

Volunteer Position: Exercise and Falls Prevention

Why should I get involved in volunteering?

- Meet new people and develop lasting relationships.
- Increase your happiness and better your well-being.
- Learn new skills and increase your self-esteem.
- Stand out on job applications and further your career.
- Help make a difference and give back to your community.

How can I help?

Reporting to staff, assist in providing exercise and fall prevention classes to the community.

What is expected of me?

Flexible schedule based on your availability with a time commitment of 2 hours. Duties may include:

- Screen participants prior to entering exercise classes.
- Ensure participants sign-in for tracking purposes.
- Provide information to clients regarding safe participation practices based on COVID-19 guidelines.
- Assist Exercise Instructors with equipment cleaning.
- Assist with set-up and take down of exercise area.
- Manage the flow of participants in and out of exercise area.

Find a location close to you.

Volunteer at one of our Community Hubs: Clarington, North Durham (Cannington, Port Perry and Uxbridge), Pickering/Ajax and Whitby/Oshawa.

What training will I receive?

- CCD Orientation and Training (virtual)
- Program specific training

What are the qualifications?

- Satisfactory Police Vulnerable Sector Check.
- Sensitivity to adults with needs related to aging, physical and/or mental health.
- Adhere to **COVID-19** safety practices.
- Must work in a safe manner and promote the health and safety of all staff, volunteers, clients and the community as outlined within CCD policies.

Apply now or click **here** to see other opportunities.

We are an **Equal Opportunity Employer** committed to providing an inclusive workplace that embraces diversity, values differences and supports the full participation of all employees and volunteers. We recognize the importance of ensuring that all volunteers are treated with equal respect and dignity, and are protected from discrimination and harassment. In accordance with the **Accessibility for Ontarians with Disabilities Act, 2005** and the **Ontario Human Rights Code** we provide accommodations to applicants with disabilities throughout our on-boarding process. If you require this information in an alternate format; require communication supports; an accommodation in applying for a posting and/or if you are selected for an interview, please inform our Volunteer Coordination Team.