

## Volunteer Opportunity Falls Prevention Exercise Volunteer

Falls Prevention Exercise Volunteers play an important role in helping our exercise and wellness programs run smoothly. Volunteers provide a friendly, welcoming presence at classes by greeting participants, taking attendance, assisting with forms, and answering general questions. This role helps create a safe and supportive environment while ensuring staff and instructors can focus on program delivery.

**Location:** Various locations across the City of Kawartha Lakes

**Schedule:** varies and is flexible based on your schedule

### Key Responsibilities

- Greet participants as they arrive and help create a welcoming environment.
- Take attendance at each class and record participation accurately.
- Assist participants with completing waivers and other required forms.
- Answer general questions about the program (time, location, schedule, etc.) and refer participants to staff or instructors for anything outside scope.
- Ensure confidentiality and handle participant information respectfully.
- Communicate any concerns, incidents, or participant feedback to program staff.

### Time Commitment

One class per week (approx. 1.5 hours), with a minimum commitment of one session cycle (e.g., 8–12 weeks).

### Support Provided

Falls Prevention Exercise Volunteers receive orientation, role-specific training, and ongoing support from program staff.

We'd love to hear from you! – Click the [“Volunteer With Us”](#) button to apply today

[www.ccckl.ca/volunteer](http://www.ccckl.ca/volunteer)