

# VOLUNTEER JOB DESCRIPTION

## Cardiac Fitness Ambassador

**Volunteer Administrator:** Lauren Featherstone

**Coordinator of Fitness Programs:** Shannon Johnson

*As a YMCA volunteer you can make a difference as part of a community of people that helps individuals and our community, succeed. You are an essential part of an organization that can deliver lasting personal and social change for you, your family, your community and communities across Canada. You will be a critical part of an effective and leading international charity with strong values and a mission to build healthy communities through programs and advocacy.*

### Responsibilities

1. Work with staff involved in the delivery of the Cardiac and Pulmonary Rehabilitation Programs by being encouraging and friendly to participants in the program.
2. Be in uniform when on duty: clean, in good repair, black pants, appropriate top, (tank tops are not acceptable) and name tag.
3. Set up and take down of education and social aspect of program.
4. Be informed on YMCA programs.
5. Work as part of a team with Staff & Volunteers.

6. Notify your supervisor of absences a minimum 24 hours in advance.

### Duties

- Arrive at least ten minutes prior to shift.
- Be motivated and positive on the fitness floor.
- Promote YMCA values and serve as a positive role model.
- Organize and administer social aspect of education programming.
- Volunteer a minimum of four hours per month.
- Attend meetings, training, planning sessions as required.

### Statement of Understanding

- I understand that as volunteer at the YMCA of Northern BC I am expected to conduct myself in a manner that is ethical, legal and that will reflect well upon the YMCA and that I will not put myself in a conflict of interest position.
- I also have filled out the above application to the best of my ability and all the information given is valid and correct.
- I understand that the volunteer membership is individual, non-transferable, non-refundable and has absolutely no cash value.
- I understand that failure to comply with the above will result in termination of volunteering and membership.

Volunteering with the YMCA of Northern BC is conditional on a clear Criminal Record Search and Vulnerable Sector Search and ongoing volunteering is subject to you maintaining that status. If during the course of volunteering you are charged and/or convicted of an offence, you must promptly report such information to your supervisor.

\_\_\_\_\_  
Volunteer Name (please print)

\_\_\_\_\_  
Volunteer Signature

\_\_\_\_\_  
Date

I have read the detailed responsibilities of this volunteer position with the YMCA of Northern BC and agree to uphold them to the best of my ability. (Once signed you are fully responsible to carry out the above-mentioned responsibilities, competencies and conditions of volunteering. Failure to comply may result in termination of volunteering).