



VOLUNTEER APPLICATION FORM

Date ____/____/____

Name: _____ DOB: ____/____/____

Address: _____ City: _____ ST: _____ Zip: _____

Employer: _____ Occupation: _____

Phone: () _____ - _____ Email address: _____

Relevant Education: (PT/OT/physical fitness, Parkinson's specific, sports background etc...):

Available times to volunteer (circle all that apply):

- Monday:** Afternoon Evening
- Tuesday:** Morning Afternoon Evening
- Wednesday:** Afternoon Evening
- Thursday:** Morning Afternoon Evening
- Friday:** Afternoon
- Saturday:** Morning

Other Volunteer Experience: _____

What experience do you have with Parkinson's disease? _____

Why do you want to be a volunteer? _____

(STAFF USE)

Date of RSB Training Camp Completion: ____/____/____

Volunteer Received Copy of Responsibilities: _____

Signed Waiver _____

Assigned Days/Times to Volunteer: _____



Volunteer Job Description

Rock Steady Boxing offers boxing-inspired fitness classes only to people with Parkinson's disease. Parkinson's boxing classes are not appropriate for non-Parkinson's persons who want to learn to box or intend to use the class time to work out for themselves. Volunteers are expected to assist RSB Coaches during class at all times. Classes are not designed to provide the volunteer a boxing workout, but for the volunteer to gain knowledge and experience assisting people with Parkinson's disease.

Volunteers will be assigned to classes as needed. RSB has a maximum number of volunteers that can participate at the same time dependent upon the PD class level. Volunteers are expected to notify RSB when they are unable to participate during their assigned class. All long-term volunteers are required to attend Rock Steady Boxing Volunteer Orientation Training.

Gym Responsibilities

- Arrive 15 minutes prior to class to help Coaches and PD boxers prepare for class.
- Check in with RSB Coaches to identify any special needs during class, which may include:
 - Explaining modifications for exercises
 - Making sure PD boxers are staying properly hydrated
 - Watching for signs of low blood pressure, dizziness, overheating
 - Watching and listening for signs of depression
 - Being compassionate and fully present during class
 - Being a good listener
 - Leaving personal problems outside the gym
- Set up as "head coach" if the head coach needs to step aside.
- Keep a firm "tough love" attitude – keep the morale of classes positive.
- Assist PD boxers in wrapping hands prior to class.
- Assist PD boxers with putting on boxing gloves during class.
- Assist PD boxers who need assistance getting up and down off the floor (but always encourage and teach independent-techniques first.)
- At the completion of class, volunteers are expected to assist with set-up and take-down of equipment, and the cleaning the gym:
 - Disinfect all heavy bags and speed bags (after final class of the day)
 - Put "toys" away
 - Organize boxing gloves
 - Throw away empty water bottles
 - Look for "Lost and Found" items in gym and Cornerman Lounge
 - Dump out water trays in water machines
- Any other volunteer duties as assigned.

Thank you for helping us fight back against Parkinson's disease!



Volunteer Code of Conduct

Rock Steady Boxing has adopted the following policies regarding volunteer involvement. Please read them thoroughly and contact the Rock Steady Boxing Volunteer Coordinator at South Aiken Physical Therapy & Wellness with any questions, 803-649-9797. Your signature is required on the Volunteer Application as your agreement to abide by this Code of Conduct.

Purpose of Volunteer Policies

These policies are adopted by the Rock Steady Board of Directors to provide guidance and direction to volunteers engaged in volunteer involvement. These policies do not constitute a binding contractual or personnel agreement.

Definition of a "Volunteer"

A "volunteer" is anyone who, without compensation or reimbursement, performs a task at the direction and on behalf of Rock Steady Boxing and South Aiken Physical Therapy and Wellness. A "volunteer" must attend the Volunteer Orientation Class prior to performance of the task. Unless specifically stated, volunteers shall not be considered as "employees" of Rock Steady Boxing or South Aiken Physical Therapy & Wellness.

Liability

Volunteers are expected to understand the risks associated with volunteering. Further, volunteers hereby waive any claims against, indemnify, and hold harmless Rock Steady Boxing and South Aiken Physical Therapy & Wellness, its respective officers, directors, employees, sponsors, representatives and volunteers from any and all liability, including attorney fees that may result from illness, personal injury, property damage, or wrong doing resulting from involvement with Rock Steady Boxing's volunteer program.

Discrimination

Rock Steady Boxing is committed to a policy of fair representation and will not discriminate on the basis of race, ethnicity, disability, gender, color, religion, sexual orientation, geography, or age. Rock Steady Boxing will follow this policy in selection of volunteers. Volunteers are expected to adhere to these same standards in the course of their duties.

Service at the Discretion of the Volunteer Coordinator

Rock Steady Boxing and South Aiken Physical Therapy & Wellness accepts the service of all volunteers with the understanding that such service is at the sole discretion of the South Aiken Physical Therapy & Wellness. Volunteers agree that South Aiken Physical Therapy & Wellness may, at any time, for whatever reason, decide to terminate the volunteer's relationship with the agency. Notice of such a decision will be communicated as soon as possible to the volunteer, volunteer's supervisor and/or the Volunteer Coordinator.

Representing Rock Steady Boxing

Volunteers are asked **not** to contact organizations or individuals on behalf of Rock Steady Boxing or South Aiken Physical Therapy & Wellness unless a staff person gives them express direction to do so. Prior to any action or statement that may significantly affect or obligate Rock Steady Boxing, South Aiken Physical Therapy & Wellness, volunteers should seek prior consultation and approval from appropriate staff. These actions may include, but are not limited to, public statements to the press, coalition or lobbying efforts with other organizations, or any agreements involving contracts, resources, finances, or other obligations.

Screening/Background Checks

Volunteers at Rock Steady Boxing and South Aiken Physical Therapy & Wellness are subject to background checks at their discretion.

Confidentiality

Volunteers are responsible for maintaining the confidentiality of all proprietary or privileged information to which they are exposed while serving as a volunteer, whether this information involves a single staff, volunteer, client, other person, or Rock Steady business policies and procedures. Failure to maintain confidentiality may result in termination of the volunteer's relationship with Rock Steady Boxing.

Non-Compliance/Dismissal

Understand that failure to adhere to any part of this code may result in suspension from our volunteer duties and/or termination of our volunteer relationship with Rock Steady Boxing and South Aiken Physical Therapy & Wellness. No volunteer will be terminated until the volunteer has had an opportunity to discuss the reasons for possible dismissal with supervisory staff.