



Job Description

Job Title	Move More Adult Instructor
Business Area	Move More Jersey
Location	Jersey Sport, Main Pavilion, FB Fields, La Grande Route de Saint Clement, Jersey, JE2 4UX
Salary	Level 3 Personal Trainer £15.95 - £18.40 per hour Level 3 Personal Trainer with Level 3 Diploma in Exercise Referral £18.40 - £21.25
Reports to	Move More Manager
Direct Reports	None
Contract	Zero hours
Employer	Jersey Sport Limited
Residence Qualification	Five year residency or equivalent classification
More Information	Please contact the Move More Jersey team by emailing movemore@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	<p>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.</p> <p>IAP 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.</p> <p>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.</p>

Move More Adult Instructor

As a Move More Adult Instructor you will play a vital role in promoting and delivering the Move More Adult referral, interventional and health promotion activity programmes of Jersey Sport. You will undertake planning and delivery of sessions and projects which will ensure the services of the organisation and delivery of the Inspiring an Active Jersey Strategy are of the highest quality.

As part of the Move More Jersey Team, you will be responsible for the delivery of the Move More Jersey interventions and classes aimed at increasing the activity levels of adults and families 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. You will be required to work across the full range of adult and family programmes which may include Exercise Classes / Referral Programme, triaging new clients into the programmes / interventional programmes working with specific client groups and stakeholders / Health Walks / Run Together / Cycling and Cycle Without Limits programmes / Care homes and Community engagement events. This will include daytime, evening and some weekend work.

As part of the team, you will deliver programmes and activities which are engaging, fun and create a positive environment for all participants in a wide range of indoor and outdoor settings, including online classes.

You will work with the Move More Jersey team to maximise the resources of the Move More Adult programmes to continually develop and improve the physical activity pathway for adults into physical activity.

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 competencies 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 will be required to carry out any task necessary to ensure we continually deliver exceptional service to our customers. The job specific tasks are detailed below.

Key tasks	1	Plan and deliver high quality Move More Jersey sessions /classes / interventions that will be to a high standard. Ensure participants are engaged, safe and sessions are effective and in line with national and organisational guidelines to promote ongoing participation of islanders in active living programmes. Ensure all course paperwork and admin including registers, assessments and results are accurately recorded.
	2	Utilise participant and programme databases and ensure effective use to maintain the database, record attendances, assessments and any other relevant information (e.g. incidents) in accordance with data protection legislation.
	3	Support the volunteers and delivery of the various Move More Jersey Volunteer programmes.
	4	Monitor, evaluate and provide relevant reports on Move More Jersey programmes as requested.
	5	Ensure compliance with the Jersey Sport Policies, including health and safety, safeguarding and risk management. You must ensure risk assessments are followed and amended, as required, for all Move More Jersey activities which you are delivering.
	6	Work effectively with the wider Move More Jersey team and volunteers to ensure seamless communication and to support activity across the programmes.
	7	Continually research best practice in physical activity and make recommendations to management on the continual improvement of the scheme
	8	Undertake appropriate administrative tasks pertaining to the role and service (e.g. phone calls) as requested, to ensure the smooth running of the Move More Adult programmes and excellent customer service.

The experience you must have or be prepared to work towards

Essential	E	Knowledge, understanding and ability to demonstrate safe working practices and the health and safety requirements in the delivery of exercise classes and physical activity programmes for adults based upon Behavioural change models.
	E	Experience of engaging people through sport and physical activity in education, sport, health, community, leisure and/or recreation industries.
	E	Vision, motivation, enthusiasm and ability to work with diverse groups of people which may include people with disabilities.
	E	Knowledge of safeguarding policies and procedures.
	E	An 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 priorities and adapt to rapidly changing situations.
	E	Ability to quickly master new systems and processes and to sustain a high level of performance whilst under pressure.
	E	Excellent communication, liaising and interpersonal skills. Confident in dealing with members of the public, health professionals, and other relevant stakeholders.
Desirable	D	Organisational awareness and knowledge of internal & external drivers.

The qualifications you must have or be prepared to work towards

Essential	E	Educated to a minimum of PT Level 3 or equivalent national governing body in health or sport related qualification and registered with CIMSPA or REPS. NB: Level 2 May be considered dependent on the qualification
	D	Demonstrate a progressive personal development programme of qualifications / training relevant to your career.
	D	Formal qualification in MS Office or able to demonstrate competency.
	D	Exercise related qualifications such as (but not exclusive to): <ul style="list-style-type: none">- Aquafit- Pre-Post-natal exercise- Exercise to Music- Management of health condition (e.g. Cardiac Rehab / Obesity and Diabetes / Frailty / Older Adults / rehabilitation etc)- Yoga / Pilates / Tai chi
	D	A national governing body sporting qualification in Level 3 Exercise Referral and Facilitating Behavioural change
	D	Current valid driving licence and, ideally own transport.