

LIBERTY LEISURE LIMITED

Job Description

Service:	Get Active
Post No & Job Title:	H807 - Exercise Referral Instructor
Grade:	Grade 4
Responsible to:	H805 - Sports Development Officer
Responsible for:	No responsibility for employees
Job Objectives:	<ol style="list-style-type: none">1. To develop a collaborative physical activity programme between Liberty Leisure Limited, Nottingham West Primary Care Network and other suitable partners that will contribute to an improvement in the health of those with identified health problems/risk factors.2. To drive the effort in reducing health inequalities within the borough of Broxtowe.3. To lead on the development of physical activity initiatives that target individuals with specific health issues such as mental health conditions, fibromyalgia, obesity, diabetes and COPD.

Main Duties and Responsibilities:

1. Work flexibly across the borough of Broxtowe to deliver a physical activity programme targeted towards improving health inequalities.
2. Provide excellent customer service, tours of facilities, gym activations and supervision of clients.
3. Manage the admittance of customers into the activity areas and assist customers using facilities, including education in the safe and appropriate use of equipment.
4. Creatively design, monitor, adapt and implement exercise programmes for individual clients with a range of medical conditions using the ICT Technogym Prescribe system or similar.
5. To carry out a physical activity needs assessment of the targeted population in partnership with health and leisure professionals.
6. To extend and develop the present exercise referral programme.
7. To develop a range of initiatives to ensure that individuals are offered a choice of leisure activities, options and opportunities.
8. To work in partnership with a range of organisations, agencies and providers to create, market and promote the initiatives and to ensure they are sustainable. Examples include GP's, Practice Nurses,

Community Physiotherapists, Community Matrons, District Nurses, School Nurses, COPD Nurses and Voluntary Organisations.

9. To develop and implement effective monitoring and evaluation mechanisms through appropriate quantitative and qualitative data collection analysis and feedback.
10. To support the improvement of physical activity levels with appropriate and specified target populations.
11. To raise an awareness of the benefits of physical activity and exercise as a means of promoting a healthier lifestyle.
12. To facilitate the involvement of all stakeholders including participants to ensure that services/activities are developed to overcome barriers to participation.
13. Carry out any other duties that are within the scope and grading of the post which could also be requested by the line manager.

DESIGNATED CAR USER

A designated car user status has been attached to this post.

SPECIAL CONDITIONS

The post will require the post holder to apply for an Enhanced (DBS) Disclosure. The disclosure will include details of any criminal convictions. Cautions, reprimands and final warnings and your application is required for the purpose of asking an exempted question under the terms of the Rehabilitation of Offenders Act 1974 (Exceptions) Order 1975 and that the checks requested are in accordance with the relevant legislation.

RESTRICTIONS

This is not a politically restricted post.

This post is subject to exemption with reference to the Rehabilitation of Offenders Act 1974.


NOTE

The above job description sets out the main responsibilities of H807 - Exercise Referral Instructor but should not be regarded as an exhaustive list of the duties that may be required. As duties and responsibilities change and develop the job description will be reviewed and be subject to amendment in consultation with the post holder during the Appraisal process.

All employees are expected to maintain a high standard of service delivery and to uphold the Company's policies in accordance with equality and diversity standards, and health and safety standards, and to participate in training activities necessary to their job.

In addition to the above the post holder will also be responsible for ensuring that:

- a) All necessary paperwork is carried out;
- b) All duties will be carried out in the working conditions normally inherent in the particular job.
- c) All duties must be carried out to comply with:
 - (i) The Health and Safety at Work Act
 - (ii) Acts of Parliament, Statutory Instruments and Regulations and other legal requirements
 - (iii) Nationally and locally agreed Codes of Practice which are relevant

	Name	Signature	Date
Job description written by:	Paul Woodward		26.04.22
Job description agreed by	Chris Laxton-Kane		26.04.22

Additional notes for JE/HR.
H303.