

Forever...*in motion* Program Leaders

Role of Leaders

- To lead a safe and appropriate exercise program for older adults
- To promote healthy physical activity among older adults
- To provide an opportunity for socialization for participants

Requirements and qualifications:

Preferred qualifications for those wanting to become **Forever...*in motion*** Leaders are:

- Willing to participate in a 20 hour **Forever...*in motion*** Leader Training Workshop
- A sincere interest in being a peer leader for other older adults
- Willing to lead **Forever...*in motion*** classes
- Good listening and communication skills
- Enthusiastic and able to motivate others
- Good leadership skills
- Demonstrates a personal commitment to an active lifestyle
- Training in First Aid and CPR, while not a requirement, is recommended

Forever...*in motion* Leader Training Workshop

- Potential Leaders will be required to attend a 20 hour **Forever...*in motion*** Leader Training Workshop before they begin to lead classes. This workshop will be led by an approved **Forever...*in motion*** trainer.
- There will be a \$35.00 fee for the workshop to cover the costs of Leader resources. This fee may be covered by the host organization.

Leader Resources and ongoing education

Leaders will be provided with the following resources:

- The **Forever...*in motion*** Leader Training Manual with illustrations and written instructions for all of the approved exercises
- The **Forever...*in motion*** Leader Training DVD which demonstrates how to do each of the approved exercises along with verbal instruction
- A handout on *Chronic Conditions and Exercise*
- Other relevant resources at the discretion of the Saskatchewan Parks and Recreation Association and the **Forever...*in motion*** Trainer
- A quarterly **Forever...*in motion*** newsletter which will include a special Leaders section

Leaders will also be asked to participate in an annual Leaders Gathering at which new information and training updates will be offered.



Safety Considerations

- Leader must be trained and offer exercise programs that comply with the guidelines outlined in that training
- Leader must work with the host community to ensure that the exercise area is accessible, well ventilated and free of trip/fall hazards
- Leader must work with the host community to ensure that the exercise equipment is safe and well maintained
- Leader must work with the host community to ensure that a safety plan is in place. That includes knowing where emergency exits are, where the nearest phone is, where a first aid kit can be found, who in the immediate area has First Aid or CPR Training and a basic procedure to follow in case of illness or emergency.

Roles and Responsibilities

The Saskatchewan Parks and Recreation Association

- Will provide initial training for Trainers
- Will host regular **Forever...in motion** Trainer meetings
- Will ensure training resources are current and regularly updated
- Will connect interested communities or organizations with a qualified **Forever...in motion** Trainer
- Will provide resource packages for each participant in Leader Training Workshops on a cost-recovery basis

Forever...in motion Leader

- Will attend the 20 hour **Forever...in motion** Leader Training Workshop
- Will commit to offering classes in their community at least once per week for 30-60 minutes
- Will commit to offering classes in their community for at least six months following completion of training
- Will offer classes that follow the principles and format outlined in the Leader Training Workshop.
- Will work with the Host Organization to provide a safe exercise class in a safe environment

Forever...in motion Host Organization/Community

- Will support Leaders financially to attend initial training and to attend annual Leader Gatherings
- Will provide a suitable facility for the exercise program
- Will arrange for and cover the cost of liability insurance for the Leader
- Will provide a contact person to whom the Leader can go for assistance in repair or replacement of equipment or concerns regarding safety issues
- Will handle any advertising necessary for the success of the program
- Will work with the Leader to ensure that a safety plan is in place. That includes location of emergency exits, location of the nearest phone, where a first aid kit can be found, who in the immediate area has First Aid or CPR Training and a basic procedure to follow in case of illness or emergency.
- Will ensure that the Leader does not have out-of-pocket expenses as a result of their volunteer leadership