



# TN SAIL Leader



- Purpose or Role:** This volunteer role will allow certified Stay Active and Independent for Life (SAIL) Leaders to conduct the evidence-based, strength, balance and exercise class to adults 65 and older at their chosen TN SAIL implementation site.
- Position Title:** TN SAIL Leader
- Department:** TN SAIL located within the Tennessee Commission on Aging and Disability through a grant from the Administration for Community Living (ACL)
- Essential Duties and Responsibilities:**
- All new TN SAIL classes are required to start in-person.
  - Conduct a TN SAIL class 2-3 days a week.
  - Perform Fitness Checks within 2 weeks of participants starting class.
  - Perform Fitness checks every 6 months to determine improvement among participants.
  - Provide a SAIL Participant Guide to all participants when they regularly start attending class.
  - Collect and safely secure all completed and signed participant forms included in the TN SAIL Toolkit.
  - Encourage all participants to use weights to improve strength each class.
  - Follow the outlined program including mandatory exercises as detailed in your TN SAIL Leader Training materials.
  - Submit Participant Information forms for all TN SAIL class Participants to the Falls Prevention Coordinator or Master Trainers
  - Report all TN SAIL class sign-in-sheets to the Falls Prevention Coordinator or Master Trainers on a monthly basis
- Reports to:** Falls Prevention Coordinator or TN SAIL Master Trainer
- Length of Appointment:** A TN SAIL Leader can serve in this volunteer position for as long as they are able to perform the essential duties and responsibilities of this role to the best of their abilities.
- Time Commitment:** TN SAIL requires a Leader to conduct classes 2-3 days a week for a minimum of 12 weeks per TN SAIL class workshop. We expect leaders to host a minimum of three 12-week workshops a year. Leaders may also conduct class on an ongoing basis for as long as the leader is able. TN SAIL strongly encourages leaders be trained in teams of two to divide the time commitment.
- Qualifications:**
- Hold a current fitness certification
  - Be CPR certified
  - Attend a 2-day SAIL Leader Training **or** the new SAIL Online Leader Training
  - Complete and sign all required documents including, but not limited to, TN SAIL Leader Application and the TN SAIL leader Memorandum of Understanding prior to starting a TN SAIL class.
- Support Provided:** TN SAIL provides training, resources and technical assistance to all SAIL Leaders. Each TN SAIL implementation site will be given a TN SAIL Toolkit so the leader as the materials on-site to begin their class. The Falls Prevention Coordinator and TN SAIL Master Trainers are responsible for distributing information the program feels is important for TN SAIL Leaders to know and will do so at their discretion or at the TN SAIL Leaders request. At any time a TN SAIL Leader is in need of assistance or guidance while conducting a class, they are welcomed and encouraged to contact the Falls Prevention Coordinator and/or TN SAIL Master Trainers.