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## Job Description

### Coach

### CrossFit Nottingham

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<b>Location:</b>	CrossFit Nottingham Ltd
<b>Salary:</b>	Competitive
<b>Contract:</b>	Full time, Permanent
<b>Hours:</b>	27-29 hours Shift Pattern, including mornings, evenings and occasional weekend
<b>Start Date:</b>	December 2018
<b>Benefits:</b>	Company Pension Scheme Free and unlimited access to CrossFit Nottingham and training programmes Subsidised professional development Ability to run PT sessions
<b>Reports to:</b>	Our two Directors and the Gym Manager

#### Overview

Head Coach Andy Ward opened CrossFit Nottingham in 2011. It was one of the first CrossFit affiliates in the UK. Since then, we've been delivering a programme that has proved effective at challenging all levels of fitness, while promoting friendly competition and camaraderie.

Our success: Team qualification for the CrossFit regionals in 2013 and 2018, a growing true community of friends, the many Coaches who have moved on to build their own fitness communities, and many personal and moving stories of people finding new and unexpected levels of fitness.

We're looking for a full time Coach to join our team. We're looking for someone who shares our passion for CrossFit and for promoting health and fitness in all that we do.

As a Coach, you'll be the main point of contact our members have with the business and with CrossFit. You will be responsible for delivering safe and effective workouts for our community. We consider the position of Coach as the most important role within the box and we will be committed to helping you develop.

#### Key Tasks and Responsibilities

**1. Your priority is to provide a high standard of coaching for our members.**

Tasks and responsibilities are broken down below. You'll carry these out in conjunction with our Standard Operating Procedures.

**2. Delivery of Classes / Services**

- a. These include but are not limited to
  - i. Workout of the Day
  - ii. CrossHIIT
  - iii. Barbell Club
  - iv. Gymnastics
  - v. Inductions
  - vi. Programming
- b. Deliver all the above CrossFit classes & tasks in line with SOPs. Ensure that the classes are delivered efficiently, safely and in a friendly way with the CrossFit Nottingham values in mind.
- c. Possess an in depth knowledge and understanding of Functional Fitness and skills required to coach the range of members CrossFit Nottingham has.

**1. Preparation and engagement**

- a. A coach has to be physically prepared enough to deliver, and demonstrate the wide variety of movements required in CrossFit. He / she must be a credible coach in all aspects, not only in ability, but also appearance. They are to take pride in their coaching role.
- b. The coach must display diligence within the delivery of every class. Arriving ahead of schedule ready, means being suitably researched / educated on the days programming.
- c. The coach must engage with members at all time and remain approachable.

**2. Gym Administration**

The coach is to respect the gym & the working environment, ensuring that it is ready for the classes & members.

The tasks involve, but are not limited to the following:

- a. All equipment, throughout the gym back in its proper storage position
- b. Open gym equipment at the correct levels
- c. Gym floor clear of major rubbish, bottles, rope fluff, tape clothing etc
- d. Enough chalk in the buckets
- e. All ropes properly tied up
- f. Mezz area tidy, chairs and tables in place with any items placed in the cubicles
- g. Completing equipment checks & maintenance

All coaches must read the "CFN broken windows" philosophy and apply it to their daily work routine.

<http://www.crossfitnottingham.com/setting-our-box-standards-the-broken-windows/>

**Essential Capabilities and Skills:**

- a. CrossFit L1 qualified and experience working in a Affiliate environment. Other qualifications are desirable, eg. Strength and Conditioning
- b. Demonstrate a dedicated commitment to the CrossFit ethos and personal fitness
- c. Be a strong teacher and leader within the team, able to work alone and be comfortable in-front of large classes
- d. Be able to work as a close team, able to take critique and adapt within the role
- e. Be able to connect with a diverse cross section of members and have a thirst to impart knowledge
- f. Flexibility to adapt and meet schedule and demands of business
- g. Demonstrably articulate (written and verbal)