



Volunteer Registration Form

Where: East St Paul Arena

When: July 28th – August 1st, 2014

Description: iCan Shine is a non-profit organization that teaches individuals with disabilities to ride a conventional two-wheel bicycle through its' iCan Bike program.

Please complete and e-mail this form to: icanshinewpg@gmail.com

If you have any questions please contact Sean or Lori Frain by email or call (204)471-3569.

Personal Information

Volunteer Name:

T-shirt Size (XS, S, M, L, XL or 2XL): _____ 16 yrs or older (Y or N): _____

Phone #s (home and cell): H _____ C _____

E-mail Address:

Emergency Contact Information

In the event of an emergency, who would you like contacted?

Name:

Relationship: _____ Best Phone: _____

Volunteer Role

Spotter: Walk/jog/run alongside a rider as they are learning to ride a bike during a 75-minute session (with short breaks) for 5 days Monday through Friday. You will provide encouragement and physical support, as needed.

Please check off your highest level of fitness:

I can jog at a moderate pace for one hour with short breaks

I can walk fast for one hour with short breaks

I can walk steadily for one hour with short breaks

I cannot walk steadily for one hour with short breaks

Your Commitment

Please indicate the 75-minute session(s) for which you would like to volunteer. Please note that we ask you to commit to working **all** five days during the camp for the session(s) you select. Riders bond with their assigned volunteers and rely on the same person to be there each day. **Plan to arrive 15 minutes prior to your session start time for a daily strategy/training session with Shine Staff.**

8:30 am - 9:45 am _____

10:05 am – 11:20 am _____

11:40 pm – 12:55 pm _____

2:00 pm – 3:15 pm _____

3:35 pm - 4:50 pm _____

~~**NOTE:** Required volunteer orientation/training will be held at the East St Paul Arena on Sunday July 27th at 4:00.~~



Volunteer Release Form

Program: iCan Bike

Description: A five-day long bike program that uses adapted equipment to help individuals with disabilities learn to ride a two-wheel bicycle.

By signing, I hereby expressly acknowledge that biking, like many sports such as swimming, golf, soccer, and gymnastics involves movement and physical activity, and that injury or mishap are possibilities in spite of all reasonable safeguards and precautions taken. Further, I hereby expressly acknowledge that photographs and/or videos of me may be taken by parties outside the control of iCan Shine in connection with participating in this program. I acknowledge that iCan Shine has limited or no control over such activities of third parties and has no control over any editing and/or use of such photos and/or video footage. I accept such risks as reasonable and proper, and agree to hold harmless the officers, principals, staff and volunteers of Sean & Lori Frain, iCan Shine, Inc., and Rainbow Trainers, Inc. should injury or mishap occur in this regard.

I give permission to be photographed and/or videotaped in print or electronic media by iCan Shine or third parties acting on behalf of iCan Shine. I acknowledge and agree that photographs and videos may be edited and used in whole or in part as desired for the purpose, which may be produced, duplicated, distributed and used for informational, promotional or other public purposes. I understand that photographs and video are not my property and there will be no compensation to me.

Print Volunteer Name:

Signature (of parent if under 18):
