



SIMPLIFIED INFORMATION AND PROCEDURE

FOR JOINING THE

CANADIAN VOLKSSPORT FEDERATION

What is the Canadian Volkssport Federation (CVF)?

The CVF is a Canadian not-for-profit organization incorporated in 1987 with activities organized in all provinces and territories.

What is our goal?

Our goal is to promote public health through participation in a non-competitive outdoor sports program, the most popular being walking, sharing Fun, Fitness and Friendship.

How do we reach out?

Through Volkssport Canada, a Newsletter, published quarterly and through our website at www.walks.ca

Membership

We have five membership categories: (1) Regular Club membership, (2) Affiliate membership, (3) Individual membership, (4) Associate membership and (5) Honorary membership.

Activity

Our main activity is walking but it also includes cycling, swimming, cross-country skiing, in-line and ice skating, snowshoeing as well as rowing, canoeing and kayaking, all at your own pace. Our events are either Permanent Trails; Seasonal (SEAS) events or single events (usually a one-day event). Walking events must be 10 km, with the option for shorter (minimum of 5 km), or longer, distances.

Insurance

The CVF has a general liability insurance of \$2,000,000, which covers each and every sanctioned event.

What to do to join the CVF?

1. Get as much information as possible from either a local CVF club or a Regional Director (Atlantic, Québec, Ontario, Prairies & Northern Territories, Alberta, and British Columbia).
2. Complete an Application Form for membership.
3. Membership fees and costs: There is an Admission Fee of \$100 for a Regular Club, however a request can be made to the Board to waive this fee. The Annual Club Fee to belong to CVF is \$50 and an Individual member fee is assessed based on the number of adult members in the Club as of September 1 each year. The Board sets the amount of this fee each year.
4. Complete an Application for Event Sanction Form for first events.
5. Event Sanction Fees and Insurance Costs:

TYPE OF EVENTS	PT (annual)	LONG SEASON 181 – 270 days	MEDIUM SEASON 180 days or less	SHORT SEASON 120 days or less	SINGLE EVENT
Sanction Fee	\$100	\$100	\$75	\$50	\$30
Insurance Premium	\$10	\$10	\$10	\$10	\$10

Note: New club or reactivated dormant club is entitled to two (2) Permanent Trails and ten (10) Scheduled Events per year free for the first two (2) years of operation but will be required to pay the insurance fees for each sanctioned event.

6. A copy of the booklet “How to Start a Volkssport Club” is available by contacting the CVF office at cvffvcwalk@outlook.com. This booklet is available at no charge and contains more detailed information about how to start a Volkssport Club