

VOLUNTEER JOB DESCRIPTION

Volunteer Position	Shadow		
Department	Community Initiatives – <i>Participation Sociale</i>		
Supervisor	<i>Participation Sociale</i> Coordinator		
Status	Flexible (based on volunteer and participant availability)	Centre	Hochelaga-Maisonneuve

Function
The Shadow accompanies a person (child, adolescent, young adult or adult) with an intellectual deficiency during scheduled fitness activities at the Hochelaga-Maisonneuve Y Centre. The volunteer shadows and orients the participant in fitness activities and classes. The volunteer builds a special relationship by conversing and interacting with the participant. The volunteer plays a fundamental role in contributing to the participant's cognitive and social development.

Benefits
<ul style="list-style-type: none"> ▪ Have a meaningful, positive impact on the local community ▪ Make a difference in an individual's life by enabling their participation in activities at the YMCA ▪ Develop interpersonal and communication skills ▪ Personal growth and development

Responsibilities
<ul style="list-style-type: none"> ▪ Greets and welcomes the participant upon his/her arrival ▪ Ensures that the participant is prepared for the activity (s/he is wearing the proper attire, s/he placed his/her belongings in a locker, etc) ▪ Accompanies the participant in the fitness activity and guides him/her throughout the process ▪ Adapts the activity according to the participant's capacity ▪ Contributes to the participant's development through conversation and interaction ▪ Encourages and supports the participant throughout the activity ▪ Ensures the safety and wellbeing of the participant ▪ Upholds an open communication with the Director

Expectations of the Volunteer
<ul style="list-style-type: none"> ▪ Upholds the core values of the YMCA

Job/Association-Related Requirements
<ul style="list-style-type: none"> ▪ Fluent in French ▪ 15 years of age + ▪ Minimum 3 month commitment

Competencies

- **COACHING & DEVELOPMENT:** Commits to assisting participants, volunteers, staff and self in continuous learning and self-development.
- **COMMUNICATION:** Communicates in a thorough, clear and timely manner and supports information sharing and goal achievement across the YMCA.
- **INTEGRITY:** Demonstrates responsible behaviour at all times and maintains high ethical standards.
- **CONCERN FOR HEALTH & SAFETY:** Acknowledges and understands how to manage and educate others of risk and harm reduction.

If you are interested, please contact:

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