

Constitution of “Exercise is Medicine University of Toronto Constitution”

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1. Article One – Name and Purpose

- 1.1. The official name of the recognized student group is “Exercise is Medicine Canada (EIMC) at the University of Toronto”
- 1.2. The official acronym or abbreviation of the group is “EIMC at U of T”
- 1.3. The purpose, objectives, mission and/or mandate of the organization is to improve the health, well-being, and social life of all students at the University of Toronto, across the three campus sites, and to foster a sense of community among them. Thus, the association shall: i) organize educational seminars, establish, maintain, and promote physical activity and health to the student body as deemed desirable by the group; ii) organize social and exercise events as deemed desirable and possible by the group; iii) promote interaction between faculty, health professionals and student body; iv) develop strong relationships between health professionals to build resources, advocate, and support the prescription of exercise as a means of treatment and disease prevention; v) strive to promote physical activity as a means of treatment and prevention of illness within the student population; vi) provide and assist all other services as may contribute to the objective of the club.

2. Article Two – Membership and Membership Fee

- 2.1. The group shall maintain a list of group members.
- 2.2. Voting membership is open to all registered students of the University of Toronto.
- 2.3. Voting membership is open only to registered students of the University of Toronto.
- 2.4. Non-voting membership is open to University of Toronto staff, faculty, alumni, and to persons from outside the University. Unless otherwise stated, non-voting members do not hold any rights awarded to voting members.
- 2.5. The membership fee will be \$0 per year.
- 2.6. All full-time and part-time undergraduate graduate students are welcome to join EIMC in executive or subcommittee roles
 - 2.6.1. EIMC has 5 subcommittees:
 - a. Exercise Initiatives: responsible for exercise activities that we host such yoga classes, the ball hockey tournament, group exercise classes etc.
 - b. Speaker Series: responsible for organizing speaker-based events like panels or guest lectures.
 - c. Interprofessional Education: responsible for our IPE events held through the Centre for IPE.
 - d. Health and Wellness: responsible for liaising with the Health and Wellness department as well as any initiatives focused on student Health and Wellness (e.g., the Buddy Program)

- e. Social Media: responsible for our social media presence across all platforms.
- 2.6.2. Team leads for each of these subcommittees are elected by EIMC members. Generally, the team leads should be responsible for scheduling their committee's meetings as needed, booking space (if applicable) for the meetings, communicating meeting times with the committee members, running the meetings, delegating tasks to executives and committee members, as well as committee specific tasks (i.e., liaising with the Centre for IPE team)
- 2.6.3. Any member of the club is welcome to join a subcommittee. They are responsible for assisting the team leads to organize and execute initiatives.
- 2.6.4. Student representatives are elected by the committee for each of the following programs listed below. Their responsibilities are to liaison EIMC initiatives to their respective programs through classroom visits (after contacting the professor), social media or email.
- a. Medical Doctor
 - b. Physical Therapy
 - c. Occupational Therapy and Occupational Science
 - d. Nursing
 - e. Rehabilitation Science
 - f. Physician Assistant
 - g. Kinesiology and Physical Education
 - h. Master of Professional Kinesiology

3. Article Three – Rights of Members

- 3.1. All members may apply for a full refund of their membership fee within one (1) month of becoming a member.
- 3.2. All voting members have a right to attend all general meetings of members.
- 3.3. All voting members have a right to cast votes at all general meetings of members.
- 3.4. All voting members have a right to stand for election unless otherwise stated in this document.
- 3.5. All voting members have a right to cast votes in all group elections and referenda.
- 3.6. All voting members have a right to propose and vote on amendments to this constitution.
- 3.7. The rights prescribed in Article Three are not awarded to non-voting members as described in Article Two.

4. Article Four - Executive Committee

- 4.1. The term for all positions on the Executive Committee shall be from May 1st to April 30th.
- 4.2. The Executive Committee shall be comprised of 9 voting members.
- 4.3. All voting members of the Executive Committee must be currently registered students of the University of Toronto.
- 4.4. Non-voting members may hold only non-voting positions on the Executive Committee.
- 4.5. The maximum amount of non-voting positions on the Executive Committee shall be one (1) position or ten per cent (10%) of the positions on the Executive Committee, whichever is greatest.

- 4.6. Persons holding non-voting positions on the Executive Committee cannot serve as an officer, financial authority, signing authority, primary contact, or secondary contact.
- 4.7. No person may serve as a financial authority or signing authority for the group if they are currently serving as a financial authority or signing authority for another recognized student group at the University of Toronto.

5. Article Five - Executive Committee Composition and Duties

5.1. The President shall:

- 5.1.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.1.2. Oversee the operations, management, and success of the group,
- 5.1.3. Serve as spokesperson for the group,
- 5.1.4. Hold signing and financial authority along with the Treasurer,
- 5.1.5. Preside over meetings of the Executive Committee and/or members,
- 5.1.6. Ensure a transition of office from one year to the next.

5.2. The Vice-President shall:

- 5.2.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.2.2. Assume duties of the President in their absence,
- 5.2.3. Ensure activities of the club comply with policies of the University of Toronto,
- 5.2.4. Coordinate organizational recruitment efforts.

5.3. The Secretary shall:

- 5.3.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.3.2. Maintain a list of group members,
- 5.3.3. Maintain the group website and member contact list,
- 5.3.4. Record notes and motions for meetings,
- 5.3.5. Notify all members of general meetings.

