



## VOLUNTEER APPLICATION FORM

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Name: \_\_\_\_\_ DOB: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Employer: \_\_\_\_\_ Occupation: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

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

Available times to volunteer (circle all that apply):

**Monday:** Morning Afternoon Evening

**Tuesday:** Morning Afternoon Evening

**Wednesday:** Morning Afternoon Evening

**Thursday:** Morning Afternoon Evening

**Friday:** Morning Afternoon Evening

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 and volunteer availability. RSB has a maximum number of volunteers that can participate at the same time and is dependent upon the PD class level. Volunteers are expected to notify the RSB volunteer coordinator or coach when they are unable to participate during their assigned class.

### Gym Responsibilities

- Arrive 15 minutes prior to class to help coaches and boxers prepare for class.
  - Assist PD boxers in wrapping hands prior to class.
  - Assist with putting on boxer gait belts, if appropriate.
- Check in the RSB coaches to identify any special needs during class, which may include:
  - Movement or equipment modifications for boxers
  - Boxer updates that may impact performance
- Be aware of boxer changes before and during class, which may include:
  - Watching for signs of low blood pressure, dizziness, overheating
  - Watching and listening for signs of depression
  - Be compassionate and fully present during class while being a good listener
- Making sure boxers are staying properly hydrated
- Keep a firm "tough love" attitude – keep the morale of classes positive.
- 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 beginning and completion of class, volunteers are expected to assist with set-up and take-down of equipment, and cleaning of the gym:
  - Put equipment away, generally pick up and help keep things organized and clean. If unsure where equipment goes – PLEASE ASK. Do not just lay it somewhere.

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

**Volunteer Coordinator: Keatha Todd (919) 760-3036**

### **As a Rock Steady Boxing Volunteer:**

- I will leave my personal problems at the door and remember that it is my responsibility to fully present as a volunteer, not as a participant.
- I will be positive, encouraging, and compassionate with the Rock Steady participants.
- I will accept constructive guidance from the head coaches and volunteer coaches.
- I will respect the privacy of persons served by the organization and hold in confidence sensitive, private and personal information.
- I will keep RSB staff informed of progress, concerns, and problems within the program in which I participate.
- I will display respect and courtesy toward all RSB participants, visitors, and property while working cooperatively as a team member with employees and other volunteers.
- I will keep personal opinions and actions separate from those made as a representative of this organization.
- I will avoid contact with members, both on or off duty, that could jeopardize the program.

My responsibility as a volunteer is to listen.

- I will not use vulgar or inappropriate language.
- I will not solicit gratuities, gifts or bequests for personal or professional benefit.
- I will not be under the influence of illegal drugs.
- I will not discriminate on the basis of race, color, religion, sex, age, national origin, marital status or disability, or sexual orientation.
- I will provide a safe environment by not harming anyone in any way, whether through discrimination, sexual harassment, physical force, verbal or mental abuse, neglect, or other harmful actions.
- I will not attempt to promote or sell products or treatments of any kind.
- I will not dispense medical advice or refer participants for treatment of any kind.
- I will arrive at class on time in order to help the coach and boxers.
- I will wear appropriate clothing and not use chewing tobacco or chewing gum during class.

### **Rock Steady Boxing New Bern Volunteer Liability Waiver**

The volunteer understands that there is a risk of personal injury in the course of assisting participants during instruction and, with this knowledge, agrees to assume the risk of any injury and damages while volunteering.

The volunteer agrees to strictly follow instructors' instruction and observe safety rules while assisting participants during class. Specifically, volunteer agrees to hold harmless Rock Steady Boxing New Bern, and all other individual, organizations, sponsors, promoters, operators, hosts, instructors, associations, schools, owners, officials, directors, employees, and other participants connected with the events from all losses, damages, injuries, causes of action, claims, or complaints in the event that the volunteer is damaged or injured in any way during volunteering, participation, instruction, and/or performance of any exercise or during any activity associated with the class, event location, or during transportation of participants to or from the class or event.

I have read the Rock Steady Boxing Volunteer Code of Conduct and Liability Waiver and agree to the above statements.

Print Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_



## ROCK STEADY BOXING NEW BERN

### Volunteer/Spouse/Caregiver

### LIABILITY WAIVER

In consideration of the association with Rock Steady Boxing New Bern as a volunteer, spouse, or caregiver, participant understands that there is a risk of personal injury in the course of instruction, or without instruction and, with this knowledge, agrees to assume the risk of any injury and damages to participant during training.

Specifically, participant agrees to hold harmless Rock Steady Boxing New Bern, Bike Box Project, and all other individuals, organizations, sponsors, promoters, operators, hosts, instructors, staff, associations, schools, owners, officials, directors, employees, and other participants connected with the events from all losses, damages, injuries, causes of action, claims, or complaints in the event that the participant is damaged or injured in any way during participation, instruction, and/or performance of any exercise or during any activity associated with the event location, during transit to or from the event, or on the grounds of the facility itself.

Participant further agrees to strictly obey instructions/staff and observe safety rules.

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Signature

Date

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Print Name

## **Rock Steady Boxing Volunteer Onboarding Checklist**

1. Volunteer receives paperwork packet and link to online training via email. Volunteer must turn paperwork and training certificate in before they are entered into Kicksite. Preferably email back paperwork, but otherwise return paperwork to gym. Staci can notify Keatha.
2. Paperwork is input into Kicksite and your volunteer ID# is assigned. Give paperwork to Staci or Bethany for scanning.
3. New volunteer schedules a Tuesday or Thursday class to come and shadow one of our key volunteers or coach. Staci, John D'Amico, Ginny or Gina.
4. New volunteers must shadow a minimum of 2 classes or more as needed alongside a key volunteer.
5. New volunteer and key volunteer will stay after the boxers leave the class to discuss how the class went, and go over follow-up questions. Additionally, new volunteers will be informed of clean-up duties (putting away equipment, cleaning measures, etc.) Learning correct boxing stance and boxing punches will be required so you are helping boxers correctly. Additional questions should be directed to Keatha or Staci via email if not available in-person.
6. Once the volunteer has completed the minimum and appropriate training to be on their own with a boxer, the key volunteer will notify Keatha and the sign-up genius link will be sent, as well as a photo review of the punches via email.
7. Please note that volunteers may park along the side fence through the gate or out front. If needed, you can park one block over on the street and walk. No parking along the back fence behind the building.
8. Even after training you may have questions during class. Do not hesitate to ask another volunteer or coach so you are instructing your boxer correctly.