



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 Description

Rock Steady Boxing offers boxing-inspired fitness classes to people with Parkinson's disease (PD). Rock Steady Boxing is not appropriate for people without PD or for the general public that wishes to learn to box.

Volunteers are expected to assist RSB coaches and people with PD 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 PD.

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.

- Arrive 15 minutes prior to class to help coaches and boxers prepare for class.
 - Assist PD boxers in wrapping hands prior to class.
 - Assist coaches with putting on boxer gait belts, if appropriate.
- Check in with 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:
 - Disinfect all heavy bags and speed bags (after final class of the day)
 - Put equipment away
 - Generally pick up and help keep things organized and clean
- Any other volunteer duties as assigned.

Thank you for helping us FIGHT BACK AGAINST PARKINSON'S!

Volunteer Coordinator: Keatha Todd (919) 760-3036

As a Rock Steady Boxing New Bern Volunteer:

- I will leave my personal problems at the door and remember that it is my responsibility to be 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 staff informed of progress, concerns, and problems within the RSB program.
- I will display respect and courtesy toward all RSB participants, visitors, and property while working cooperatively as a team member with coaches and volunteers.
- I will keep personal opinions and actions away from the facility and gym.
- I will avoid contact with members, on and off duty, that could jeopardize the program.
- 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 during class.

I will not chew gum or use chewing tobacco during class.

I will not use my cell phone during active class time.

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 Coach instruction and observe safety rules while assisting participants during class. Specifically, volunteer agrees to hold harmless Rock Steady Boxing New Bern, and all other individuals, 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. Participant further agrees to obey instructions/staff and observe safety rules.

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 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.