

Job Description



Job Title: Level 1 Assistant Coach

Responsible to: **Lead Level 2 Coach for each session**
Programme Leader
Duty Manager

Duties and Responsibilities:

- To conduct or assist with warm-ups of whole groups as directed by the coach responsible for the session.
 - To develop gymnastics skills using structured and progressive activities, as directed by a written lesson plan or by instructions from the coach responsible for the session.
 - To help to ensure maximum use of time and space by all gymnasts.
 - To prepare or assess gymnasts working towards award schemes, as directed by the coach responsible for the session.
 - To lead or assist with conditioning or flexibility sessions for a whole group.
 - To become familiar with the individual needs of gymnasts in each group.
 - To assist with gymnasts taking part in competitions or events.
 - To be aware of the range of skills covered by the qualification held and not to coach skills outside the syllabus unless specifically authorised by the head coach.
 - To provide spotting or supporting assistance to a more qualified coach when required.
 - To undertake administrative duties as requested by the coach responsible for the session, Programme Leader, Centre Manager or Duty Manager.
 - To help to supervise the dispersal of gymnasts at the end of each session.
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- To report any accidents, illnesses, safety hazards, discipline issues or child protection concerns to the coach responsible for the session immediately.
 - To take an active approach to developing technical knowledge and coaching skills.
 - To assist with promoting and furthering gymnastics in Rotherham at all levels.
 - To provide encouragement and support to unqualified helpers and volunteers.
 - To help to safeguard the welfare of all gymnasts and coaches and to take all reasonable steps to minimise the risk of accident or injury.
 - To become familiar with and adhere to the policies and procedures contained in the Coaches Handbook.
 - To undertake other duties commensurate with the level of the post, where reasonably requested by the Centre Manager.

Person Specification



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Essential	Desirable
<ul style="list-style-type: none"> • British Gymnastics Level 1 coaching qualification in any discipline • Current membership of British Gymnastics (or willing to obtain membership on appointment) • Attendance at recognised Safeguarding & Protecting Children training within the last 3 years (or willingness to attend on appointment) • Current DBS check obtained through or recognised by British Gymnastics (or willingness to obtain on appointment) 	<ul style="list-style-type: none"> • British Gymnastics Level 1 coaching qualification in Women's or Men's Artistic Gymnastics • Any of the following additional qualifications/training would be an advantage but are NOT required: <ul style="list-style-type: none"> ○ Pre-School Gymnastics qualification ○ Judging qualifications ○ First aid qualification
<ul style="list-style-type: none"> • Experience of coaching gymnastics to children of various ages • Experience of working as part of a team 	<ul style="list-style-type: none"> • Experience in any of the following areas would be an advantage but is NOT required: <ul style="list-style-type: none"> ○ coaching gymnastics in a club environment ○ communicating professionally with parents or customers ○ working with young people of secondary school age
<ul style="list-style-type: none"> • Able to deliver gymnastics coaching in a positive, enthusiastic and motivating manner • Able to communicate effectively with children • Able to manage the behaviour of groups of children effectively • Able to demonstrate practical technical knowledge of gymnastics skills appropriate to a Level 1 coach in relevant discipline • Able to undertake basic administrative tasks related to the coaching role 	
<ul style="list-style-type: none"> • A professional approach to coaching children and to communicating with colleagues & customers • Trustworthy, responsible, reliable • Hardworking, committed • Polite, confident, friendly, approachable 	
<ul style="list-style-type: none"> • Available to work evenings & weekends 	<ul style="list-style-type: none"> • Flexible availability