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VOLUNTEER POSITION

Ann Arbor YMCA

Job Title: Pedaling for Parkinson's Volunteer
Reports to: Health Management Coordinator

Date of Post: 8/23/2019
Department: Health and Wellness

POSITION SUMMARY:

Assist participants and instructors in the Y's evidence-based studio cycling program for Parkinson's patients. **Class meets Mondays, Wednesdays and Fridays from 1:30-2:30. One volunteer per class is needed from 1:15-2:45 each class day. Can work 90 minutes or 3 hours or 4.5 hours per week**

ESSENTIAL FUNCTIONS:

- Prepare Studio D for Pedaling for Parkinson's (PFP) class
- Greet participants and look for health status changes. Alert instructor with questions or concerns
- Assist participants with bike seats, water, bike placement, etc. as needed
- Ensure studio has clear pathways and that trip hazards are minimized
- Remain vigilant for health and safety issues among participants and be prepared to assist as your training and comfort level allow. Examples include:
 - Loss of consciousness
 - Fall
 - Sudden illness
 - Acute anxiety
 - Cardiac event
- Regulate fan placement and output according to participants' requests
- Assist instructor and participants' communication. (it can be difficult to hear in class – you may have to physically pass messages between people!)
- Collect data in a timely fashion according to the protocol
- Distribute any exercise equipment as directed by the instructor
- Learn the post-class stretches/exercises so you can assist participants
- Be a friendly and compassionate presence in the class
- During "down times" you may ride a bike, look over previous data, ask instructor or participants for ways you can help. Avoid excessive phone use during class
- Assist in studio D clean-up: putting bands and bike seats away, move bikes to the back of the room

QUALIFICATIONS:

- Experience in a fitness or health care setting preferred
- Experience working with special populations preferred

JOB REQUIREMENTS:

- Strong communication, facilitation and relationship building skills
- Desire to work with Parkinson's patients and their spouse/caregiver
- Interest in fitness and/or exercise science
- Compassionate nature
- Requires minimal direction
- Able to commit to a set schedule with a willingness to be trained
- Ability to verbally communicate program content
- Ability to hear instructor and participant discussion and questions
- Ability to lift equipment and perform all physical aspects of the position, including walking, standing, bending and reaching
- Visual and auditory ability to respond to critical situations and physical ability to act swiftly in an emergency

CONTACT:

- Please contact Ann Brennan, Health Management Coordinator and the Pedaling for Parkinson's coordinator, at abrennan@annarborymca.org or 734.661.8044.

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