



The Community Health Centres of Northumberland (CHCN) is a community-centred primary health care facility. With a vision rooted in providing comprehensive primary care services, delivered by an interdisciplinary team of professionals to promote healthy communities, we offer a range of community-based service.

The CHCN has opening(s) for: **Volunteer Exercise Leaders (Community Team)**

Reporting to the Community Team, volunteers will be responsible for leading, planning and assisting in the CHCN chair based exercise classes and Nordic Pole Walking. Volunteer Exercise Leaders will provide a valuable service to the Community Team by ensuring a variety of safe, gentle exercise classes are offered to community members of varying levels of ability.

We are looking for individuals who are able to commit to volunteering for a minimum of 12 months, making a 2-3 hour bi-weekly commitment. The individual will be working on-site.

All volunteers will take part in a general orientation and job specific training. Volunteers will also be trained on specific policies and procedures that are relevant to this position. The required training will be completed prior to starting in the volunteer role.

Responsibilities

- Deliver a group fitness class at minimum bi-weekly.
- Assist and support other Exercise Leaders classes at minimum once a month.
- Provide a quality class that includes all clients regardless of age and ability.
- Communicate with other Exercise Leaders and Staff.
- Complete and submit volunteer hours to Community Team or designate.
- Participate in mandatory volunteer Exercise Leader training, orientation and quarterly meetings.
- Adhere to policies and procedures related to health, safety and quality matters to ensure employee, volunteer, and client safety.
- Ensure all near-misses and incidents are promptly and accurately reported to the Community/Counselling Team or designate.
- Ensure confidentiality and privacy of client's names and responses.

Qualifications

- Successful completion of volunteer interview to ensure fit.
- A completed criminal record check with a vulnerable sector check is mandatory.
- Successful completion of Group Fitness Certification (arranged and paid for by the CHCN)
- Consistent and dependable availability.
- Punctual and organized.
- Adaptable and the ability to be flexible.
- Current First Aid and CPR considered an asset.



Working Conditions

- The work is performed on-site, with minimal to moderate supervision.
- Hours of work will be based around current exercise classes. Typically Mondays, Tuesdays and Thursdays.

Physical and Mental Requirements:

- Must be able to sit for a few hours at a time.
- Physically able to perform and demonstrate proper techniques in a seated and standing position.
- A positive attitude and the ability to teach and motivate people of all ages, backgrounds and abilities.
- May require prolonged screen time of 2-3 hours. (virtually taught classes)

To Apply:

Any interested candidates should fill in a volunteer application form and submit by email to Amanda McConkey at amcconkey@porthopechc.ca indicating **Volunteer Exercise Leader (Community Team)** in the subject line or drop off at the CHCN Attention: Amanda McConkey.