

Grand Valley Trails Association Volunteer Job Description



Position Title: Health Promotion & Hiking **Date:** September 12, 2007

Position Description: Walking has great health benefits, and we want to share that! You can help us establish formal contacts and partnerships with health units in the Grand Valley Watershed to present joint health promotion programs with a walking or hiking theme. You will have a strong interest in promoting health through fitness, good verbal and written communication skills, and access to a computer with e-mail and Microsoft Office. Hiking experience is an asset.

Position Requirements:

- | | | |
|---|---|--|
| <input type="checkbox"/> Confidentiality | <input type="checkbox"/> Physical Demand | <input checked="" type="checkbox"/> Work Without Supervision |
| <input checked="" type="checkbox"/> English Proficiency | <input type="checkbox"/> Specialized Training | |

Training Details:

Areas of Interest:

- | | | |
|--|---|---|
| <input type="checkbox"/> Boards & Committees | <input type="checkbox"/> Culture/Heritage | <input type="checkbox"/> Management |
| <input type="checkbox"/> Children/Youth | <input type="checkbox"/> Event Planning | <input type="checkbox"/> Office Work |
| <input checked="" type="checkbox"/> Communication/
Public Relations | <input type="checkbox"/> Gardening | <input checked="" type="checkbox"/> Recreation/Sports |
| <input type="checkbox"/> Computers | <input type="checkbox"/> /Environment | <input type="checkbox"/> Special Events |
| | <input type="checkbox"/> Maintenance | <input type="checkbox"/> Teaching/Tutoring |

Time Detail: Approximately 10 hrs per month

Minimum Duration:

- | | | | |
|---|--|--------------------------------------|---|
| <input type="checkbox"/> 3 months or less | <input checked="" type="checkbox"/> 4-6 months | <input type="checkbox"/> 7-12 months | <input type="checkbox"/> More than 1 year |
| <input type="checkbox"/> Special Event | → Start Date: | End Date: | |

Ideal For:

- | | | | |
|---|--|---|-----------------------------------|
| <input checked="" type="checkbox"/> An individual | <input type="checkbox"/> A group (3-5) | <input type="checkbox"/> A group (over 5) | <input type="checkbox"/> A family |
|---|--|---|-----------------------------------|

Geographical Area:

- | | | |
|---|--|---|
| <input checked="" type="checkbox"/> Kitchener | <input checked="" type="checkbox"/> Wellesley Township | <input checked="" type="checkbox"/> Woolwich Township |
| <input checked="" type="checkbox"/> Waterloo | <input checked="" type="checkbox"/> Wilmot Township | |

Other:

Transportation:

- | | | |
|---------------------------------------|---|---|
| <input type="checkbox"/> Car required | <input type="checkbox"/> Not on a bus route | <input type="checkbox"/> On a bus route |
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