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. 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 onsite group exercise class 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 program administrators, as an effective fitness leader.
4. Familiarize themselves thoroughly with the Zoom platform, if applicable, or host site safety/emergency protocols.
5. Handle the logistics of organizing, being prepared, and leading their weekly fitness classes, including submission of registration paperwork and attendance, as applicable.

** 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

_____ (if applicable) agrees to:
Fill in host site organization name

1. Host a free onsite group exercise class at least ***once per week***. In the event a Host Site needs to cancel a class, they are expected to notify the Instructor and Fitness Warrior Program Staff in a timely, professional manner.
2. Make available an outdoor space or multi-purpose room that can safely hold a *minimum* of 10-15 people at the agreed upon weekly class time.
3. Open the Fitness Warriors class to the general public to improve access to physical activity for residents of the Richmond region. (*Host sites who are unable to open their classes to the general public should notify Fitness Warriors staff at the outset of the collaboration)*
4. Recruit participants by advertising the Fitness Warriors class via flyers, posters, one-on-one recruitment, and other promotional activities.
5. Communicate facility and location logistics and protocols with the Instructor, including safety protocols and inclement weather policies and closings.
6. Provide a contact person that can be reached before or during weekly fitness classes in case of logistical issues with the facility or in case of an emergency.

**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 (if applicable):_____

Host Site Address (if applicable):_____

Instructor Phone Number: _____

Instructor Email Address: _____

Class Description:_____
_____
_____

# FITNESSWARRIORS

**Fitness Warriors Program Staff Contact:**

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**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 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 |
| _____ | _____ | _____ |
| FW Program Staff Name | Signature | Date |
| _____ | _____ | _____ |
| Host Site Contact Name (if applicable) | Signature | Date |