5.4. The Treasurer shall:

- 5.4.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.4.2. Record all financial transactions of the group,
- 5.4.3. Hold signing and financial authority along with the President,
- 5.4.4. Maintain a budget of income and expenses,
- 5.4.5. Advise members on financial position of the group,
- 5.4.6. Prepare an annual budget for the group.

5.5. The Speaker Series Subcommittee Lead shall:

- 5.5.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.5.2. Maintain a list of subcommittee members,
- 5.5.3. Schedule and run regular subcommittee meetings,
- 5.5.4. Initiate and lead planning for speaker series events (e.g., reach out to and schedule with potential speakers, book spaces, delegate tasks to group members, etc.).

5.6. The IPE Subcommittee Lead shall:

- 5.6.1. Be eligible to cast votes at meetings of the Executive Committee,
- 5.6.2. Maintain a list of subcommittee members,
- 5.6.3. Schedule and run regular subcommittee meetings,
- 5.6.4. Initiate and lead planning for IPE events (e.g., complete required training, get in touch with relevant parties, provide recourses for facilitator training, etc.).

5.7. The Exercise Initiatives Subcommittee Lead shall:

- 5.7.1. Be eligible to cast votes at meetings of the Executive Committee,
 - 5.7.2. Maintain a list of subcommittee members,
 - 5.7.3. Schedule and run regular subcommittee meetings,
 - 5.7.4. Initiate and lead planning for exercise events (e.g., coordinate with Fitness and Performance, communicate with potential instructors, book activity spaces, etc.).
- 5.8. The Health and Wellness Subcommittee Lead shall:**
- 5.8.1. Be eligible to cast votes at meetings of the Executive Committee,
 - 5.8.2. Maintain a list of subcommittee members,
 - 5.8.3. Schedule and run regular subcommittee meetings,
 - 5.8.4. Initiate and lead planning for exercise events (e.g., coordinate with Fitness and Performance, communicate with potential instructors, book activity spaces, etc.).
- 5.9. The Social Media Subcommittee Lead shall:**
- 5.9.1. Be eligible to cast votes at meetings of the Executive Committee,
 - 5.9.2. Maintain a list of subcommittee members,
 - 5.9.3. Communicate with the subcommittees and program leads to maintain an accurate and consistent social media presence,
 - 5.9.4. Expand social media outreach through engaging with the audience and relevant entities (University of Toronto pages, EIMC pages, etc.).

6. Article Six – Elections

- 6.1. All voting positions on the Executive Committee shall be filled through an annual election.
- 6.2. All voting group members shall be eligible to seek nomination to and cast a ballot for each voting position.
- 6.3. All non-voting group members shall be eligible to seek nomination only for non-voting positions on the Executive Committee.
- 6.4. Non-voting group members shall not be eligible to cast a ballot for any elected position.
- 6.5. The nominee winning the plurality of votes cast in the election for each position shall be deemed the winner.
- 6.6. On the condition that multiple candidates are to be elected for a single position, the nominees winning the largest share of the votes cast shall be deemed the winners until all positions are filled.
- 6.7. The elections must be held in a nonbiased manner. No individual who is seeking election may participate in planning or administering the election.

7. Article Seven – Finances

- 7.1. The Treasurer shall keep an active record of income and expenses.
- 7.2. The Treasurer shall present the group's updates on the group's financial position at annual general meetings.
- 7.3. The Executive Committee must approve all expenditures over \$100.00 through a majority vote at a meeting of the Executive Committee.
- 7.4. The group may not engage in activities that are essentially commercial in nature.
- 7.5. The group will not have as a major activity a function that makes it an on-campus chapter of a commercial organization.

- 7.6. The group will not provide services and goods at a profit when that profit is used for purposes other than those of the group.
- 7.7. The group will not pay salaries to any of its officers.

8. Article Eight – Meetings

- 8.1. The Executive Committee shall meet monthly. The quorum for Executive Committee meetings shall be 50%+1 of the voting members of the Executive Committee.
- 8.2. The group shall hold general meetings at least twice per year to provide the general membership an opportunity to review the group's annual activity plan, financial health, and propose or vote on constitutional amendments.
- 8.3. The Executive Committee must announce the date of a general meeting to the general membership at least two (2) weeks prior to the date of the meeting.

9. Article Nine - Termination of Membership

- 9.1. The Executive Committee may revoke the membership of any member of the club who commits an act negatively affecting the interests of the club and its members, including non-disclosure of a significant or continuing conflict of interest.
- 9.2. A vote to revoke membership must be held at a meeting of the Executive Committee.
- 9.3. A two-thirds majority of the Executive Committee is required to approve any motion to revoke membership.
- 9.4. Any member facing removal shall have the right to appeal the decision of the Executive Committee to the general membership.
- 9.5. In the case of an appeal, a simple majority vote at a meeting of the general membership shall be required to sustain the revocation of membership.
- 9.6. Following a termination of membership, the member will be removed from the club's membership and will lose any privileges associated with being a member of the club.
- 9.7. Executive Committee members are subject to the same termination of membership process as general members.

10. Article Ten – Amendments

- 10.1. All constitutional amendments shall require a 2/3 majority vote to be passed at a general meeting.
- 10.2. All voting members may propose and vote on amendments to the constitution.
- 10.3. The Executive Committee shall submit the revised constitution to staff in the Division of Student Life at the University of Toronto within two (2) weeks.
- 10.4. Amendments to the constitution shall take effect only once the revised constitution has been approved by staff in the Division of Student Life at the University of Toronto.