



Kingston Gets Active Ambassador Volunteer Application

Instructions

- Please complete all sections as thoroughly as possible, even if you are attaching a resume.
- A clear understanding of your background and availability will aid us in placing you in a position that best meet your interests.
- The offer of Ambassador with KGA is conditional upon the presentation of a fully satisfactory CPIC.

PERSONAL INFORMATION			
LAST NAME	FIRST NAME	Tel #	
		Email Address	
ADDRESS	CITY	PROV.	POSTAL CODE

EXPERIENCE						
Please indicate with a check, <input checked="" type="checkbox"/> , the areas where you have knowledge, experience or training, or would like to learn more.						
Please check off areas all that apply	Healthy Eating	Physical Activity	Smoke-Free Living	Stress Management	Public Speaking	Other
Knowledge						
Experience						
Training						
Would like to learn more						

AVAILABILITY
Which days are you available to work? (Check as many as you want.)
<input type="checkbox"/> Monday <input type="checkbox"/> Tuesday <input type="checkbox"/> Wednesday <input type="checkbox"/> Thursday <input type="checkbox"/> Friday <input type="checkbox"/> Saturday <input type="checkbox"/> Sunday
What hours can you work during the days that you are available? Ex. Mondays 9am-11am, 6pm-8pm

INTERESTS

Check areas that you are interested in. Feel free to check more than one.

- 1. Deliver Presentations (example: Brown Bag Lunch - 20 minute presentation)
*Involves: discussing presentation objectives & format with consumer, helping to develop presentation materials and resources when necessary, and facilitating presentation discussion
- 2. Deliver Energizers (example: Fit Breaks or Active Stories)
*Involves: leading groups through a series of energizing movements
- 3. Attend Displays at various Health Events/Fairs/Showcases
*Involves: fielding questions from attendees, presenting information, and providing hand-outs; may involve setting up physical activities for children & youth.
- 4. Team Leader (experience in event planning is an asset)
*Involves: team-leading such as organizing and planning special events.
- 5. Social Media Contributor: manage or contribute to website, Facebook, newsletter

ADDITIONAL QUESTIONS

1. List any related hobbies and areas of special interest you have relating to an active and healthy lifestyle:

2. What experiences have you had working with people (e.g., as a volunteer, on the job, in the community group, or with a professional association)?

3. What demographics do you have experience working with or most enjoy working with (e.g., children, youth, adults, older adults, special populations)?

4. What are your reasons for wanting to participate in this volunteer program?

5. How did you learn about this volunteer opportunity?

Please complete and return this application to:

**Kristin Cote
Kingston Gets Active
28 Division St.
Kingston, ON K7L 3N6
or
Email to: info@KingstonGetsActive.ca**