



Contractor Agreement

The contractor agreement is made this ____ day of _____, 20____ and is in effect until the ____ day of _____, 20____.

Between _____ Community League and Contractor, Susan Yackulic.

Contractor Duties

On-Site Support

The contractor will accompany the program leader(s) and participants on a walk at their Community League site or a mutually designated site to be announced. The contractor will also work with leader(s) on an individual basis.

Walking Technique Support

The contractor will support the program leader(s) with helping participants learn proper urban poling/Nordic walking technique to get the most benefit from the activity. Both the fitness and activator walking techniques will be taught.

Additional Instruction and Guidance

Program leaders may request specific resources and guidance on any of the following.

- How to promote the urban poling/Nordic walking program to attract Community League members.
- How to best design a weekly instructional plan or teach participants on a drop-in basis. Instructional tips provided will include programming for all ages. For example: The run, jump, throw activities may appeal to younger participants and the longer walks throughout the neighbourhood may appeal to regular walkers.
- Teaching techniques for small or large groups.
- Teaching tips for hill walking, snowshoeing, and walking on different terrains.
- Teaching tips for what to wear for cold or really warm weather (e.g., clothing, footwear, etc.).
- How to engage participants, find easier or more challenging walking routes, and accommodate members with certain needs that may require extra assistance.
- Safety tips for working with specific populations such as exceptionally slow or fast walkers, seniors with balance issues, people with Parkinson's disease, and those who want to walk with their dogs.
- Pamphlets and brochures to meet the needs of participants in particular Community Leagues: arthritis, pre/post knee surgery, Parkinson's, multiple sclerosis, acquired brain injury, cerebrovascular accident, post spinal stenosis surgery, vestibular conditions, healthy aging, and more.

Liability: The contractor acknowledges that urban poling/Nordic walking entails known and unanticipated risks. She voluntarily agrees to release, forever discharge, indemnify, and hold harmless the Community League from any and all claims, demands, or causes of action, which are in any way connected with her participation in the walking program or use of the Community League equipment or facilities, including any such claims which allege negligent acts or omissions.

Remuneration: The contractor will be paid \$50/hour for the above duties.

Executed ____ day of _____, 20____ by an authorized member of _____ Community League.

Community League Board Member

Phone:

Email:

Susan Yackulic

Urban Poling Master Trainer

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