



Sports Services: Job Description

Gym/ Fitness Volunteer HealthWorks

The organisation

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Healthworks (HWN) operate community gym facilities at both our Centres- one in Benwell and one in Lemington. This gives access to activity that enhances the health, fitness and wellbeing of the local community. HWN are aware of the issues people experience in taking part in exercise and like to work in ways to reduce these barriers.

The role

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- As a fitness volunteer you will supervise use of the gym areas and associated equipment, ensuring exercise is completed in a safe manner.
- You will create individual exercise programs designed around the individuals needs and support them in their performance of this. You will engage with existing and new users to ensure their exercise sessions are enjoyable and productive.
- You will work with users to support them with their gym based goals
- You will help facilitate an exercise environment that feels approachable and comfortable to all ages and ability levels.
- This role offers a great opportunity for student volunteers to use their knowledge and academic experience in a practical environment

Hours

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We are very flexible in our approach to this role. Our gyms are open 8am-8pm Monday – Friday and from 9am until 1pm on Saturday. We have 64 hours available for volunteering opportunities.

We would look for a minimum of 4 hours a week and are flexible about ‘shift ‘ patterns to suit your studies.

Reporting to

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If you have any further questions regarding these roles then please contact Rob Joyce on



Robert.joyce@hwn.org.uk of 0191 264 1959

Key Tasks and Duties

- Effectively instruct participants in exercise skills and techniques
- Support those who are relatively new to exercise, to set achievable targets and goals
- Develop and apply appropriate strategies to support clients to achieve their targets and goals and to continue to participate in exercise
- Engage with and be accommodating of service users requirements and needs and build positive, respectful relationships
- Educate users as to the benefits of exercise
- Supervise users ensuring they exercise safely and responsibly
- Make sure exercise areas are welcoming and presentable
- Clean gym equipment to ensure high levels of hygiene
- Oversee the exercise studio and sports hall areas and ensure they are set up ready for timetabled activities/sessions and appropriately cleared down

Benefits and CPD Opportunities

Volunteering in our gyms will enable you to demonstrate experience in dealing with members of the public in an exercise environment, taking responsibility for the day-to-day running of these spaces and working in a way which recognises health and safety legislation and organisational policies and procedures.

This kind of activity is highly regarded on CV and can increase employability skills opening up more opportunities.

Volunteers can benefit from both in-house and accredited training on offer, which includes:

- Equality and Diversity
- Information Governance
- Cultural competency
- Personal safety
- Food hygiene and food allergy
- MECC (making every contact count)
- Cancer awareness

Volunteers are able to use the onsite gym facilities free of charge outside of their agreed times of volunteering and can claim commuting travel costs and have access to free refreshments.

The Person: Essential Experience, Skills & Knowledge

- Strong understanding Health and Fitness
- Experience in a gym environment and comfortable with a range of gym based activities and exercises
- Strong verbal and written communication skills.



- Ability to work as part of a team.
- Ability to work on own using initiative to problem solve and remain calm under pressure.
- Excellent time management and organisational skills.
- Confident in own skills and ability.
- Good attention to detail.

Pre-requisites for the role

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Commitment and enthusiasm to the role

Apply now

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To express your interest, please contact Robert.joyce@hwn.org.uk