

2020 APDA MA Rock Steady Boxing Grants Guidelines

In order to ensure the safety and comfort of all Rock Steady Boxing (RSB) program participants, the American Parkinson Disease Association Massachusetts Chapter (APDA MA) has developed the following guidelines. Please read these stipulations in full. If you have any questions, please contact the APDA MA at 800-651-8466 or apdamagrants@apdaparkinson.org.

RSB Grant:

The APDA MA is proud to grant each student that attends \$100 towards their respective costs - up to three sessions per 12-month period. The funds will be processed AFTER the class starts upon proof of class attendance and if all MOU requirements are met.

Before Applying:

- No grant application will be considered if there aren't qualified instructors listed. A person is considered a qualified instructor by having:
 - RSB certification; and,
 - Relevant prior experience as a fitness instructor, trainer or have in some way worked in a physical capacity with the PD community for a period of time.
- A 1 to 7 teacher to student ratio is required when considering class size and written into the grant request.
- RECOMMENDED, especially for helpers, that all complete the APDA Parkinson's Training for Fitness, Health and Wellness Certification (<https://www.apdaparkinson.org/pd-fitness-training/>)

If Granted:

- Program coordinators must ensure that the appropriate instructors from the application attend each class and that the required 1 to 7 teacher to students ratio is maintained. Other class helpers who may or may not be credentialed may assist in class activities.
- Three weeks into the class, submit all attendance records for office review and grant processing.