



Job Description:

Job Title: Specialist exercise instructors

Salary: £35 per hour

Reports to: n/a

Brentford FC Community Sports Trust

With community work spanning three decades, Brentford FC Community Sports Trust has established itself as a pioneering organisation for the local community. It uses the power of sport to educate, motivate and inspire people from all walks of life.

Working in partnership with Brentford FC, the Trust offers a portfolio of programmes in education, health, sports participation and community engagement. The Trust has won the 'Football League Community Club of the Year' award four times and now employs more than 100 members of staff. The Trust is forecasting further significant expansion over the next two years following its appointment as a key partner in the redevelopment of Gunnersbury Park [as a sports hub], and its move to new, larger, purpose-built premises directly adjacent to the new Brentford FC 17,500 capacity stadium near Kew Bridge in 2021.

General Trust Accountabilities

- To ensure compliance with all relevant policies, including health and safety and safeguarding policies
- To ensure compliance with all relevant legal, regulatory, ethical and social requirements
- To build and maintain good working relationships both internally and externally, maintaining a professional image at all times when representing Brentford FC Community Sports Trust
- To keep confidential any information gained regarding the Trust and its personnel
- To maintain a flexible approach to work at all times





- To assist the Communities Engagement Manager/Coordinators in the delivery of our Communities Engagement projects, including PL Kicks, PL Kicks Targeted, Hounslow Street Sports and Be Inspired projects.

Main Purpose of Job

We are currently looking for friendly, competent and experienced instructors to deliver our community-based exercise programmes in Richmond, Hounslow, Ealing and Hillingdon. We are a small, but rapidly expanding, team that deliver community-based exercise programmes, weight management courses and exercise for mental wellbeing. We are currently looking at ways to increase our work with other clinical groups.

In this role you will be responsible for delivering high quality exercise classes to a mixed ability, sub-clinical and potentially clinical group. You will have experience of adapting exercises to suit all abilities' so that classes are inclusive to all members of the community.

Experience of delivering nutrition and weight management courses is a definite advantage, as is experience of taking basic health measurements such as blood pressure. Accurate record keeping is essential.

Due to the sensitive nature of this role the successful applicant will be required to undergo an enhanced Disclosure and Barring Service (formerly CRB). This disclosure, together with other selection information, will need to be satisfactory to the Company for employment to commence.

The Selection Criteria Essential

Level 3 Exercise Referral qualification with at least 2 years' experience in delivering specialist exercise *or*

L4 qualification in one or more of the following;

- Cardiac rehab
- PSI
- Cancer rehab
- Lower Back Pain Management
- Obesity, Diabetes & Weight Management





- Mental Health

In addition;

- First aid qualification
- Public liability insurance
- At least 1 years' experience of delivering exercise to clinical populations
- Meticulous record keeping ability
- Excellent communication skills and the ability to build rapport

Desirable:

- Nutrition qualification
- Level 3 fitness qualifications in Otago, Pilates and/or Yoga
- Experience of teaching via zoom
- Experience of working in the NHS or in partnership with NHS services
- Experience of working with community groups
- Ability to work on own initiative
- Flexible and enthusiastic with a can-do attitude
- Car owner with full, clean license

The Appointment

The hourly rate is £35 per hour

To Apply

For an informal chat about the role please feel free to contact Carol Clark on 07929 008923

Please send your CV and a covering letter to health@brentfordfcst.com

The **closing date** for applications is **14 June 2021**

The **interviews** will take place in **June 2021**

