

FITNESSWARRIORS

Warrior Class Agreement

Background & Purpose

The Fitness Warriors program was developed to lower the risk of chronic diseases (diabetes, hypertension, heart disease, cancer, and stroke) in and around Richmond by increasing opportunities for residents to engage in regular physical activity. In order to reach the populations most vulnerable to chronic disease, the Fitness Warriors program trains members of the community to lead free fitness classes in various locations throughout the region, including schools, churches, senior residences and recreation centers with community members who most need improved access to fitness and activity.

Expectations

The Fitness Warriors Program will:

1. Coordinate a place or platform for the instructor to lead free onsite or online group exercise classes at least once per week.
2. Provide liability coverage for the fitness class. The Fitness Warriors program is fully covered by a General Liability Insurance Policy for the free classes that our instructors teach.
3. Create and perform participant evaluations and self-report surveys.
4. Collect and analyze attendance data and survey results to evaluate the impact of the program. This information will be made available to individuals annually.
5. Make available an online platform, such as Zoom, to host weekly class time.
6. Provide a moderator to host online classes and provide support via chat for participants.
- 7.
8. Maintain and promote an online schedule of all Fitness Warrior classes, which can be found at RVAFitnessWarriors.org and via [Instagram](#) and [Facebook](#)

_____ agrees to:

Fill in Instructor name

1. Lead free online group exercise class at least **once per week**.
2. Play the lead role in recruiting participants by advertising their weekly classes via flyers, posters, one-on-one recruitment, and other promotional activities out in the community.
3. Build a relationship with their community, including class participants and their moderator, as an effective fitness leader.
4. Familiarize themselves thoroughly with their Zoom tips, safety/emergency protocols and operational systems.
5. Handle the logistics of organizing and leading their weekly fitness classes, such as recording attendance, keeping their background clean, and being prepared to lead class each week.

** In the event an instructor needs to miss their weekly group exercise class, they are expected to secure a sub to teach the class in their place. If a sub cannot be identified, the instructor will notify the host site and class participants in a timely, professional manner. Instructors will not miss more than 1 weekly class without securing a sub during the time period laid out in this agreement.*

FITNESSWARRIORS

Class Schedule Information

Sports Backers will maintain and promote an online schedule of all Fitness Warrior classes. It is critical that any changes, cancellations be made to the agreed upon day and time of the class is communicated immediately to Sports Backers.

Please provide the information, *exactly as you would like it displayed on the class schedule online*, for your class.

Class Name: _____

Class Day & Time: _____

Name of Host Site: _____

Host Site Address if applicable. _____

Instructor Phone Number: _____

Instructor Email Address: _____

Class Description: _____

Fitness Warriors Program Staff Contact:

Tiffany Copeland
100 Avenue of Champions, Suite 300
Richmond, VA 23230
(O) 804.285.9495 x232 (C) 804. 721. 2843
Tiffany@sportsbackers.org

Time period

This agreement covers a minimum time period of one year following the class start date: _____.
Warrior Instructors are committed to serving the community and may continue providing weekly classes

FITNESSWARRIORS

in coordination with host sites after the one year commitment. Host sites should continue providing the same support for Warrior classes for the duration of the Instructor's commitment.

Acknowledgments

The undersigned hereby agree to the conditions outlined above and thereby, authorize its execution.

Instructor's Name

Signature

Date

Host Site Contact Name(If applicable) Signature

Date

FW Program Staff Name

Signature

Date