

Volunteer Role Profile

Volunteer Role	Volunteer Fitness Instructor
Volunteer Manager	Natalie Poland
Where you will be based	Hospital

Why we want you

As a Volunteer Fitness Instructor, you will lead a graded exercise or sports session for service users for the benefit of their physical and mental health. This will also include 1:1 work with occupational therapy staff working nearby (or supervising directly in session), if deemed appropriate.

What you will be doing

- To follow the instruction of the OT team supervisor who will co-facilitate the exercise group (including cardio and weights) alongside the volunteer
- To receive a handover from OT team supervisor about priorities and issues that will impact on the group. This may include information on the residents.
- To understand and follow group protocol and related risk assessment.
- Helping and supporting service users to participate in the activity to the best of their ability.
- Encourage service users to understand how physical activity and sport can benefit a healthy lifestyle
- To have good communication skills, especially in regards to instruction and be able to encourage residents.
- To inform OT team member or other staff if a service user expresses any significant changes in mood or behaviour.
- To clear up after the activity and keep areas safe and tidy.
- To undergo training as required.
- Seeking service user feedback on their experience in the group.
- To participate in regular supervision. This will most likely be group supervision with other volunteers.

The skills you need

- Qualification in fitness instruction and personal training or sports coaching.
- Experience of teaching outside of training for qualification is desirable
- To be willing to receive training any areas as appropriate to the volunteer role
- A willingness to abide by the Sussex Partnership volunteer guidelines, including rules on confidentiality, health and safety, safeguarding adults and children and manual handling
- An ability to relate well to people on a one to one basis and be

- sympathetic to others' situations
- An ability to be patient and calm even in the face of difficult situations
 - An ability to act on own initiative within the role description

What's in it for you

- Make a difference
- Meet people
- Be part of a community
- Take on a challenge

Disclaimer

No applicant will be unfairly discriminated against on account of their age, cultural/religious/political belief, disability, ethnicity, gender, race, relationship status, sexual orientation, and/or Trade Union membership/stewardship