

Urban Pole Walking Group Instructor

Purpose of Position:

- To assist in the successful implementation of Urban Pole Walking Groups in rural communities across Muskoka.

Qualifications:

1. Interest in spending time with older adults
2. Ability to stand for extended periods of time and lift up to ten pounds
3. Interest and passion for fitness and exercise programs
4. Patient, friendly, reliable, and punctual
5. Willingness to participate in training programs (as required)
6. Willingness to obtain a Vulnerable Sector Check
7. Willingness to sign an oath of confidentiality

Roles and Responsibilities:

1. To collaboratively coordinate, plan, and facilitate an Urban Pole Walking Group
2. To assist in the promotion of the Urban Pole Walking Group within the community
3. To track and maintain attendance records for the duration of the Urban Pole Walking Group, submitting all documentation to Seniors Programs weekly
4. To communicate respectfully with senior clients and create a positive experience for them
5. To distribute and collect Urban Poles within the group
6. To attend volunteer meetings and training sessions (as required)

Orientation and Training:

1. Attend orientation and training as required
2. Urban Poling Instructor Certification – provided through Seniors Programs and Services in partnership with Urban Poling Canada
3. Standard First Aid and CPR/AED Training – provided through Seniors Programs and Services in partnership with Action First Aid

Time: Flexible – dependent on volunteer's availability and schedule

Location: Communities across Muskoka

Commitment: Four to twelve weeks, one session per week

Supervisor: Thomas Howe, Seniors Wellness Outreach Coordinator
The District Municipality of Muskoka
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Benefits:

- Sense of fulfillment in creating a positive experience for seniors in the community
- Increased social opportunities
- Sense of purpose in helping others
- Formal and ongoing recognition

