



Office use only	
Role Ref:	RG-VFI

## **Volunteer Fitness Instructor**

### **Role Description**

**Based at: Rutland gardens recovery unit**

**Days/times: To be negotiated**

**Volunteer Supervisor: Occupational Therapy (OT) team member group facilitator during the session/ Occupational therapist will provide supervision**

### **Main Purpose:**

As a Volunteer Fitness Instructor, you will lead a graded exercise or sports session for the residents based at Rutland gardens for the benefit of their physical and mental health. This will also include 1:1 work with occupational therapy staff working nearby (or supervising directly in session), if deemed appropriate.

### **Background to your OT team and your ward:**

The OT team (2 occupational therapists) work within Rutland gardens which is a recovery unit / community ward for 10 men aged 18 – 65 who have experienced psychosis and have either been admitted from an acute or forensic setting. The admissions to recovery unit are for further period of assessment, to assess the residents' functional needs and support needs when discharged. We engage with a recovery pathway and utilise activity to support people with their recovery. We facilitate a range of skills based activities and community activities that encourage social inclusion.

There is a garden with a basket-ball net which would be accessible for exercise. There is also a smaller garden.

### **Overview of role:**

We are looking for a qualified fitness instructor or sports coach to lead ward based exercise sessions.

The volunteer will co-facilitate the group alongside their OT team supervisor. The supervisor will be responsible overall for the group allowing the volunteer to focus on and lead the activity. It would be beneficial if there could be 1:1 sessions with clients with supervision from the OT.

As a volunteer instructor you will be responsible for providing graded instruction taking into account feedback from the OT team supervisor and residents, especially in regards to any physical limitations a person may have. You will be expected to be able to accommodate a range of physical ability.

The volunteer instructor will need to be able to communicate clearly and encouragingly to participants in the session and may be asked to help encourage participation beforehand.

## **Duties:**

1. To follow the instruction of the OT team supervisor who will co-facilitate the exercise group (including cardio and weights) alongside the volunteer
2. To receive a handover from OT team supervisor about priorities and issues that will impact on the group. This may include information on the residents.
3. To understand and follow group protocol and related risk assessment.
4. Helping and supporting service users to participate in the activity to the best of their ability.
5. Encourage residents to understand how physical activity and sport can benefit a healthy lifestyle
6. To have good communication skills, especially in regards to instruction and be able to encourage residents.
7. To inform OT team member or other staff if a service user expresses any significant changes in mood or behaviour.
8. To clear up after the activity and keep areas safe and tidy.
9. To undergo training as required.
10. Seeking residents' feedback on their experience in the group.
11. To participate in regular supervision. This will most likely be group supervision with other volunteers.

## **Person Specification**

### **Essential**

- Aged 18 or over
- Able to commit reliably to at least 2 hours a week for a minimum of six months
- A commitment to improve the patient's experience of their time in the community ward
- Well presented, with a friendly and approachable manner and good verbal communication skills
- An ability to relate well to people on a one to one basis and be sympathetic to others' situations
- An ability to be patient and calm even in the face of difficult situations
- An ability to act on own initiative within the role description
- A willingness to be flexible and to follow the guidance of a placement supervisor
- A commitment to the trust's equal opportunities and diversity policies
- A willingness to abide by the Sussex Partnership volunteer guidelines, including rules on confidentiality, health and safety, safeguarding adults and children and manual handling
- To be willing to receive training any areas as appropriate to the volunteer role
- Qualification in fitness instruction and personal training or sports coaching. Experience of teaching outside of training for qualification not essential.