



## CarFit Technician Role

### About CarFit

CarFit is a national educational program supported by CAOT and CAA in Canada to teach drivers about person-vehicle fit.

### Technician Role

- CarFit Technicians assist CarFit Event Coordinators and Instructors at in-person CarFit events with drivers.
- Technicians may also receive additional training to conduct CarFit 1:1, solo in-person check-ups with driver.

CarFit Technicians play a critical role at CarFit events, educating drivers by completing the 12-point CarFit checklist at the check-up station. CarFit Technicians work under the supervision of Event Coordinators or Instructors. In addition to completing the CarFit checklist, Technicians may also perform roles at events such as check-in, check-out, set up and take down.

To become a fully trained Technician you must complete on-line or in-person classroom training and training at an actual CarFit event. Virtual lab training is also offered in preparation for in-person training at CarFit events and to provide training when there are no local Event Coordinators or Instructors available.

Technician Training will give you an overview of the CarFit Program and the CarFit Checklist, explaining how and why to adjust key safety features. You will also be able to watch videos showing some of the steps on the checklist and showing helpful tips for participating in CarFit.

Technician field training starts with an in-person lab where you will get a chance to run through the checklist before working with drivers. Thereafter, under the direction of an Event Coordinator or Instructor, you will get an opportunity to go through a checklist with an actual



driver participating in a CarFit event. You are then considered a fully trained technician and can help at other CarFit in-person events without further training.

### **Technician Responsibilities**

- Support in-person CarFit events under the direction of a CarFit Event Coordinator.
- Assist CarFit participants (drivers) in reviewing and signing waiver form and participant data sheet at event check-in station.
- Review the 12-point CarFit checklist with participants (drivers) at check-up stations.
- Identify any unresolved checklist items for the Occupational Therapy Practitioner to address at check out.
- Defer questions, concerns, complaints to the Event Coordinator.
- Promote CarFit priorities and goals.
- Stay current about CarFit.
- Consult the Canadian and American CarFit websites for program updates, additional resources and information.
- Report One on One CarFit in online reporting on the CAOT website.

### **Qualifications**

- Be able to demonstrate vehicle adjustments to drivers in the driver's vehicles. E.g., adjusting seat position, steering wheel position, mirrors, etc.
- Have good observational skills.
- Have good communication skills.
- Demonstrate good time management skills.
- Show good demeanor in addressing the potentially stress-provoking topic of driving.
- Be a licensed driver (current or past) in Canada.

### **Technician Requirements**

- Complete in-person or virtual Technician training.
- Participate in one (1) CarFit in-person event, when available, to be fully trained.
- Complete a Virtual Lab Session recognized by the National CarFit Coordinator when there is no local Event Coordinator or Instructor for in-person training.



- All CarFit volunteers must identify to an Event Coordinator or Instructor when volunteering at an in-person event if they are participating in person for the first time or after a period of non-participation.
- Technicians can only offer in-person 1:1 CarFit if they have completed Technician 1:1 training and have the support of an Event Coordinator or Instructor.
- Occupational therapist Technicians can only be the occupational therapist at Check Out at an in-person event if they have completed Occupational Therapy Supplement Training in person or virtually.
- Report Technician 1:1 solo events.

#### Ongoing

- Technicians must complete yearly attestations, including completion of a refresher or supporting a CarFit Event, as well as abiding by the requirements and responsibilities of the program.
- It is the responsibility of all CarFit volunteers to review current CarFit materials for their role prior to participating in CarFit events of any type.**

#### Additional Resources

- Visit the [Canadian CarFit website](#).
- Visit the [American CarFit website](#).