

## Volunteer role description

<b>Job title</b>	Fitness Helper
<b>Purpose of the role</b>	<p>Dacorum Sports Trust are looking for someone who is looking to pursue a career in the fitness industry. This role will give you a great insight into a gym environment.</p> <p>As a Fitness Helper you will be improving our customers experience and fuelling the Feel Good factor.</p>
<b>Key Responsibilities</b>	<ul style="list-style-type: none"> <li>• Setting up the room ready for a class/activity</li> <li>• Clearing away afterwards</li> <li>• Welcoming customers/Engaging with participants</li> <li>• Shadowing fitness instructors/Assisting with classes</li> <li>• Keeping the gym tidy</li> </ul>
<b>Skills, experience and qualities needed</b>	<ul style="list-style-type: none"> <li>• No experience needed but a keen interest in working in a gym would be desirable</li> <li>• A current DBS would be required</li> <li>• Confident and outgoing</li> <li>• Great customer service skills</li> <li>• Polite and presentable</li> </ul>
<b>Location</b>	<ul style="list-style-type: none"> <li>• Our Gym</li> </ul>
<b>Times/Dates</b>	<ul style="list-style-type: none"> <li>• Flexible – to be agreed with relevant manager</li> </ul>
<b>Support offered</b>	<ul style="list-style-type: none"> <li>• Paid travel expenses</li> <li>• Uniform – a tshirt will be provided for you</li> </ul>
<b>What you will get out of it</b>	<ul style="list-style-type: none"> <li>• Meet new people</li> <li>• Gain new skills/ Or showcase your existing skills</li> <li>• Feel a valued part of the DST family</li> <li>• Have an impact on your community by Fuelling the Feel-Good Factor through your work.</li> </ul>
<b>What to do if you're interested</b>	To apply please send any applications and examples of work to <a href="mailto:sarah.brooke@sportspace.co.uk">sarah.brooke@sportspace.co.uk</a>