



Revved Up Kingston  
School of Kinesiology and Health Studies  
28 Division Street, KHS 502A  
Queen's University,  
Kingston, ON Canada K7L 3N6  
Phone: 613-533-6000 x 79283  
Fax: 613-533-2009  
revvedup@queensu.ca



Dear Volunteer:

Thank you for offering your time as a volunteer with Revved Up. Please review the information below that outlines your roles and the associated risks that are present when volunteering with Revved Up. This letter must be signed and dated before volunteering with Revved Up can commence.

As a volunteer with the Revved Up program, your responsibilities include:

- Helping participants follow their exercise program
- Assisting with the set up of equipment in the gym for participants
- Providing verbal reminders and physical cues to correct form
- Acting as a source of encouragement and motivation for the participant
- Helping to keep the gym a safe and tidy facility

As a volunteer with the Revved Up program, you will abide by the following terms and conditions outlined below and reviewed during your in-person orientation:

- Perform volunteer duties under the supervision and direction of session supervisors and the Program Coordinator
- Only make changes to participants' programs, including changes in weight and exercises, that have been reviewed and approved by a session supervisor, a Revved Up trainer or Program Coordinator
- Attend your weekly sessions fit to volunteer and dressed appropriately for an exercise setting (closed toed shoes, etc.)
- Notify your session supervisors and Program Coordinator of your absence from your weekly session following the procedure outlined in the online training
- Refrain from using your mobile device while volunteering

As with any environment where physical activity is taking place, there are certain risks associated with volunteering including:

- Injury arising from falling/stumbling against floor surface, walls and equipment; incidental contact with participants and equipment
- Injury resulting from use, mis-use and failure of any equipment
- Injury resulting from failure to participate safely and within your own ability
- Loss or damage to personal property

Location of volunteer commitment: School of Kinesiology and Health Studies



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Sincerely,

A handwritten signature in cursive script, appearing to read "S. King".

Samantha King, SKHS Director

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I, the undersigned, have read the above and understand the roles and risks associated with participating as a volunteer with Revved Up. I am freely and fully assuming these risks associated with volunteering at Revved Up and agree to adhere at all times to the safety procedures and training provided by the Revved Up program.

I, the undersigned, have completed the online training and in-person orientation associated with being a Revved Up volunteer. I am familiar with all regulations and procedures of the university and the department regarding occupational health and safety, as outlined in the online training and reviewed in the in-person orientation.

Volunteer Name: \_\_\_\_\_  
(printed)

Volunteer Signature: \_\_\_\_\_

Date: \_\_\_\_\_