



Job Description

Job Title Move More Coach

Business Area Move More Jersey

Location Jersey Sport, Main Pavilion, FB Fields, La Grande Route de Saint Clement, Jersey, JE2 4UX

Salary £11.35- £15.95 per hour, dependent on qualification and experience

Reports to Move More Operations Manager

Direct Reports None

Contract Zero hours

Employer Jersey Sport Limited

Residence Qualification Five-year residency or equivalent classification

More Information Please contact Steve Dunford, Move More Operations Manager at Steve.Dunford@jerseysport.je

Applications Application forms via Jersey Sport Application Form and CV. These should be sent to Dawn.Dauny@JerseySport.je

Inspiring an Active Jersey Vision Jersey will be a healthier, more productive and fairer society by being one of the most physically active populations in the world.

Inspiring an Active Jersey Mission More active people for a healthier island.
Jersey will increase the number of physically active islanders by 10% by 2030.

Jersey Sport Background Jersey Sport was formed in June 2017 as the independent body for the development of sport and active living in Jersey. Jersey Sport are the lead agency for delivery of the Government of Jersey's Inspiring an Active Jersey Strategy (IAP) and are committed to helping islanders to play sport and lead active lives.

IAJ is a collaborative whole-systems approach to tackling inactivity in the island, advocating for a collective effort across government departments, corporate institutions and the volunteer and community sector.

Jersey Sport is an independent organisation which receives an annual grant from the Government of Jersey to operate various sports and physical activity initiatives across the island.

Move More Jersey Coach

The Move More Jersey Coach will play a vital role in working across all areas of Move More Jersey, supporting the officers in already established programmes - Move More Jersey Volunteer led programmes, Move More Ability (Disability & Inclusion), Cycle Without Limits (CWL), Family, Food & Fitness (FFF), Move More Adult interventional and health promotion activity programmes as well as community engagement events. This will include daytime, evening and some weekend work.

As part of the Move More Team, the post holder will be responsible for delivery within the programmes aimed at increasing the activity levels of adults and families, who may otherwise experience barriers to accessing physical activity including those with disabilities, sensory impairments, mental health conditions, long term health conditions, sedentary behaviour patterns and who are otherwise disengaged with physical activity. Our ambition is to help people to be physically active on a regular basis, regardless of age, impairment or ability and to gain the knowledge to weave more exercise into their lifestyle and improve mental and physical wellbeing.

The Move More Jersey Volunteer programmes (Health Walks / Breeze & Guided Rides / RunTogether) provide members of the community the opportunity to access led walks, runs (Couch to 5K and Get me started) and cycle rides for free. There is a wide variety of levels available across the programmes from beginners / entry level to more challenging levels.

The Move More Ability and CWL programmes provides free physical activity opportunities for islanders living with a disability to support them to be active and improve their wellbeing. There is a wide range of regular activities on offer including exercise classes, multisport sessions, boccia and the Cycle Without Limits inclusive cycle sessions.

The FFF programme is a weight management programme for primary school aged children and their families and is a key objective within the Government of Jersey's Food and Nutrition Strategy. FFF is a free programme designed to help families improve behaviours around diet and physical activity.

The Move More Adult programmes include a wide range of classes which are aimed at increasing the activity levels of adults including those with long term conditions, sedentary behaviour patterns, those who have been adversely affected by COVID-19 and who are otherwise disengaged with physical activity

Across all the above programmes, as a Move More Jersey coach, you will be required to work alongside the Officers to plan, deliver and review sessions whilst ensuring organisational standards are maintained, including health & safety, safeguarding, data collection and reporting. In conjunction with your practical delivery, you will also be tasked with engaging participants in meaningful conversations on how participants can focus on being physically active and developing healthy behaviours outside of the sessions. You may also be required to liaise with a range of stakeholders, including schools, Health & Social care professionals and carers to support them to engage in long term physical activity.

