

## **Volunteer Role – Gymnastics Assistant**

### **Outline**

Assist with the instruction of gymnastics under the supervision of a qualified coach.

### **About us**

Liberty Leisure Limited is a wholly owned local authority trading company of Broxtowe Borough Council with services including Sports Development (Get Active), Community Events team, three Leisure Centres and the D.H. Lawrence Birthplace Museum.

### **Working environment**

This Volunteer role is based at either Kimberley Leisure Centre or Chilwell Olympia. We are a fun and innovative place to work with a strong focus on our people, enabling them to be the best they can be. Kimberley is a large leisure centre with a sports hall, two swimming pools, a modern 70 station gym (Technogym), an interactive youth gym, two exercise studios, a cycling studio, training studio and several floodlit 3G football pitches. Chilwell Olympia consists of multiple sports halls, a modern 30 station gym (Technogym), two exercise studios, a cycling studio, squash courts and three floodlit 3G football pitches.

### **Why do we offer Volunteer opportunities?**

Volunteers are integral to the local community and LLeisure has a target to increase the uptake of volunteers. It is with their continued support that events continue to run and projects develop. Volunteers play an essential role in reaching and motivating inactive people to become more active. We want to support volunteers who can assist us in developing activities at the Centre whilst improving the skills, knowledge and experience of the volunteer.

### **Why do people volunteer?**

It provides an opportunity to develop your coaching knowledge and skills under the support and leadership of a qualified Coach.

### **Who do we want to volunteer with us?**

*Skills and experience required:* It is essential that you have a genuine interest in gymnastics and have a passion for providing a quality service. Well presented, outgoing personality, friendly, flexible and a desire for sharing with others your established knowledge of the sport. You should have good communication and listening skills and be able to provide support and encouragement to the participant.

### **How do LLeisure assist?**

Your understanding and confidence will improve through the company's support and training to carry out the role and the opportunity to share your knowledge with others.

For those that wish to further their coaching career and utilise a qualification there may be support towards a level one gymnastics coaching qualification.

### **About the role**

- Further to training, assist with the safe set up and take down of the sports equipment and supporting resources.
- Take on an organising role at the beginning and end of the session and during breaks.
- In liaison with the coach, ensure that the area and equipment is safe to use. If there are any hazards that cannot be overcome, point these out to the participants before you start the session.
- Keep a register of those attending, monitor coaching criteria and update the progress of participants via an iPod.
- Under the direction of the coach, work with a small group of participants to help them achieve the aims of the session.
- Assist with the warm up, lesson activities and the cool down.
- Support, encourage and help the gymnasts.
- Ensure that you are well briefed about any special needs of the participants involved i.e. levels of fitness, significant medical conditions, physical impairments or disabilities.
- Adhere to company policies including the Health & Safety Policy and Equal Opportunities Policy.
- Be aware of and follow the procedures for reporting accidents.

### **Training Needed Prior to Commencing as a Volunteer**

On-site Induction