

Volunteer Opportunities



SPIRIT

OPEN EQUESTRIAN PROGRAM INC.

Thank you for your interest in volunteering at SPIRIT
Open Equestrian Program!

OUR SCHEDULE IS:

Therapeutic Riding Support: Monday-Thursday
5-8PM and Saturday 9AM-12PM

Hippotherapy:
Friday 4:30-7:30PM

Farm work:
Monday-Friday 7:30-9:30AM

BEFORE YOU BEGIN WE WILL NEED THE FOLLOWING:

For all volunteer applications, please click the links below to fill out the
Waivers and the Registration Form.

[**SPIRIT Waiver**](#)

[**Frying Pan Farm Park Waiver**](#)

[**SPIRIT registration form**](#)

For volunteers over 18, we require a background check in order to work
with the clients. Once we receive the Waivers and Registration, we'll
send a link via email for the background check. *Please note - the cost of
a background check is \$40.*

FAQ

Who can volunteer?

Anyone! Volunteers must be 14+ years or may be younger if accompanied by an adult.

Do I need horse experience?

No! SPIRIT will provide all training and mentoring needed to prepare you for your volunteer role.

What do volunteers do?

Volunteers assist with horse care, farm work, program support or administrative tasks. Talk to our volunteer coordinator to discuss your areas of interest!

Can I get service hours for volunteering?

Yes! SPIRIT is happy to track and verify service hours for our volunteers, please send your hours to spiritvolunteers@spiritequestrian.org

What should I wear?

Please dress for the weather, and plan to be outdoors. Bug spray, sunscreen and a hat in the summer, layers in the winter - bundle up and be sure to bring gloves, wear boots. The stables/indoor arena help protect us from some elements but many volunteer activities will be outdoors. Closed shoes - toes and heels - are a must no matter the weather. Preferably shoes that are waterproof and you don't mind getting dirty!

What should I bring?

Your personal items can be left either in your car, or in one of our storage areas. Hats, bug spray, sunscreen, gloves, water etc are all good ideas.

What will my volunteer shift look like?

Program Support:

5:00-5:50PM - Horse care and lesson preparation. We will bring horses in from the field, muck stalls/field, feed horses, do any other needed farm chores, groom and tack horses, and give out volunteer assignments. We typically depart for the arena by 5:50.

6:00-6:45 & 7:00-7:45 - Lessons. Listen to the directions of the instructor, you may be side-walking (supporting) a student, or leading a horse (dependent on your experience). Lessons occur in the arenas (sand) or out on trails (mostly gravel, some grass).

7:45-8:15 - Close down. Horses will be untacked, groomed, and prepared to go back out into their field for the evening. Please listen for any special directions

from the lead instructor.

Farm Support:

Farm volunteers assist with horse care and facility maintenance. Some tasks may include: Grooming horses, cleaning stalls, mucking field, cleaning/filling water buckets, scrubbing/filling water troughs, raking/sweeping, cleaning tack, cleaning brushes, etc. There is a lot of work to take care of our horses and facilities!

How to find us:

Frying Pan Farm Park: 2709 West Ox Rd Herndon VA 20171

Parking:

Limited parking is available at the SPIRIT barns. Please park in the main lot near the right of the indoor arena and walk to the stables.

