



ARDROSSAN COMMUNITY

SPORTS HUB & FITNESS CENTRE



GYM INSTRUCTOR/COACH (Part-Time) APPLICATION

A Healthier Future

January 2021

CRITERIA

- Qualified Level 2 Sports Coach &/or fitness qualifications (exercise to music or similar)
- Experience in boot camp/circuit instruction
- First Aid preferred but will be provided
- Protection of Vulnerable Groups (PVG)
- Commitment to 16 hours on a rota basis to be agreed.

ROLE RESPONSIBILITIES

- Working under guidance of Gym Manager
- Deliver/coach classes as defined in class structure/timetable
- Work with Gym Manager to investigate project opportunities
- Health & Safety of clients (covid-19 guidelines), Accident records maintained etc.
- Class set up & tidy
- Ensure good attendance records maintained
- Cash Handling
- GDPR - ensuring good secure records maintained
- Customer service
- Dealing with enquiries, complaints and emergencies
- Responsible for opening/closing premises
- First Aid delivery where required



Ardrossan Community Sports Hub (ACSH) was established in 2019 and obtained charitable status. It is managed by a Board of Trustees. Formally known as Ardrossan Winton Community Sports Hub which was established in 2005 with close connections to Ardrossan Winton Rovers Football Club (AWRFC). Our aim is to advance public participation in sport through the development and maintaining of sporting, and other facilities in Ardrossan for the use of the community, with the aim of improving health and wellbeing. To this end we have secured a lease and equipment and plan to open a new Community Gym in Ardrossan and seek the following:

POST: Gym Instructor/Coach – Part-Time

**SALARY: £10.50 per hour
16 HOURS PER WEEK – initial 1 year contract.**

The successful applicant will be based on site at the ACSH Fitness Centre at 86 Eglinton Road, Ardrossan KA22 8NL

Reporting to the Gym Manager, you will be responsible for assisting staff and volunteers in the delivery of strength & conditioning, boot camps, fitness classes and the delivery of community based projects. A strong team player with a customer focused approach to work you will possess excellent communication skills and the ability to work on initiative. Applicants must, as a minimum have a coaching or fitness qualification in exercise to music or similar. Experience in strength & conditioning would also be useful although not essential, with experience of delivering fitness and fitness programmes and ideally have membership of a relevant professional organisation.

Working with the ACSH will provide you with the opportunity to develop with this facility within a dynamic, customer-facing environment. You will be rewarded with excellent working conditions including 5.6 weeks (89.6 hours) annual leave (including public holidays), and access to a Pension Scheme.

If you are interested in applying for the post, please apply online at www.ardrossancsh.org or email enquiries to vacancies@ardrossancsh.org

Closing date for receipt of completed applications is **12 noon on Friday 26th February 2021.**