

Volunteer Registration Form

VOLUNTEER INFORMATION

First Name: _____ Last Name: _____
 Address: _____
 City: _____ Province: _____ Country: _____
 Postal Code: _____ Phone: _____ Cell: _____
 Email: _____ Email 2: _____ Age: _____

OTHER INFORMATION

1. From time to time we like to keep volunteers informed using e-mail. Do you give permission to Ups and Downs to e-mail you in regards to newsletters, announcements and volunteer opportunities? Yes/ No
2. Why have you chosen to volunteer with Ups and Downs?
 - I have a relative with Down syndrome
 - I am a parent of a child with Down syndrome
 - I work with individuals with disabilities
 - Other _____
3. Do you have any special skills or are you in an occupation that might of help to Ups and Downs?

4. Do you speak another language besides English and would you be willing to work as an interpreter?

5. Are you CPR trained or do you have any first-aid certifications?

5. Do you agree to have a police check done?

VOLUNTEER OPPORTUNITIES

Please check off all events you are interested in volunteering for. For more volunteering opportunities please see the other side of this form.

FUNDRAISING

Street Meet - 3K Walk, June 16th (Saturday)

- | | |
|--|--|
| <input type="checkbox"/> Event Committee (6 positions available) | <input type="checkbox"/> Judge (3 positions) |
| <input type="checkbox"/> Registrations Volunteer (4 positions available) | <input type="checkbox"/> T-Shirt Volunteer (2 positions available) |
| <input type="checkbox"/> Raffle Ticket Volunteer (4 positions available) | <input type="checkbox"/> Kids Events (4 positions available) |
| <input type="checkbox"/> Photographer (2 positions available) | |
| <input type="checkbox"/> Cooks (2 positions available) | |
| <input type="checkbox"/> Cooking Area Helper (2 positions available) | |

CONFERENCES

- Teen & Young Adult Conference



FAMILY EVENTS

- Kids Halloween Party**, October
 - Shopping for food and supplies
 - Event set up and assistance during the event with children's activities
- Dinner Dance**, November
- Kids Christmas Party**, December
 - Shopping for children's gifts
 - Wrapping gifts
 - Event set up and children's activities
- Teen and Young Adult Christmas Party**, December
 - Shopping for food and materials
 - Decorating
 - Event set up and supervision during the event
- Toastmasters Groups**
 - Supervision during the event
- Teen and Young Adult Cooking Program** (April & May)
 - Supervision during the event

NEW PARENTS

- Visiting Parent Program, volunteers as required
(Volunteers for Visiting Parents Program must be a parent of a child with Down syndrome)

DANCES (Teens & Young Adults)

- Valentine's Day Dance, February
- Halloween Dance, October

Thank You

Volunteers are the backbone of the Ups and Downs community. We can continue to deliver engaging and meaningful programs because of the generosity of our volunteers. Thank you for offering your time and efforts to the organization.

Please mail completed applications to
Ups and Downs, P.O. Box 61180, Kensington RPO, Calgary, AB T2N 4S6
or email to
director@upsdowns.org