Position Title: Thrive Centre Peer Helper  
Department: The Thrive Centre  
Term: Spring/Summer/Winter/Fall  
Number of Positions: Varied, Based on need  
Hours: ~2 per week  
Length of Position: Ongoing  

This is a competitive student leadership volunteer opportunity open to all University of Calgary students.

Position Description:
The Thrive Centre is an innovative fitness facility aiming to empower and improve the quality of life of people affected by cancer. It is free for use for cancer patients, survivors and their support people. Currently, many research studies and programs are held at the Thrive Centre with the help of many volunteers, practicum students, graduate students, and exercise physiologists. The gym is monitored by exercise specialists and volunteers who have specific cancer and exercise training.

Volunteering at the Thrive Centre is a great way to gain experience working with clinical populations while also gaining valuable personal and professional skills. Volunteers have the chance to monitor open gym sessions, assist with exercise classes, or even sign up to work with clients in a one-on-one setting. If you are interested in a hands on and valuable volunteer experience the Thrive Centre is a great way to become more involved here at the University of Calgary Campus.

Task and Responsibilities
All volunteers at the Thrive Centre will receive specific training on cancer and exercise. Volunteers at the Thrive Centre can assist in many different capacities including:

1. Open Gym Volunteers  
   ○ Create and maintain files for those that come in to use the facility  
   ○ Assist clients with their exercise routines, (e.g., adjusting form, modifications)  
   ○ Offering support and information to clients  
   ○ Maintain a sanitary and safe space

2. After one term as an Open Gym Volunteer, individuals can also sign up to assist with research classes (e.g., Alberta Cancer Exercise program)  
   ○ Assist with set up and clean up of work-out equipment  
   ○ Assist an exercise physiologist in teaching a class of ~10 participants
Support at risk cancer survivors with a circuit-based workout

3. After one term as an Open Gym Volunteer, individuals can also sign up to assist with PEER (a program for kids with cancer). Additional training is provided by the PEER leadership team. Volunteer duties include attendance at the weekly PEER program at the Gordon Townsend gym, Alberta Children's hospital (Wednesday nights), working with various age groups (preschool, school-age and adolescent) in a physical activity setting, and monitoring improvement through assessments.

Employability Skills

- **Teamwork Skills**: understand and work within the dynamics of a group, recognize and respect people’s diversity, individual differences, and perspective, accept and provide feedback in a constructive and considerate manner, and motivating a group for high performance
- **Communication Skills**: listen and ask questions to understand and appreciate the points of views of others, share information in a range of ways
- **Thinking and Problem Solving Skills**: assess situations and identify problems, be creative and innovative in exploring possible solutions, evaluate solutions to make recommendations or decisions and check to see if a solution works, and act on opportunities for improvement

As a University of Calgary Peer Helper, you will also have the opportunity to work within a collaborative team environment, expand your network of students, faculty and staff, and have access to specific career development opportunities provided through the Peer Helper Program.

Commitment:
The time commitment of this position is a minimum of one shift a week during the term that you are a volunteer. Shifts range from 1 - 2 hours. Volunteers can also sign up to be shift coverers if there is no available shift for them. Shift times are determined at the beginning of every term (Spring, Summer, Fall, Winter). Your commitments will include:

- Attending a training session at the start of the semester (Dates TBA)
- Attending a weekly shift, whether open gym, or exercise class
- Attending one in-service (informational session) a year to expand knowledge about exercise and cancer

Volunteers can choose to stay with the Thrive Centre as a volunteer for as long as they would like. After every term, volunteers have the option to continue being a volunteer, become a shift coverer, return at a later date, or not continue.

Qualifications

- Certified in First Aid/CPR
- Background in exercise *(Kinesiology background is preferred but not required)*
- Comfortable with approaching and connecting with others
- Demonstrates professionalism, maturity, and good judgment
- In good academic standing
- All Peer Helpers must be in good standing with the Office of Student Conduct
**Conduct Statement**
This position requires students to be in good standing for non-academic misconduct. Students who are not in good conduct standing have an active sanction “Probation for Non-Academic Misconduct” that has been assigned through formal conduct proceedings per the Non-Academic Misconduct policy. Students are informed in writing of the sanction by the Student Conduct Office. Note: Involvement in the Non-Academic Misconduct process does not automatically mean a student is not in good conduct standing; this applies only to those students who have been assigned the sanction of Probation for Non-Academic Misconduct. If you have been found responsible of a violation of the Non-Academic Misconduct Policy and you are unsure if you have received this sanction, please contact conduct@ucalgary.ca. Please note that in submitting your application, you are verifying that you are in good conduct standing and consent to this being verified by the Student Conduct Office. Note that details of non-academic misconduct cases are not shared through this process.

**Application Process**
To apply, please submit an online Peer Helper application form available on the Peer Helper Program’s website. The application form can be found here: www.ucalgary.ca/peerhelper/apply/application-form. If you have any questions, please direct them to wellnesslab@ucalgary.ca.