

# Job Description and Personal Specification

## Gym Instructor

**Contract type:** Casual

**Locations:** Mainly Lift but occasionally Rose Bowl, Platform and Islington Schools

**Hours:** We will be looking for someone who is flexible and free to work Wednesday evening and occasionally Monday and Friday evenings.

**Practical requirements:** Please note this role will require an enhanced DBS check

**Reports to:** Gym Supervisor

## Job Description

### What is the overall purpose of the role?

To deliver fitness sessions for young people aged 13+. You will educate, inspire and motivate them to keep fit and healthy through exercise as part of their daily routine and life plan.

### Key activities and responsibilities

- Assist in the smooth day-to-day running of the gym and fitness facilities
  - Inducting new users into the gym
  - Supervise general use and ensure correct use of the equipment at all times
  - Help young people identify personal goals and develop personalised fitness programmes tailored to support and motivate them
  - Lead group stretch and strength sessions and mini-circuits
  - Record and monitor daily safety checks of the gym equipment
  - Ensure potential hazards are dealt with and reported to the Gym Supervisor
  - Keeping the gym clean and tidy making sure all loose equipment stored safely after use
  - Promotional activities including working with the Gym Supervisor to increase our social media profile and helping with outreach events at school and colleges
  - Attending regular team meetings
  - Refer any young people you are concerned about or who may need emotional support to a youth worker
  - Act at all times in accordance with Isledon policies and procedures
  - Assisting with the building evacuation in case of emergency
  - Any other duties as would be expected of a gym instructor
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## Personal Specification

### **1 You are**

- 1.1 Passionate about delivering high quality services
- 1.2 Friendly, cheerful, positive and self-driven
- 1.3 Self-motivated and enjoy working as part of a team
- 1.4 A creative and innovative thinker

### **2 Education, qualifications or experience**

- 2.1 Level 2 gym instructor qualification
- 2.2 Registered on Register of Exercise Professionals
- 2.3 Experience of working in the fitness industry is desirable

### **3 Knowledge, skills and abilities**

- 3.1 Basic administrative skills
- 3.2 An excellent organiser and coordinator with a keen eye for detail
- 3.3 Reasonable financially awareness with the ability to interpret management information
- 3.4 A high level of personal presentation and communication skills
- 3.5 Good grasp of social media
- 3.6 Ability to prioritise effectively and enjoy multi-tasking
- 3.7 Confidence to engage directly with people and encourage and motivate them to participate in activities and events
- 3.8 A believer in strongly supportive environments, sharing and being open with colleagues