

## CENTRAL STAFFS CROSSFIT - JOB DESCRIPTION

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JOB TITLE: Coach

PURPOSE OF JOB: Adhere to all standards and behaviour in the Coaches Manual. To maintain orderly behaviour in the Box, assisting users in difficulty, instructing and delivering classes.

Liaison with Management, Team Members, Box Members, Box Staff.

### **Duties and responsibilities:**

1. To show leadership and professionalism at all times.
2. Providing a high standard of customer service to all including appropriate movement scales, individual considerations, and enthusiastic coaching throughout classes.
3. Contributing to content and promotion in support of the Media Team.
4. Cleaning & tidying equipment down after use or shift.
5. To ensure that all PT sessions are logged prior to sessions.
6. To ensure the facility is left in good order at the end of each class or shift for the next coach.
7. To ensure all assigned programming is completed ahead by 1 month. (This is to be sent to The Head Coach before the 14<sup>th</sup> of the month for the month ahead).
8. To ensure lock down procedure is followed when closing up at the end of the day with alarm being set correctly. (Disciplinary action may be taken if not adhered to)
9. You must hold a minimum of a Trio membership whilst employed by Central Staffs CrossFit and seen to be training with the community. All coaches' memberships will be discounted at 20% and can be deducted from your pay if you wish.
10. Supervision of clients and members during open gym.
11. Any other appropriate duties at discretion of Managing Director.