



# Volunteer Opportunity Description

<b>Position Overview</b>	The Exercise Guide will assist consumers at The Arc of San Diego by teaching them how to maintain a healthy lifestyle through the use of fitness equipment and health tracking.
<b>Position Title</b>	Exercise Guide
<b>Position Type</b>	Non-paid Internship/Volunteer—Group
<b>Key Responsibilities</b>	<ul style="list-style-type: none"> <li>▪ Teach and guide participants on how to use fitness equipment</li> <li>▪ Track consumers' health related goals (i.e. weight loss, endurance, etc.)</li> <li>▪ Support and assist program participants</li> <li>▪ Maintain and report volunteer hours</li> </ul>
<b>Initial Impact</b>	Assisting consumers with their fitness goals will provide them with the opportunity to improve their overall health and well being.
<b>Sustained Outcomes</b>	As an Exercise Guide at The Arc of San Diego, you will help strengthen the program as well as provide valuable skills essential to program participants leading rich and fulfilling lives.
<b>Training</b>	<p>The 2-hour training will include the following:</p> <ul style="list-style-type: none"> <li>▪ Orientation of The Arc of San Diego</li> <li>▪ Explanation of proper procedure and protocol</li> <li>▪ Strategies for working with individuals with developmental disabilities</li> <li>▪ Explanation of paperwork</li> </ul> <p>Each instructor will also receive:</p> <ul style="list-style-type: none"> <li>▪ Volunteer Handbook</li> <li>▪ Opportunity to observe a class if available/possible</li> <li>▪ Observations with an evaluation containing feedback</li> </ul>
<b>Support</b>	The Volunteer Coordinator will be available during business hours to answer questions and provide suggestions. Each instructor will be required to check in on a monthly basis with the Volunteer Coordinator.
<b>Commitment</b>	This is a weekly commitment.
<b>Length of Time</b>	This position requires a minimum commitment of 6 months (not necessarily consecutive).
<b>Amount of Time</b>	<p>Total: 2 hours per week+1 extra hour per month</p> <ul style="list-style-type: none"> <li>▪ 30 minutes per week for lesson preparation</li> <li>▪ 1.5 hours per week for instruction</li> <li>▪ 1 hour per month for paperwork and reporting purposes</li> </ul>
<b>Specific Schedule</b>	Monday – Saturday; Hours vary
<b>Location</b>	North Shores Vocational Center 9575 Aero Drive San Diego, CA 92123
<b>Qualifications</b>	<p>Knowledge and/or experience of teaching or facilitating groups is preferred but not required. Candidates should have the following characteristics:</p> <ul style="list-style-type: none"> <li>▪ Willing to learn new skills</li> <li>▪ Dependable</li> <li>▪ Friendly</li> <li>▪ Helpful</li> <li>▪ Flexible/Adaptable</li> <li>▪ Organized</li> <li>▪ Punctual</li> </ul>
<b>Skills</b>	Candidates should have a working knowledge of exercising and how to use fitness equipment. They should know how to prevent injury while exercising and be able to communicate effectively and consistently.
<b>Benefits</b>	<p>This opportunity is beneficial because:</p> <ul style="list-style-type: none"> <li>▪ You will directly be helping enrich the lives of individuals</li> <li>▪ You will build experience and receive constructive feedback in order to improve</li> <li>▪ You will gain professional references</li> </ul>

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