

EQUAL NORTHLIGHT

VOLUNTEER INFORMATION & APPLICATION FORM

The information below will give you an idea of what is required and to assist you with making the decision on whether to volunteer or not, and whether volunteering is indeed for you.

BACKGROUND:

Introduction:

This 16-week program (run over a 20 week period) that has been prepared by the National Equestrian Center (NEC) for NorthLight school's program, EQUAL NorthLight. The program is targeted towards all of NorthLight's 130 Secondary One students for Term 2 and 3 (full schedule as attached) as part of their compulsory core curriculum. The sessions will be held 4 days a week, Monday through Thursday, for approximately 3 hours between from 8:45am to 12:15pm, and will be conducted at the National Equestrian Center (NEC) from March 21 through September 1, 2011 (with breaks in-between as indicated below).

Mission:

EQUAL NorthLight's mission is for students to show improvement in the 8 Habits of Mind through the use of horses:

- 1) Persistence (The ability to approach a problem or difficulty by trying different ways to solve or overcome a problem or difficulty);
- 2) Striving for Accuracy;
- 3) Listening with Understanding and Empathy;
- 4) Managing Impulsivity;
- 5) Questioning;
- 6) Taking Responsible Risks;
- 7) Thinking Flexibly;
- 8) Creating, Imagining, Innovating

Process:

Every session of the EQUAL NorthLight program will include processing of what the participants have experienced through Horse Therapy, Riding and Grooming activities, and linking that experience to their own unique personal lives. At any time during the session, the NEC team (consisting of 1 counselor and at least 1 equine specialist per group of 12 students) may choose to facilitate problem solving, interpersonal communication, or personal growth. The theme of safety will be interwoven throughout the 16-week program.

Goal:

The goal is to be able to show empirically that the EQUAL NorthLight program improves student's 8 Habits of Mind. This will be done by comparing results of students who have not gone through the EQUAL NorthLight program (Secondary One students from the previous year) with the results of the students who have gone through the EQUAL NorthLight program.

HOW TO VOLUNTEER:

- Read all the information detailed below.
- Complete the Volunteer Application Form, this form must be signed by yourself.
- There is no salary for volunteers.



CRITERIA AND REQUIREMENTS:

- Volunteers would need to commit themselves from 8:30am to 12:30pm ANY Monday, Tuesday, Wednesday, or Thursday from March 21 to September 1.
- Volunteers must attend training workshops, as indicated below, to ensure they possess the necessary skills required and information, so as to able to effectively deliver their service.
- Project: EQUAL NorthLight
Venue: National Equestrian Centre, 100 Jalan Mashhor, Singapore 299177
Job: Equine Volunteer
- What will be provided to you as a volunteer?
 - NEC Polo Shirt
 - Drinks whilst on duty
- Requirements
 - Ability to speak English
 - Friendly and positive manner, self-motivated, committed, mature, punctual, able to work as a team, and like to work with horses and kids
 - Agreement to wear the Official Volunteers Uniform
 - Minimum age of 18 years old
 - If selected as a volunteer, you MUST be available for training/briefing workshop

ACTIVITY DATES:

- Briefing and Workshop:

Day/Date	Volunteers	NorthLight Staff	Remark
Friday, 4 March 2011	4.00pm to 6.00pm		
Saturday, 5 March 2011	9.00am to 12.00pm		
	3.00pm to 6.00pm		
Fridays	4.00pm to 6.00pm		
Tuesday, 8 March 2011		3.00pm to 6.00pm	All volunteers are welcome to come on this dates
Wednesday, 9 March 2011		3.00pm to 6.00pm	All volunteers are welcome to come on this dates
Thursday, 10 March 2011		3.00pm to 6.00pm	All volunteers are welcome to come on this dates
Friday, 18 March 2011	9.00am to 12.00pm		

- Term 2:
21 March – 26 May 2011 (8 sessions)
- Term 3:
27 June – 25 August 2011 (8 sessions)



2011

January						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

February						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

March						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
S-1	20	21	22	23	24	25
S-2	27	28	29	30	31	

April						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
S-3	3	4	5	6	7	8
S-4	10	11	12	13	14	15
					22	23
S-5	24	25	26	27	28	29

May						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
S-6	1	2	3	4	5	6
S-7	8	9	10	11	12	13
			17	18	19	20
S-8	22	23	24	25	26	27
	29	30	31			

June						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
S-9	26	27	28	29	30	

July						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
S-10	3	4	5	6	7	8
S-11	10	11	12	13	14	15
S-12	17	18	19	20	21	22
S-13	24	25	26	27	28	29
	31					

August						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
S-14	1	2	3	4	5	6
	7	8	9	10	11	12
S-15	14	15	16	17	18	19
S-16	21	22	23	24	25	26
	28	29	30	31		

September						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Important Dates

Public Holidays	
Sat, 1-Jan	New Year's Holiday
Thu, 3-Feb	Chinese's New Year
Fri, 4-Feb	
Fri, 22-Apr	Good Friday
Sun, 1-May	Labour Day *
Tue, 17-May	Vesak Day
Tue, 9-Aug	National Day
Tue, 30-Aug	Hari Raya Puasa
Wed, 26-Oct	Deepavali
Sun, 6-Nov	Hari Raya Haji *
Sun, 25-Dec	Christmas Day
<i>* The following Monday will be a public holiday</i>	

School Holidays	
Sat, 12-Mar	School holiday after term-1
Sun, 20-Mar	
Sat, 28-May	School holiday after term-2
Sun, 26-Jun	
Sat, 3-Sep	School holiday after term-3
Sun, 11-Sep	
Sat, 19-Nov	School holiday after term-4
Sat, 31-Dec	

Scheduled School Holidays	
Sun, 3-Jul	Youth Day *
Wed, 10-Aug	Day after National Day
Fri, 2-Sep	Teacher's Day
Fri, 7-Oct	Children's Day
<i>* The following Monday will be a public holiday</i>	

THANK YOU FOR YOUR ASSISTANCE AND HELP. WE HOPE THAT YOU HAVE A MEMORABLE EXPERIENCE WORKING WITH THIS PROJECT.

