



## VOLUNTEER GYM YOUTH WORKER

**Location:** Carlisle Youth Zone, Victoria Place  
**Suggested Time Commitment:** 4 hours per week



### ABOUT THE ROLE

We have a dedicated air-conditioned gym space full of high-quality cardio machines, free weights and resistance machines for young people to use under supervision. Our Volunteer Gym Youth Workers help us to deliver gym sessions to young people as part of our Youth Club offer. These sessions enable young people to build their confidence, social skills and overall well-being through physical activity.

### WHAT CAN YOU EXPECT TO BE DOING?

- Helping to support young people to use gym equipment and work towards fitness goals
- Motivating young people to participate and enjoy their sessions
- Building positive relationships with young people across the youth zone
- Working collaboratively with members of staff to support the delivery of sessions
- Supporting young people with additional needs
- Acting as a positive role model for young people
- Promoting an inclusive culture where all young people are listened to, valued, and cared for
- Creating a safe space for young people and working to safeguard them

### WHAT ARE THE BENEFITS TO YOU AND OUR YOUNG PEOPLE?

You will gain new skills and develop existing ones whilst making a significant contribution to the lives of the young people. You will become part of our team whilst our young people will gain a positive experience of physical activity. You will enhance your CV whilst also being there as a positive role model to many of our young people. The benefits really are endless!

### WE'RE LOOKING FOR SOMEONE WHO:

- Has a level 2 gym instructor qualification
- Has a passion for physical wellbeing
- Enjoys meeting and engaging with people from a wide range of backgrounds
- Is able to recognise the different needs of young people and is able to find ways to involve them
- Is committed to making a positive impact on the lives of young people
- Is able to work as part of a team and follow guidance relating to health and safety and safeguarding

Please note that for this role you need to be at least 18 years of age and be prepared to undergo an enhanced DBS check

**In a recent team survey, 100% of team members said they feel proud to be connected to CYZ.....come and join us!**

<https://www.carlisleyouthzone.org/volunteer/>