

Job Opportunity

Position: Freelance Phase 4 Cardiac Rehabilitation exercise instructor.

We have 2 job opportunities available

- 1) A regular weekly 2 hour Supervised gym session: Thursday's 10am – 12pm @ Leverhulme Park Community Centre. Bolton. BL2 6EB. More regular hours can become available, chat to us for more details.
- 2) We are also looking for BACPR instructors that would like to go on our bank staff register that can be available to cover exercise sessions across Bolton for existing instructors that are on holiday/sick leave, on an 'as needed' flexible basis.

Outline of duties:

This would be a self-employed position and you would therefore be responsible for your own Tax and National Insurance contributions. No payment will be made for holidays, sickness absence, travel expenses (unless covering back to back sessions) and time spent travelling around the borough.

Department	Public Health Directorate: Bolton Council
Job Title	Phase 4 Cardiac Rehabilitation Exercise Instructor
Hourly Rate	£17.50
Hours per week	As per job opportunities listed above.
Primary Purpose of Job	To deliver a range of community based exercise instruction and rehabilitation sessions to Bolton residents referred following a specific heart diagnosis. Promote the benefits of physical activity and healthier lifestyles throughout the rehabilitation process and identify opportunities for continued lifelong activity.
Reporting To	Phase 4 Cardiac Rehabilitation Lead.
Staffing	N/A
Responsibilities	<ul style="list-style-type: none">• To deliver a diverse exercise service for Phase 4 Cardiac Rehabilitation in Bolton.• To ensure targets are met & objectives achieved as agreed by the Phase 4 Coordinator.



Main Duties

- 1 To deliver a range of Phase 4 Cardiac Rehabilitation activity sessions across Bolton. Such activities could include, gym instructing, circuit classes, group cycling on a 400m athletics track and lane swimming supervision (from pool side not in the water. You are not required to be lifeguard trained).
- 2 To be responsible for the efficient delivery of Phase 4 individual patient activity programmes in the community, in collaboration with the advice given from the Phase 4 coordinator and rehabilitation team at the hospital.
- 3 To monitor directly the individual progress of all patients using the service and identify opportunities for continued activity.
- 4 To assist and work with the Phase 4 Cardiac Rehabilitation coordinator in identifying health needs and limitations of patients inducted on the rehabilitation scheme. Continuing to risk assess patients on a session by session basis and make adaptations where necessary.
- 5 To collect and keep records of patient progress, activity sessions and attendance and submit to the Phase 4 Cardiac rehabilitation Coordinator for data collection.
- 6 Promote the benefits of regular physical activity and leading a healthy lifestyle to help address coronary heart disease (CHD) risk factors.
- 7 To supervise and oversee volunteers on the Phase 4 cardiac rehabilitation scheme in a given activity session (not currently required).
- 8 To ensure that work is carried out with due regard to Health and Safety regulations.
- 9 To maintain Emergency Life Support skills, including the use of an automated external defibrillator.
- 10 Ability to effectively travel around the borough.

ESSENTIAL QUALIFICATIONS/CERTIFICATES

1. British Association of Cardiovascular Prevention & Rehabilitation certificate
2. Personal Liability Insurance

MINIMUM ESSENTIAL REQUIREMENTS

Skills and Knowledge

1. Interpret clinical information, assess appropriateness for exercise and structure clients care accordingly

2. A clear understanding of the benefits of exercise and a commitment to the promotion of physical activity.
3. Ability to relate to the needs of local people within a target community
4. Effective communicator and motivator
5. Effective written and communication skills
6. Ability to work on own initiative and part of a team
7. Ability to work under pressure, to prioritise and get the job done
8. Ability to work with and promote Health and Safety rules, regulations and guidelines.

DESIRABLE QUALIFICATIONS

- Degree in Sports / Exercise Science or closely related discipline
- NVQ Level II Exercise and Fitness (Exercise to music/ fitness instructor / circuits / aqua – aerobics) or a specialised exercise related qualification in at least one discipline e.g. chair based exercise.
- Certificate in Basic Life Support
- Experience of leading exercise sessions with people with varied and complex health needs
- Experience of working with the general public of all ages and backgrounds
- Experience of working with fitness equipment
- GP Referral qualification
- Automated External Defibrillator Certificate

