

Volunteer Position Description

Position Title: Walk with Ease Leader

Purpose: Without a volunteer to facilitate our Arthritis Foundation Walk with Ease Program leader, older adults in the community miss out on participating in a walking program that is designed to help keep them active which helps with maintaining a healthy lifestyle.

Location: The Walk with Ease Leader will facilitate at senior centers located in the Salt Lake County area

Key Responsibilities:

- Conduct all 18 class sessions in accordance with the Leader's Guide without making changes, additions, or deletions
- Sign a statement of Understanding to document this commitment
- Commit to following all Arthritis Foundation program policies regarding the Walk with Ease program
- Establish and enforce participant guidelines and monitor safety
- Engage older adults during each session to ensure empathy toward people with arthritis and related diseases
- Contact registered participants by email or telephone call before the first session to remind them of the upcoming program
- Take attendance during each session
- Have all participants complete a release form on the first day they participate in the program
- Distribute Walk with Ease books to each participant that is registered
- Contact participants that miss a session by email or telephone call
- Communicate problems, concerns, questions or suggestions promptly to the Health Educator in the Health Promotion Department assigned

Reports to: Health Educator in Health Promotion Department

Length of Appointment: Each Walk with Ease program runs for 6 weeks, 3 days a week. Need to complete at least 2 programs each year. Encourage 1 year commitment.

Time Commitment:

- Online leader training (approximately 3-4 hours)
- Preparation time (approximately 1-2 hours)
- Class time (3 1-hour sessions per week for 6 weeks, approximately 18-20 hours)
- Logistics time (approximately 2-4 hours per class series)

Qualifications:

- Certification as an Arthritis Foundation Walk with Ease Program leader requires:
 - Successful completion of an Arthritis Foundation Walk with Ease Program Leader online training
 - Teaching one six-week Walk with Ease program class series within 6 months of completing Leader training
- Cardiopulmonary resuscitation (CPR) certification is required, first aid certification is strongly recommended

- Empathy toward people with arthritis and related diseases, gained through personal or professional experience
- Interest in working with groups of older adults with arthritis and related diseases
- Experience in teaching physical activity classes and skill in group process and instructional techniques
- Desire and ability to help others

Support: Training for this position will be provided. Job shadowing available. The Health Educator will be available for questions and assistance

Benefits: Able to make a difference in older adults in the community, ongoing volunteer training, participate in volunteer recognition event, gain experience for future opportunities.