

<b>TITLE:</b>	Group Exercise Coach
<b>HOURS:</b>	Zero Hour Contract
<b>BASED AT:</b>	Clan House, Aberdeen
<b>SALARY:</b>	£15-£20 per hour dependant on experience
<b>REPORTING TO:</b>	Cancer Support Services Manager (Grampian)

**CLAN CORE VALUES:**

All Clan employees are required to demonstrate supportive and respectful behaviour at all times, not only to clients but also to colleagues and management. Colleagues are treated professionally with respect and dignity and take responsibility for operational boundaries and expectations to ensure a harmonious working environment. All employees are required to adhere to Clan's five Core Values:

**Honesty:** We are honest, reliable, transparent and treat others with fairness.

**Excellence:** We invest and empower people, are committed to excellent and strive to provide high quality, consistent support in a healthy, safe environment.

**Accountability:** We take ownership for and are responsible for our choices and actions. We are accountable to each other and consider the outcomes of our behaviours on the achievement of our goals and tasks.

**Respect:** We value diversity of people and thought. We behave in ways that earn trust and support each other.

**Teamwork:** Clan is a community, we are welcoming and supportive, and we communicate openly. We are strong together.

**JOB PURPOSE:**

Clan's Physical Health and Wellbeing (H&WB) Service has been established since August 2021. The aim of the service is to provide both 1:1 and group support for anyone impacted by cancer from a Physical and Psychological perspective. The role of the Group Exercise Coach is to work alongside the Exercise Practitioner to provide a service focussed on safe exercise group provision which promotes movement, relaxation and peer support which is complementary to any 1:1 program prescribed by the Exercise Practitioner.

**KEY RESPONSIBILITIES & DUTIES:**

- Receive client referrals into a weekly group exercise class.
- Plan, coordinate & deliver exercise groups for cancer patients.
- Accurately record client data on Clan's client progress review and end evaluation forms.
- Liaise with the Exercise Coordinator regarding clients accessing 1:1 and groups to ensure clear understanding of each clients' physical needs and challenges.
- Promote motivational messaging, videos and other media in support of the service.
- Be aware of and committed to equal opportunities, principles and practices.
- Be aware of and adopt, when required, relevant Health and Safety policy and practice.
- Work within Clan's policies and procedures on a daily basis.



## JOB DESCRIPTION & PERSON SPECIFICATION

### GROUP EXERCISE COACH

- Adhere to and demonstrate Clan's core values of Honesty, Excellence, Accountability, Respect and Teamwork at all times.

This list is not exhaustive and other duties will be required to be undertaken from time to time to ensure the effective delivery of responsibilities associated with the post.

ATTRIBUTES	ESSENTIAL	DESIRABLE
<b>Qualifications</b>	Physical activity, sport or health related degree or equivalent. L3 or L4 PT.	Cancer specific training.
<b>Experience</b>	Understand national policies in relation to health and physical activity and ability to apply at local level. Experience of working with patients with complex long term health conditions. In-depth understanding of the National Frameworks for exercise referral schemes and latest guidelines. Understanding of physical activity & exercise and its relationship to cancer patients. Experience of delivering exercise classes for people with health conditions. Experience of IT systems and KPI reporting. Able to create and design group programs and classes.	Experience of working with people who are affected by a cancer diagnosis. Experience of performing exercise testing and applying results to prescribe exercise programmes. Knowledge of exercise testing principles. Experience of working with cancer patients in a prehab or rehab setting.
<b>Special aptitudes or abilities</b>	Excellent ability to communicate clearly to people at all levels, with sensitivity and diplomacy. Able to work with confidential and sensitive personal information and adhere to principles of GDPR and good data protection governance. Ability to work co-operatively and build successful relationships with team members and stakeholders. Well organised and structured in approach to carrying out duties and ability to prioritise workload effectively.	An understanding of cancer and how it can affect people's lives. Full clean driving license.
<b>Requirements of the post</b>	Friendly and welcoming whilst being adaptable, flexible, sensitive and diplomatic. Committed to the ethos of Clan. Successful completion of core Clan in-house training including 2 days Listening and Support training and Safeguarding Training.	



PERSON SPECIFICATION  
GROUP EXERCISE COACH

	Good communication and listening skills, with ability to work in sensitive situations. Ability to work within a team. Successful PVG.	
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Line Manager	Employee
Name:	Name:
Signature:	Signature:
Date:	Date: