



Volunteer Opportunity Description

Position Overview	The P.A.L.S. Recreation Aide Volunteer will assist staff in implementing and facilitating Leisure Express Local recreational activities for teens and adults with intellectual and developmental disabilities.
Position Title	Recreation Aide
Position Type	Non-paid Volunteer
Key Responsibilities	<ul style="list-style-type: none"> ▪ Provide support to staff/participants to ensure safety on all activities ▪ Actively engages participants in all activities ▪ Demonstrate skills as needed, to facilitate each participants success during the activity ▪ Provide direct assistance with personal care when necessary
Initial Impact	Assisting participants with P.A.L.S. activities at The Arc of San Diego will increase each participant’s self-efficacy, social skills, confidence, overall health and wellness, and access to recreational activities.
Sustained Outcomes	As a Recreation Aide Volunteer at The Arc of San Diego you will help increase participants ability to access recreation in their community as well as increasing each individual’s overall health and wellness.
Training	<p>The training will include the following:</p> <ul style="list-style-type: none"> ▪ Orientation of The Arc of San Diego ▪ Explanation of the proper procedure and protocol ▪ Strategies for working with individuals with developmental disabilities ▪ CRP/AED/First Aid ▪ Shadowing Staff and Lead Volunteers to ensure success <p>Each instructor will also receive:</p> <ul style="list-style-type: none"> ▪ A volunteer handbook
Support	Recreation Aide Volunteers receive supervision directly from the Leisure Express Coordinator and Lead Volunteers including constructive feedback and evaluation.
Commitment	Minimum of 2 activities every quarter (3 month period).
Length of Time	Recreation Aides are asked to commit to a minimum of one year.
Amount of Time	Total: 4 to 20+ hours a quarter.
Specific Schedule	Activities are held Friday evenings and Saturday/Sunday morning, afternoon, and evening.
Location	Throughout San Diego county and the surrounding areas.
Qualifications	<p>Knowledge and/or experience facilitating group activities with individuals with disabilities is preferred but not required.</p> <p>Candidates should have the following characteristics:</p> <ul style="list-style-type: none"> ▪ Willing to learn new skills ▪ Dependable/Punctual ▪ Friendly ▪ Positive ▪ Patient ▪ Empathetic ▪ Helpful ▪ Flexible/Adaptable ▪ Organized
Skills	Candidates will demonstrate the ability to engage in meaningful and appropriate interactions with individuals with intellectual or developmental disabilities.
Benefits	<p>This opportunity is beneficial because:</p> <ul style="list-style-type: none"> ▪ You will directly help enrich the lives of participants ▪ You will gain experience working with individuals with disabilities in a recreation setting ▪ You will gain professional experience in the field of Recreation Therapy ▪ You participate in each activity at no cost to you ▪ Potential to obtain certifications (CPR/AED/First Aid, Pro-Act, Medication Dispensing, etc.)

For more information, please contact volunteer program coordinator Leah Testone @ 619-685-1175 ext. 292 or email ltestone@arc-sd.com