



## HYHC Sun Run InTraining 2010 Group Leader Application

Before you begin filling out the application form please read the leader guidelines, roles and responsibilities form (please check box below):

I have read and understood the leader roles and responsibilities form

Please review each section of the application form carefully and complete in its entirety. Incomplete application forms will require follow up and may delay the final approval process.

First Name: \_\_\_\_\_ Last Name: \_\_\_\_\_

Gender:  Male  Female

Age:  Under 30  40 – 49  60-69  30 – 39  50 – 59  70+

Host Organization: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_

Postal Code: \_\_\_\_\_

Telephone: H: \_\_\_\_\_ W: \_\_\_\_\_

Email: \_\_\_\_\_

**I have been involved in previous HYHC Sun Run InTraining groups (check all that apply):**

As a leader:

- 2007       2008       2009

As a Participant:

- 2007       2008       2009

I have previously been involved in the Honour Your Health Challenge program but not Sun Run InTraining

➤ Indicate year(s) involved with the HYHC: \_\_\_\_\_

I have never been involved in either the Honour Your Health Challenge program or the HYHC Sun Run InTraining program

**Please indicate your physical activity ability/level:**

- Currently Inactive
- Currently active **two to three** days a week for a minimum of 20 minutes each time

Please indicate the type of activities you participant in (i.e. walking, dancing, martial arts etc.):

\_\_\_\_\_

- Currently active **more than three** days a week for a minimum of 20 minutes each time

Please indicate the type of activities you participant in (for example, walking, dancing, martial arts etc)

\_\_\_\_\_

**Please describe how you have been involved in your community in the past year to promote health and/or healthy living.**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**HYHC SUN RUN INTRAINING GROUP LEADER TRAINING FOR 2010**

**Please indicate if you attended the HYHC Sun Run InTraining group leader training in 2007, 2008, or 2009 (check all that apply).**

- 2007       2008       2009

**Do you have current CPR?**

\* Please note, if you received CPR training at last year's HYHC Sun Run group leader training, it is valid for 2 years.

- Yes                       No

- ❖ HYHC Sun Run InTraining Group Leader Training is being provided for individuals wanting to LEAD GROUPS of 10 or more participants through the 13-week InTraining program.

**As an HYHC Sun Run InTraining Group Leader, please indicate the number of individuals you are planning to recruit for the 13-week InTraining Program: \_\_\_\_\_**

- ❖ Attendance at HYHC Sun Run InTraining Group Leader Training is a mandatory first step to becoming a group leader for 2010. Eligible applicants (new and returning leaders) will be required to attend one of the following group leader training sessions. Training and CPR certification is offered free of charge. Accommodation will be provided by the sponsor (one leader per group/organization). Lunch will be provided.

\* Please Note: Travel subsidies (per one leader per group/organization) may be provided upon completion of the training session to help off-set additional costs for travel. However, FULL reimbursement for travel expenses to participate in the group leader training session WILL NOT BE PROVIDED.

**DATES AND LOCATIONS (please indicate that you will attend the training location CLOSEST to you).**

- Vancouver (January 19<sup>th</sup> & 20<sup>th</sup> – Coast Plaza Hotel & Suites)
- Prince George (January 25<sup>th</sup> & 26<sup>th</sup> – Coast Inn of the North)

**Please describe how the HYHC Sun Run InTraining program would benefit your community:**

---

---

---

---

---

---

---

---

---

---

**Please fax your completed application form to Denise Lecoy, Honour Your Health Challenge Coordinator, at (250) 276-4707. Deadline to Apply: December 14, 2009**

SPACE IS LIMITED. Applications for 2010 HYHC Sun Run Group Leaders will be reviewed as they are received. Any questions/concerns will be addressed immediately. A final decision as to who the 2010 HYHC Sun Run InTraining Group Leaders will be will be made the week of December 14, 2009.

Thank you!