Volunteer Job Description

Rock Steady Boxing offers boxing-inspired fitness classes only to people with Parkinson’s disease. Parkinson’s boxing classes are not appropriate for non-Parkinson’s persons who want to learn to box or intend to use the class time to work out for themselves. Volunteers are expected to assist RSB Coaches during class at all times. Classes are not designed to provide the volunteer a boxing workout, but for the volunteer to gain knowledge and experience assisting people with Parkinson’s disease.

Volunteers will be assigned to classes as needed. RSB has a maximum number of volunteers that can participate at the same time dependent upon the PD class level. Volunteers are expected to notify RSB when they are unable to participate during their assigned class. All long-term volunteers are required to attend Rock Steady Boxing Volunteer Orientation Training.

Gym Responsibilities

- Arrive 15 minutes prior to class to help Coaches and PD boxers prepare for class.
- Check in with RSB Coaches to identify any special needs during class, which may include:
  - Explaining modifications for exercises
  - Making sure PD boxers are staying properly hydrated
  - Watching for signs of low blood pressure, dizziness, overheating
  - Watching and listening for signs of depression
  - Being compassionate and fully present during class
  - Being a good listener
  - Leaving personal problems outside the gym
- Set up as “head coach” if the head coach needs to step aside.
- Keep a firm “tough love” attitude – keep the morale of classes positive.
- Assist PD boxers in wrapping hands prior to class.
- Assist PD boxers with putting on boxing gloves during class.
- Assist PD boxers who need assistance getting up and down off the floor (but always encourage and teach independent-techniques first.)
- At the completion of class, volunteers are expected to assist with set-up and take-down of equipment, and the cleaning the gym:
  - Disinfect all heavy bags and speed bags (after final class of the day)
  - Put “toys” away
  - Organize boxing gloves
  - Throw away empty water bottles
  - Look for “Lost and Found” items in gym and Cornerman Lounge
  - Dump out water trays in water machines
- Any other volunteer duties as assigned.

Thank you for helping us fight back against Parkinson’s disease!