



# Kingston Gets Active Ambassador Volunteer Position Description

**Position Title:** KGA Ambassador

**Accountable to:** Kingston Gets Active Coordinator

**Supported by:** Kingston Gets Active Steering Committee

**Service Term:** 1 year

**Position Overview:** The KGA Ambassador is responsible for encouraging Kingstonians to make healthier lifestyle choices by providing accurate information about physical activity and its benefits. The KGA Ambassador will disseminate information contained in *Canada's Physical Activity Guidelines*, and other credible resources, through presentations, energizers, and/or by attending displays/exhibits at community health events/fairs.

## **Commitment (MINIMUM)**

- Participate in an initial 6-7 hour training program
- Attend KGA Ambassador group meetings
- Facilitate/attend 4 activities/workshops/community events per year

**The KGA AMBASSADOR** aims to:

- Increase awareness of physical activity and its benefits
- Increase awareness of physical activity resources
- Increase awareness of Kingston Gets Active and its initiatives
- Design informative and enjoyable presentations, displays and events
- Help increase the physical activity levels of Kingstonians of all ages and abilities

**Position Activities may include:**

1. Deliver Presentations (example: Brown Bag Lunch – 20 minute presentation)
  - discussing presentation objectives & format with consumer
  - helping to develop presentation materials and resources when necessary
  - facilitating presentation discussion
2. Deliver Energizers (example: Fit Breaks)
  - leading groups through a series of energizing movements
3. Attend Displays at Health Events/Fairs/Showcases
  - fielding questions from attendees
  - presenting information
  - providing handouts
4. Social Media Contributor:
  - managing or contributing to website, facebook, and/or newsletter

**Qualifications:**

- Interest and ability to learn and share information about physical activity and its benefits
- Good role model - physically active on a regular basis
- Basic knowledge about maintaining a healthy and active lifestyle
- Ability to help facilitate individual and group learning environments
- Time to participate in the program
- Good communication skills; speaking a second language is an asset
- Experience in community work, leadership, or as a volunteer is an asset
- Must be 18 and older

For more information: contact Kristin Coté, Program Coordinator of Kingston Gets Active  
info@KingstonGetsActive.ca  
or visit [www.KingstonGetsActive.ca](http://www.KingstonGetsActive.ca)