



GYM INSTRUCTOR/YOUTH WORKER

JOB DESCRIPTION



OVERVIEW

COMPANY: Wigan Youth Zone

LOCATION: Wigan Youth Zone

SALARY: £11.65 per hour

BENEFITS:

- 33 days annual leave (including bank holidays) pro rata. Plus additional leave for length of service.
- Hybrid work,
- Birthdays off,
- Gym access,
- training and CPD including first aid, safeguarding and health and safety,
- Career development opportunities,
- Employee assistance programme,
- Cycle to work scheme,
- Strong team culture,
- Workplace pension,
- Free eye tests,
- Discounted to £2 access to holiday club for WYZ staff.

POSTED: 23rd August 2024

CLOSING: 8th September 2024

First interviews: TBA

Second interviews: TBA

SPECIALISM: Issues affecting young people

SPECIALISM: Health and Fitness/Gym/Nutrition

REPORTS TO: Head of Sports

HOURS: Part time - 2 positions available

WORK PATTERN:

Post 1:

Wednesday - 4.00pm - 9.00pm

Friday - 4.00pm - 9.00pm

Sunday - 11.00am - 7.00pm

Post 2:

Thursday - 4.00pm - 9.00pm

Saturday - 11.00am - 9.00pm

All hours will be face-to-face delivery with young people and will include a weekend shift.

ORGANISATION TYPE: Charity

WHO WE ARE LOOKING FOR:

To support your line manager in the management of the Wigan Youth Zone Health and Fitness Gym, making sure it is well run with a varied programme, a full take up and it is safe, exciting, challenging and inclusive for all.

The role involves working with both our Junior members (age 8 - 11) and our Senior Members (12 - 19, up to age 25 with additional needs) giving them an introduction to using the gym through inductions and creating a fun programme to help young people to access health & fitness at WYZ gym.

KNOWLEDGE AND UNDERSTANDING

Knowledge of the issues affecting young people and an ability to work with challenging behaviour

Understanding of the principles of working with children and young people

Knowledge of health and safety, diversity awareness and safeguarding best practice and how these relate to children and young people

Delivery of activities within an equality framework

QUALIFICATIONS

Level 2 Gym Instruction/Health and Fitness or equivalent or above - Essential

Introduction to Youth Work and Community Work NVQ/VRQ Level 2 - Desirable

WHAT WILL YOU NEED TO SUCCEED:

EXPERIENCE	
Experience of managing a health and fitness programme	Essential
Experience of running groups and one-to-one fitness sessions	Essential



Experience of delivering fitness activities and/or targeted personal development programs to young people	Essential
Experience of working with young people with additional needs or disabilities	Desirable
Experience of supporting young people who are disaffected, underachieving and / or have social / emotional barriers to participation	Desirable
Experience of working in a team and alongside volunteers	Desirable
Experience providing information, advice, guidance and support to young people	Desirable
Experience of dealing with safeguarding issues within a multi-agency setting	Essential
SKILLS	
Ability to engage and build positive relationships with all young people, including disengaged and disadvantaged young people	Essential
Ability to work with young people to develop their health and fitness education by providing programmes of activities, services and facilities that are fun and enable young people and adults	Essential
Ability to develop good professional relationships with children, young people and adults	Essential
Ability to coach, encourage, motivate and provide reliable support to children and young people	Essential
Confident in managing a group of children and young people	Essential
Ability to identify and challenge discrimination and discriminatory behaviour, taking appropriate action as necessary	Essential
KNOWLEDGE AND UNDERSTANDING	
Understanding the principles of working with children and young people	Essential
Understanding of issues affecting young people's lives	Essential
Ability to deliver high quality activity programmes with children and young people who face social exclusion, disadvantage and disaffection	Desirable
Knowledge of Health and Safety, diversity awareness and safeguarding best practice and how these relate to children and young people	Essential

WHAT YOU WILL BE DOING

- Work with your line manager to prepare and implement a well-structured and progressive fitness coaching programme for the young people of Wigan Youth Zone;
- To train volunteers and support them to deliver high quality fitness coaching sessions;
- To encourage attendance in fitness activities, particularly by young people who do not usually participate in such activities, and provide appropriate inductions;
- To assist in identifying talented young people and encourage further development through a number of different opportunities;
- Ensuring all new members have completed gym inductions
- To be a positive role model and create a positive and fun environment in which to motivate and encourage young people to participate in fitness activities;
- To be responsible for the maintenance of the gym equipment;
- To help record and evaluate the sessions, and involve young people in the evaluation process;
- To ensure that the members maintain a high standard of behaviour and discipline during sessions;
- To ensure the participation of young people in activities and that their ideas contribute fully in the delivery and evaluation of activities;
- To promote and safeguard the welfare of children and young people at all times;
- To be an active member of the team and operate in line with the values and principles of Wigan Youth Zone.

General

- To be alert to issues of safeguarding child protection, ensuring the welfare and safety of Youth Zone members is promoted and safeguarded, and to report any child protection concerns to the designated Child Protection Officers using the safeguarding policies, procedures and practice (training to be provided);
- To assist with any promotional activities and visits that take place at the Youth Zone;
- To actively promote the Youth Zone and positively contribute towards increasing Youth Zone membership;
- To adhere to Wigan Youth Zone policies at all times, with particular reference to Health and Safety, Child Protection and Equal Opportunities.

Other duties

- To carry out any other duty with the Youth Zone provision and facility operations, and within the competencies of the post holder, as directed by your line manager or a senior manager.

SPECIAL REQUIREMENTS

A willingness to work unsociable hours when required
DBS clearance and committed to Safeguarding children
The ability and willingness to travel to meetings and events both in the region and beyond

The job holder will be required to adhere to the Youth Zone's policies at all times, with particular emphasis on Equal Opportunities and Safeguarding. Attendance at events and conferences will sometimes be required.

In accordance with our Child Protection and Safeguarding procedures, this position requires an enhanced DBS check and business satisfactory references.

Please note that in line with our Safeguarding Policy, you must be age 21 or over to work in our Senior Sessions and 19+ to work on our Junior Sessions and Holiday Clubs. All applicants must also be inactive as members for at least 12 months.

WHAT IS WIGAN YOUTH ZONE?

Wigan Youth Zone is a purpose built, state-of-the-art youth facility in Wigan town centre which opened in June 2013. It offers young people from across Wigan the opportunity to meet friends, have new experiences, learn new skills and access the support they need to develop and achieve their potential.

The Youth Zone is open to all young people across Wigan aged from 8 to 19 (up to 25 with additional needs), striving to offer something for everyone, regardless of their interests or abilities. With almost 15 dedicated areas to choose from including our four 40-metre floodlit football pitches, art room, music room and climbing wall - there's something for everyone here at Wigan Youth Zone.

Our aim is simple, to provide the town's young people with somewhere to go, something to do and someone to talk to.

WHAT DO YOU NEED TO DO NEXT

Please complete our application form and return it to hr@wigan youthzone.org



**88% OF OUR TEAM WOULD RECOMMEND WIGAN
YOUTH ZONE AS AN EMPLOYER TO THEIR FAMILY
AND FRIENDS**

