

Sully Lions – Diamond Trail Fitness Center

RAOK Program Guidelines & Rules

12/2007

Objective: To make it possible for L-S and Sully Christian Grade middle school (7th – 8th) students to use the Diamond Trail Fitness Center.

How: The Sully Lions will award a 3 month DTFC membership to students through the Random Acts Of Kindness (RAOK) program.

RAOK Rules

1. All 7th-8th grade students at Lynnville-Sully Community Schools and Sully Christian Grade School would be eligible. 6th Grade students become eligible in June following the end of the school year.
2. 3 month DTFC memberships will be awarded the last week of March, June, September, and December. A maximum of 10 – 3 month DTFC memberships will be awarded each quarter.
 - a. Note: For the first time only, 10 – 2 month DTFC memberships will be awarded.
3. Applications must be submitted for scoring by the 3rd Monday of March, June, September, and December to the designated person at Lynnville-Sully Community School and Sully Christian Grade School.
4. RAOK Program
 - a. A random act of kindness activity must be performed for someone other than a parent or guardian.
 - b. The random act of kindness activity must be performed without pay.
 - c. Students must prepare and submit a RAOK Program Application for each random act of kindness performed. The application describes the random act of kindness activity that was performed and the time it took to perform the activity.
 - d. One or more RAOK Program Applications can be submitted by the student.
 - e. The Sully Lions will review and score each RAOK Program Application. There is a maximum 50 point score that can be obtained on an individual application.
 - f. The sum of the activity duration time identified on the RAOK Application(s) must be a minimum of 3 hours.
5. RAOK Application Requirements
 - a. Application must be signed by the person the activity was done for.
 - b. A random act of kindness can be performed by a group of students. Each student involved in the activity must prepare and submit an application.
 - c. The RAOK activity must have been performed in the past 1 to 3 months.
6. Students awarded memberships are expected to abide by all DTFC rules and good conduct requirements. Violators will lose their DTFC membership.
7. Random Act Of Kindness Activity Examples (not limited to just these)
 1. Raking and bagging leaves for an elderly person
 2. Tutoring another student (Teacher signature required on application)
 3. Helping to care for / watch kids for a family.
 4. Wash and clean an elderly person's car
 5. Helping at a Lion's event or in the Lions concession stand
 6. Shoveling snow from sidewalk or driveway of an elderly person.
 7. Helping to paint a room or out building
 8. Trimming bushes or trees, mowing lawn

