us:

- Learning the value of helping others
- Developing a sense of civic responsibility and awareness of our community's needs
- Feeling of self-worth and inflated self-esteem by accomplishing something worthwhile
- Building and improving "teamwork" skills
- Enhancing social, communication, and physical skills
- Developing problem-solving skills
- Enhancing awareness of diversity and developing mutual respect
- Building leadership skills
- Enjoying the great outdoors
- Interactions with horses provides therapeutic benefits to all involved