This coaching role will support other areas within Move More Jersey. This may include, but not be limited to, supporting service delivery (physical activity programmes), community events, meetings and administration. As such, you will need to be able to be very flexible in your approach and willing to work across all areas of Move More Jersey to support the delivery of our wider strategic plan.

Tasks you must do to successfully fulfil my job role

As well as being able to demonstrate the core behaviours of the organisation and the specialist competences required of the role there are a number of specific tasks that will be routinely required of the post holder. In addition, the post holder is required to carry out any task necessary to ensure we continually deliver exceptional service to our customers. The job specific tasks are detailed below.

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| Key tasks | 1 | Working across Move More Jersey supporting the officers and external stakeholders, including Public Health, in designing and delivering the programmes to a professional standard. |
| | 2 | Plan and deliver high-quality physical activities for the Move More Jersey and FFF programmes with the overarching aim of enabling and encouraging social |
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	engagement, behavioural change, physical development and fun throughout the sessions. The programme should be in line with national and organisational guidelines to promote ongoing participation of islanders in active living programmes.
3	Utilise participant and programme databases to ensure effective use of the databases to record attendances, assessments, and any other relevant information in accordance with data protection legislation.
4	Collect and report data on a weekly basis to measure the programmes performance against the organisation's KPIs and associated SLA objectives.
5	Ensure compliance with all required Jersey Sport Policies, including health and safety, safeguarding and risk management. You must ensure that risk assessments are in place, are followed and amended as required for any of the activities you are delivering.
6	Ensure effective communication with all members of the Move More Jersey team and relevant stakeholders to ensure the success of the programmes
7	Attend individual and team meetings as and when required both within and external to the organisation as requested
8	To be responsible for the safety of participants by maintaining and making appropriate checks of facilities, equipment, and activities.
9	Work within any area of Move More Jersey as requested by the Move More Operations Manager or Head of Move More Jersey.
10	Continually research best practice in physical activity and behavioural change in the delivery physical activity programmes to ensure the sessions are relevant and in keeping with up-to-date guidance and recommendations.

The experience you must have or be prepared to work towards

Essential	E	Experience of planning and delivering outcome focused physical activity sessions which promote and support improving healthy lifestyles, regardless of ability in education, sport, health, community, leisure and/or recreation industries.
	E	Vision, motivation, enthusiasm, and ability to work with diverse groups of people including those who may be reluctant to engage in physical activity.
	E	Knowledge, understanding and ability to demonstrate safe working practices in the delivery of physical activity programmes for adults / children.
	E	Knowledge of adult and children safeguarding policies and practices.
	E	Ability to work as part of a team but equally important is the ability to use initiative and make independent decisions when appropriate.
	E	Excellent time management skills with the ability to prioritise and adapt to rapidly changing situations.
	E	Excellent communication, liaising and interpersonal skills. Confident in dealing with schools, members of the public, health professionals and other relevant stakeholders.
	E	Ability to demonstrate safe working practices in the delivery of play and physical activity within inclusive and child friendly environments.
	E	Own transport as this role will require you to work from various locations around the island.
	E	Experience of designing and / or working towards a progressive syllabus.
Desirable	D	Organisational awareness and knowledge of internal & external drivers.
	D	Competent user of the main IT packages used in commercial environments, in particular Word & Excel.
	D	Knowledge and experience in how to meet the diverse communication and access needs of people living with a disability with regards to sport and physical activity.

The qualifications you must have or be prepared to work towards

Essential	E	A recognised national governing body qualification, at a minimum of Level 2 standard and / or degree based on sport, health, education /physical activity coaching.
	D	Demonstrate a progressive personal development programme of qualifications / training relevant to your career.
	D	Up to date Safeguarding (Adult & Children) and First Aid certificates.
	D	Current valid driving licence and, ideally own transport.
	D	Level 3 (or higher) Qualification in Facilitating Behavioural Change.
	D	British Athletics Leader in Running Fitness / British Cycling Ride Leader / Walk Leaders certifications (or equivalent).
