

Volunteer Role Description



Role title: Volunteer Gym Instructor

Location: Cotton Hall, Chester

Department: Families

Main Contact: Katrina Groves – Volunteer Coordinator

Time Commitment: Ad hoc

Purpose of Role:

Check on the Health & Safety aspects of residents, staff and volunteers who want to use the gym

Description of Tasks and Responsibilities:

- Visit Cotton Hall regularly as necessary to induct people in the use of the gym
- Give technical and procedural instructions in the use of gym equipment
- Make carefully considered decisions regarding whether someone is fit and able to join, consider whether someone may need to seek professional treatment/stabilisation for health concerns which may pose a risk
- Take precautions in order to avoid STF professional liability for if someone should fall ill whilst using the gym
- Perform a Physical Activity Readiness questionnaire with each prospective member
- Follow the STF insurers recommendations for the use of the gym and inform those who become members
- Keep a register of inductions
- Equipment checks and report any faults
- Provide feedback to Families Team

Required Skills/Qualifications:

- Professional qualification as gym instructor
- Able to support residents using the equipment
- Outgoing, friendly personality with resilience
- Enjoy meeting others
- Reliable, friendly, trusting
- DBS check will be required
- Experience of working with challenging families desirable

Please contact Katrina on katrina.groves@savethefamily.uk.com or 01244 333829 for further details about this role and to request an application form