

DTR Job Description



Position Title: Trainee, Fitness Leader – Weight Room

Department: Community Services

Reports To: Manager, Recreation

Date: August 1, 2022

Job Purpose/Summary:

Under the direction of the Team Lead, Fitness and Wellness the Trainee, Fitness Leader will perform fitness duties according to established procedures. Work is performed following clearly defined standards and practices and often without supervision. Initiative, autonomy and judgement in problem solving is required. Communication with other staff members and with the public is an essential part of the job.

The Fitness Leader 1 – Weight Room will:

Examples of Work:

1. The Trainee will educate users and enforce regulations and procedures for safe operation of the weight room equipment;
2. Conduct orientations for new uses;
3. The Trainee will maintain an environment that is safe and free of hazards including reporting incidents and equipment damage;
4. Perform custodial duties as required in fitness areas including, but not limited to, cleaning and disinfecting equipment, sweep and clean floors and other surfaces including, windows, mirrors and restroom;
5. Assist with training new employees including safety orientations;
6. Coordinate and facilitate programs and events, as required;
7. Cross training with Aquatics; and
8. Other related duties as assigned.

Other information:

The requirements and responsibilities contained in this job description do not create a contract of employment and are not meant to be all-inclusive. They may be changed at any time at the discretion of management. **Changes will not be considered a breach in employment contract**

Knowledge, Skills and Abilities:

1. One (1) year experience in fitness theory, weight training or related field;
2. Fitness Knowledge Certification;
3. Weight Room Trainer Certification and experience – **preferred** (required to advance to Level 1);
4. Personal Trainer Certification and experience – **preferred** (required to advance to Level 2);
5. CFES Aquatics Instructor **preferred**; (required for Aquatic cross training); and
6. Certifications in Standard First Aid/CPR and WHMIS.

Working Conditions:

Work schedule will include shift work as required. The Fitness Leader Trainee will be entitled to the benefits and conditions of employment as established in the CUPE Local 2979 Collective Agreement.

A SATISFACTORY CRIMINAL RECORD CHECK IS REQUIRED

Core Values:

Every employee is expected to demonstrate commitment to the following core values:

- Safety
- Integrity
- Personal Responsibility
- Team Work
- Respect
- Inclusiveness