Please return this form to:

NATIONAL EQUESTRIAN CENTRE (by fax 6256 6709 or email to: titien.irvianty@equestrian.sg)

DEED OF WAIVER AND INDEMNITY

By this Deed, I irrevocably agree that neither the National Equestrian Centre (“NEC”) nor its Committee, servants, agents and venue owner(s) shall be liable to me, my family members and any guests introduced by me for any loss of and / or damage to any property or for any death or personal injury howsoever caused or sustained, whilst entering into, being upon, or leaving the NEC’s premises whether on horse-back or otherwise and notwithstanding whether such horse or pony may be owned by NEC or privately owned and I hereby discharge NEC, its Committee, servants, agents and venue owner(s) from all claims that I, my family members or any guests introduced by me may have against them.

In particular but without prejudice to the foregoing, I agree that if I, my family members and / or guests introduced by me should receive equestrian lessons or engage in any form of horse riding whether such horse or pony may be owned by NEC or privately owned or should participate in any other activities offered by the NEC including but without restriction in the interpretation of the foregoing, the activities of horses management, pony camps, pony rides, gymkhana, dressage, eventing, jumping and racing, EQUAL-ARK activities, I / they will do so entirely at my / their own risk and NEC, its Committee, servants, agents and venue owner(s) shall be exempt from all liabilities whatsoever and howsoever caused and I / we hereby waive all claims now or hereafter available to me, my family members or any guests introduced by me of any loss of and / or damage to any of my / their property, and my / their deaths or personal injury whether the same is / are caused or occasioned by an act, omission or negligence whatsoever of NEC, its Committee, servants, agents and venue owner(s).

In contracting for myself, I also warrant that I have the authority to contract on behalf of my family members and any guests introduced or to be introduced by me to the Club and I shall indemnify NEC, its Committee, servants, agents and venue owner(s) against all proceedings, claims, expenses and liabilities whatsoever which may be taken or made against or incurred by NEC, its Committee, servants, agents and venue owner(s) by reason of any claim or action of whatever nature which may be brought by me, my family members or any guests introduced or to be introduced by me or on any of our behalf in respect of the foregoing.

I shall not take any lessons / riding if I am pregnant or suffering from any medical condition unless I produce a medical certification that I am fit to ride and I shall do so entirely at my own risk and the NEC, its Committee, its officers, employees, agents and venue owner(s) shall be exempt from all liabilities whatsoever and howsoever caused and I shall hereby waive all claims now or hereafter available to me for any deaths or personal injury suffered howsoever caused and whether the same are caused or occasioned by an act, omission or negligence whatsoever of NEC, its Committee, its officers, employees, agents and venue owner(s).

Signature of applicant

Date

Please note that by signing and dating above, you have agreed to all conditions pertaining to volunteering for the EQUAL NorthLight Program.



Please return this form to:
 NATIONAL EQUESTRIAN CENTRE (by fax 6256 6709 or email to: titien.irvianty@equestrian.sg)

EQUAL NORTHLIGHT Volunteer Commitment

Full Name

Contact Number

Time from 8:30am tp 12:30pm

Session-1				Session-2				Session-3				Session-4				BREAK				Remark
Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	
21-Mar	22-Mar	23-Mar	24-Mar	28-Mar	29-Mar	30-Mar	31-Mar	04-Apr	05-Apr	06-Apr	07-Apr	11-Apr	12-Apr	13-Apr	14-Apr	18-Apr	19-Apr	20-Apr	21-Apr	

Session-5				Session-6				Session-7				BREAK				Session-8				Remark
Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	
25-Apr	26-Apr	27-Apr	28-Apr	02-May	03-May	04-May	05-May	09-May	10-May	11-May	12-May	16-May	17-May	18-May	19-May	23-May	24-May	25-May	26-May	

** Day after Labour Day*

Session-9				Session-10				Session-11				Session-12				Session-13				Remark
Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	
27-Jun	28-Jun	29-Jun	30-Jun	04-Jul	05-Jul	06-Jul	07-Jul	11-Jul	12-Jul	13-Jul	14-Jul	18-Jul	19-Jul	20-Jul	21-Jul	25-Jul	26-Jul	27-Jul	28-Jul	

** Day after Youth Day*

Session-14				BREAK				Session-15				Session-16				BREAK				Remark
Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	Mon	Tue	Wed	Thu	
01-Aug	02-Aug	03-Aug	04-Aug	08-Aug	09-Aug	10-Aug	11-Aug	15-Aug	16-Aug	17-Aug	18-Aug	22-Aug	23-Aug	24-Aug	25-Aug	29-Aug	30-Aug	31-Aug	01-Sep	

Notes: