
Job Description

Job Role: Gym Instructor Youth Worker

Accountable to: Gym & Movement Coordinator

Location: Blackburn Youth Zone

Status: Evening and weekend work, 3.5hrs to 25 hours per week.

Main Purpose:

To deliver an exciting, challenging and engaging gym programme to children and young people that will challenge, stimulate and provide new opportunities for young people who attend open access youth work activity, in line with the Youth Club strategic Operational Plan. In addition, to also work closely with the Gym & Movement Coordinator to develop a diverse gym programme to meet the needs of the young people aged 5-19 years (up to 25 for disabled young people)

Blackburn Youth Zone

Blackburn Youth Zone is an iconic, state-of-the-art facility for young people in the heart of Blackburn which opened in June 2012. Attracting young people from across the town and beyond by its fantastic facilities, Blackburn Youth Zone provides sports and arts activities and practical support, especially for those who are disadvantaged

The three-storey building has a dedicated sports halls with a climbing wall, gym, boxing ring, dance and performing arts spaces and as well as visual arts facilities. Also included are a cafe, games and social areas and an outdoor all-weather pitch on the roof. The centre is open 365 days a year

The main characteristics of our work with young people are:

- We start where young people are and go where young people take us
- We offer opportunities for supportive adults to develop positive relationships with young people
- We will bring our town together to support young people

Main responsibilities:

- Working directly with children and young people to develop their social skills and build their confidence by delivering an inclusive, achievable gym programme at Blackburn Youth Zone, which will take place during the evenings, at weekends and during school holidays (Holiday Club) and which may occasionally include residential work.
- To directly deliver a planned, high quality programme of gym fitness that is exciting, safe, innovative, inclusive, coherent, purposeful, developmental and progressive and that directly responds to the diverse needs, concerns and interests of our members.
- Offering opportunities and encouraging all children and young people to participate in a range of gym experiences.
- To ensure there is a diverse range of activities that create opportunities and encourage young people to participate and have a go at new things.
- The programme must be flexible, responsive, planned, inclusive and educational.
- To establish positive relationships with children and young people.
- To work with children and young people in groups.

- To work flexibly to ensure the needs of our members are met, including disadvantaged children and young people and those with disabilities or additional needs.
- To ensure that our members maintain a high standard of behaviour and discipline during sessions.
- To work alongside Youth Workers, Volunteers and Young Leaders to deliver activities.
- To promote cultural cohesion and inclusion, and proactively challenge any prejudice and discrimination.
- Ensure the participation of young people in activities is meaningful and that their ideas contribute fully in the delivery and evaluation of activities.
- Ensure the gym is regularly checked and any faults or repairs required are reported to the Gym & Movement Coordinator.
- To understand and adhere to Blackburn Youth Zones policies and procedures at all times with particular emphasis on equal opportunities, health and safety, boundaries and safeguarding.
- To promote and safeguard the welfare of children and young people at all times.
- To monitor and evaluate sessions in accordance with Blackburn Youth Zone.
- To attend and actively contribute in staff team meetings
- To lead on participation on local, regional and national and patron events to showcase & celebrate the achievements of children and young people.
- To take a creative and enthusiastic approach to making Blackburn Youth Zone a valued facility in Blackburn with Darwen and a leader in its field.
- To promote a positive image of Blackburn Youth Zone through your work with children and young people.

Skills

- To be qualified to at least level 2 gym instructor
- Previous experience of delivering gym sessions to a wide range of young people
- The ability to facilitate gym programmes based on BYZ try, train, team model
- Experience of delivering gym sessions with young people
- Confident in facilitating a group of young people on their own
- Have a passion for working with young people
- Ability to facilitate the creativity and development of young people through positive motivation through the high quality programmes and showcasing events
- Excellent organisational skills combined with a thorough understanding how exercise can improve health, wellbeing and learning
- Understanding of health and safety to prevent injury
- Awareness of the specific needs of different Blackburn Youth Zone members, including issues that affect young people and promotion of inclusion
- Excellent team working skills, including the ability to work collaboratively with creative professionals and Blackburn Youth Zone youth work staff and volunteers
- Strong interpersonal skills, patience, empathy, a positive approach and respect for others
- Excellent written and oral communication skills
- Flexibility/adaptability
- Proactive and confident in decision making
- Committed and willing to go the extra mile

The main place of work will be Blackburn Youth Zone, based in Blackburn town centre, although the successful candidate will be expected to undertake such travel as is necessary to fulfil the requirements of the position

Working hours

The hours of work are those necessary to fulfil the requirements of the position. This will involve working unsocial hours in evenings and at weekends during Youth Zone sessions or at events, and also working during the day

Remuneration package

Salary: Min wage - £9.52 per hour (dependent on qualifications and experience)

Holidays: 33 days inclusive of 8 Bank Holidays (pro rata)

Disclosure and Barring Service Check

In accordance with our Child Protection and Safeguarding procedures, this position requires an enhanced DBS check.

Closing Date

Application Process

Please email a CV together with a concise one page cover letter setting out how your experience relates to the requirements of the position