



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## YMCA Trail Buddies Volunteer Commitment

### Expectations:

1. Be at least 21 years of age
2. Complete an application and pass a background check
2. Attend and successfully complete the Trail Buddies Training
2. Satisfactorily understand and demonstrate all skills on the checklist
3. Show proficiency as a pedaler and experience the bike as a rider
4. Read the User Manual, Rules of the Road and view the Disability Etiquette webinar
5. Commit to at least one (1) scheduled ride per week
6. Regularly and consistently check the website to fill in gaps as needed

I understand and agree to the expectations of volunteering for the YMCA's Trail Buddies program.

Signature: \_\_\_\_\_

For more information on volunteering or riding, contact Rebekah Coffey, Director of Adaptive Services at [rebekah\\_coffey@fwymca.org](mailto:rebekah_coffey@fwymca.org) or (260) 755-4961

**YMCA Mission:** To put Christian principles into practice through programs that help healthy spirit, mind and body for all.