

Job Description **Exercise Referral Instructor**

Reporting to	Exercise Referral Coordinator	Service Area	Health & Wellbeing
Location	Redhill	Contract	Part Time, Permanent
Salary Range	£14.89 per hour		

About us

YMCA East Surrey is a vibrant charity that has been actively supporting the local community since 1870. We help people to believe in themselves, support them to achieve their goals and inspire them to be the best they can be by providing services that focus on those who are vulnerable, have a disability or face disadvantage.

Our three core areas of work are:

- Children & Young People
- Housing
- Health & Wellbeing

Job Purpose

You will be responsible for delivering a range of specialist group exercise classes for adults with long-term health conditions, disabilities or other needs.

This role requires a motivated and passionate fitness instructor with previous experience in planning, implementing and evaluating physical activity interventions.

Service Area

The ER Instructor will be part of the Health & Wellbeing team, working from our Sports and Community Centre in Redhill. The role reports to the Exercise Referral Coordinator.

Job Profile

Main responsibilities

1. To deliver a range of specialist group exercise classes for specific long term health conditions such as Stroke Rehabilitation, Cardiac Rehabilitation, MS, COPD, Diabetes, Seated Exercise and Falls Prevention.
2. To arrange and carry out consultations and create personal progressive programmes of exercise to meet the health needs of the individual.
3. To obtain additional medical or other additional information when risk stratification requirements deem it necessary.
4. To be responsible for the health and safety of clients attending the Exercise Referral scheme and to ensure staff, volunteers and clients are not exposed to undue risk.
5. To support volunteers who assist with exercise referral classes.
6. To advise the Exercise Referral Coordinator on issues relating to referrals, classes, the wellbeing of clients and new inclusive fitness equipment.
7. To ensure that relevant safeguarding policy and procedures are followed to protect adults that are at risk.

8. To attend any relevant training courses that are required to meet the needs of the service.
9. Attend YMCA East Surrey staff meetings, training and staff development events, as appropriate, to ensure continuous professional competence and development
10. Undertake any other duties and responsibilities reasonably requested by your line manager

Person Specification

Knowledge & Experience

- Experience of delivering activities within an exercise referral scheme
- Experience of planning, implementing and evaluating physical activity interventions
- Understanding the use of motivational interviewing and other methodologies in providing client support
- Knowledge of good safeguarding procedures in relation to children and young people, and the ability to maintain effective professional boundaries
- Understanding of, and commitment to equality, diversity and inclusion

Skills & Abilities

- Good communication/interpersonal skills with the ability to motivate and interact effectively with individuals with risk factors/medical conditions
- To be committed to customer care and providing an efficient and effective high quality service
- Committed to addressing inequalities in health in a sensitive and flexible manner
- Ability to work independently and collaboratively in a team environment.
- Demonstrate a positive can-do attitude
- Ability to communicate clearly both verbally and in writing for appropriate recording processes
- Ability to build and maintain strong relationships with all stakeholders

Qualifications & Training

- Recognised Level 2 and 3 Fitness qualifications
- Level 3 Exercise Referral Qualification
- Recognised Level 4 Specialist populations CPD qualification such as cardiac, pulmonary, cancer, lower back, mental health or working towards

Employee Declaration

I confirm that I have read, understood and agree to the expectations outlined in this job description

Name:

Date:

Signed: