



JOB DESCRIPTION

Job Description: Fitness Instructor

Reporting To: Sports Centre Manager

Line Reports: Sports Centre Manager, Head of School

Job Purpose: To primary function of this role is to provide customer support and guidance on the safe and effective use of the fitness facilities.

Key Responsibilities: Specific

- Ensure all tasks are adhered to as referred to in the Fitness Instructor Induction.
- Observe, monitor and give direction to the general public and students on their general behaviour and conduct in order to ensure that they safely enjoy the activities and prevent misuse or damage to the facility and its equipment.
- Carry out general duties including setting out and dismantling of equipment, cleaning of the fitness area and routine maintenance tasks.
- Using appropriate software (Technogym Wellness System) for the management of client exercise programmes, fault reporting and logging of maintenance.
- Promoting, organisation and supervision of session activities as directed, including liaison with customers as necessary to inform, develop and promote the activity.
- Coaching/ teaching groups and individuals of all ages and abilities in accordance with the relevant governing body methods, techniques and standards and in line with the post holder's level of qualification.
- Undertake coaching, teaching or leadership roles/ responsibilities in any other activities appropriate to the level of qualifications held by the post holder (i.e. football coach etc).
- Responsibility for the safe and orderly evacuation of the first floor of the sports facilities in the event of an emergency procedure.
- Provision of first aid in line with the level of post holders qualification and experience.
- Work towards qualifications required for specialist service delivery.
- Collating month end reports for areas of responsibility and supply a copy for the Sports Development and Facility Manager.
- Responsibility for first floor facility checks.

Key Responsibilities: General

The post holder will be required to act on their own initiative or on the authority delegated from their line manager or a member of the School/TEAL SLT.

The post holder will be expected to work within TEAL and the schools' policies and procedures and uphold the organisation's values and vision.

The job description is not intended to be a complete list of duties and responsibilities but details the major requirements of the post. It may be amended at a future time, to take account of the developing needs of TEAL. The post holder will undertake any other duties appropriate to the remit.

TEAL is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults and expects all employees and volunteers to share this commitment.

The Health and Safety at Work etc. Act, 1974 and other associated legislation places responsibility for Health and Safety on all employees, therefore it is expected that everyone takes reasonable care for their own health and safety and the health and safety of others.

The above duties may involve having access to information of a confidential nature, which may be covered by General Data Protection Regulations (GDPR) 2018, and by Part 1 of Schedule 12A to the Local Government Act, 1972. Confidentiality must always be maintained and employees must work with and process personal and sensitive information in accordance with Data Protection Act 2018 including the GDPR. Employees must protect the safety and security of information (e.g. using strong passwords, reporting breaches, and ensuring information is stored and disposed of securely).

The key competencies and behaviours commensurate with this post are identified overleaf.



Ethical Behaviour Charter

Competency	We do this by
Trust	<ul style="list-style-type: none"> • Being reliable, consistent, credible, honest, humble, courageous and kind. • Managing emotions and helping others to do the same. • Keeping promises and doing what we say we will • Having genuine compassion for others
Wisdom	<ul style="list-style-type: none"> • Developing knowledge and expertise, then sharing that knowledge • Learning from mistakes and failures and admitting when we are wrong • Seeing systems and processes as ways to fulfil our purpose, removing or changing them if they fail in that.
Kindness	<ul style="list-style-type: none"> • Being patient, respectful, generous and forgiving. • Acting with compassion and care, listening and seeing the person behind the role • Focusing on relational practice; building trust and rapport with others by empowering and elevating them.
Justice	<ul style="list-style-type: none"> • Doing what is right, rather than what is popular or easy • Ensuring we live our sense of purpose and values in the way we behave, make decisions and communicate. • Applying rules in a consistent, transparent and fair way, whilst allowing for discretion and common sense. • Valuing difference, building diverse teams and encouraging others to behave responsibly and with moral purpose.
Service	<ul style="list-style-type: none"> • Putting ourselves in the service of others. • Reducing stress and anxiety in the organisation by modelling calm and considerate behaviour • Behaving in a dutiful way, demonstrating humility and self-control. • Removing barriers to enable others to do their jobs well
Courage	<ul style="list-style-type: none"> • Holding ourselves to account when something goes wrong. • Remaining calm, optimistic and positive in the face of adversity and change. • Speaking honestly, openly and with empathy
Optimism	<ul style="list-style-type: none"> • Believing in our own ability, and the ability of others, to do what is right to change the world for the better. • Calling out negativity, cynicism and dishonesty. • Remaining positive and encouraging, helping others to overcome challenges and celebrating their success.
Vision	<ul style="list-style-type: none"> • Anticipating the future and embracing it. Thinking strategically, analysing and assessing information to deliver organisational growth. • Reading, researching, networking and sharing learning with others. • Believing in the potential of others; helping them be the best they can be.