



Capital Area Therapeutic Riding Association  
PO Box 339, Grantville, PA 17028  
717-623-5553

## THANK YOU!

The **Capital Area Therapeutic Riding Association (CATRA)** is an all volunteer, non-profit organization which began in 1985. Today CATRA serves over 125 riders from 7 central Pennsylvania counties each week. Without volunteers like each of you, CATRA could not exist.

## CATRA, 168 STATION RD, GRANTVILLE, PA, 17028

HEADING NORTH ON ROUTE 743, MAKE LEFT ONTO STATION RD (AT THE HOLIDAY INN).  
APPROX 1 MILE ON LEFT. **NEW DAY EQUESTRIAN CENTER "HOME OF CATRA"**

When arriving at CATRA, follow the drive up the hill where parking is available next to the green roofed barn. If you are unsure about where to park, there will be volunteers who can direct you. *Parking is limited at times – carpooling is ideal.*

The visit will start in the CATRA classroom which is located on the west end of the green roofed barn.

If you need assistance locating parking or the classroom, just ask any of our onsite volunteers.

For “first-timers” the initial 20 minutes will be a CATRA orientation program consisting of history, mission, and safety protocols. We will identify the tasks at hand and if appropriate break into groups.

CATRA volunteer staff will be on hand to answer any questions and to support completion of the tasks for the morning or afternoon.

All work will take place outside or in one of our barns. Dress appropriately. **You will get dirty.** You will also come into contact with hay, dust, and dander. We have a wide variety of animals. If you have allergies, be certain to bring allergy medication.

NO open toed shoes

Long pants recommended year round

Gloves are optional (we have some to borrow)

Warm, layered clothing in winter; warm socks

SUNSCREEN

Hat or sunglasses may be helpful

Allergy medication

Tasks may include

- assisting with lessons
- cleaning stalls
- cleaning paddocks
- sweeping
- cleaning small animal enclosures
- stocking hay stations
- cleaning perimeters
- cleaning water troughs
- brushing horses
- gardening/weeding
- painting fences, sheds, gates
- mowing and trimming
- general maintenance and repair

# Frequently Asked Questions

## Does this horse (dog, goat, donkey..) bite?

A more precise and useful version of this question would be “**Can this horse (dog, goat, donkey..) bite?**” When asked this way, we all know that the answer to this question is “yes.” It has teeth. All animals, including those at CATRA, should be approached with this knowledge and respect. Among other things, fear, dominance, confusion may cause an otherwise safe animal to bite.

## Does this horse (donkey) kick?

Similar to the question about biting, a more precise and useful version of this question would be “**Can this horse (donkey) kick?**” When asked this way, we all know that the answer to this question is “yes.” In addition to kicking, an animal may unknowingly back up onto you. All animals, including those at CATRA, should be approached with this knowledge and respect.

## Does CATRA rescue horses/dogs/cats?

Although CATRA does at times have “retired” horses on the farm, we are not a rescue program. After a horse or pony has worked as a team member in CATRA’s therapeutic riding program and is no longer able to participate, s/he still has a home at CATRA. Our “retirees” continue to have a happy and full life with us.

## Where does CATRA get its horses?

CATRA horses arrive in a variety of ways. Sometimes they are bought; other times they are donated, they have been born here, and occasionally they are loaned.

## Can we pet the dogs and cats?

While CATRA dogs and cats are generally friendly, before petting an animal, please ask. It’s always helpful to teach children and young adults to be cautious regarding any new animal. Best practice is to ask a pet’s caretaker for permission before approaching any dog or cat at any location.

## Can we pet the horse / donkey?

Most of CATRA’s equines enjoy attention, but please ask first! It is never appropriate to reach across a fence to pet an unknown horse / donkey. Only pet the horses when they are being held by a knowledgeable person - **ASK FIRST!**

## Can we bring treats for the horses/donkeys/dogs/cats?

Horses and donkeys at CATRA are never fed directly from hand. Instead we use a small treat pan to feed them. CATRA horses and donkeys thoroughly enjoy apples and carrots. However, occasionally an animal’s diet may be restricted, so please ask before treating any horse, donkey, cat or dog. Additionally, Our dogs and cats enjoy treats also, but they not allowed to share a meal with the humans, so please do not share “your food” with them.

## How old must you be to volunteer at CATRA?

Anyone 13 to 18 with the permission of a parent or guardian may volunteer at CATRA. Those under 13 may volunteer when accompanied by a parent or guardian.

## Can we smoke on the property?

No. Nowhere. At No Time!

## When do you need volunteers at CATRA?

That depends upon how you would like to help. CATRA’s riding program is broken into trimesters. We have a **Winter/Spring**, a **Summer**, and a **Fall** program. It is during these times that CATRA’s need for volunteers is at its highest. However, CATRA is a working horse farm and is fully volunteer staffed. Therefore we utilize volunteers on a daily basis every day of the year.

## Can I bring my dog (or other animal) to CATRA?

No, please leave your dog or other animal safely at home while visiting CATRA.