

# Move Champion (volunteer role)



Hours: Minimum of 1 hour per month to suit your availability

Location: York

Our mission is to get the masses moving. Everybody should be motivated and encouraged to take part in physical activity; it improves physical health and emotional wellbeing.

This volunteer role is to encourage people in your local community to complete our Move Zone workouts. You don't need to be qualified, just a fitness enthusiast! We'll train you on how to deliver the workout with safe techniques.

## Responsibilities:

- Organising a minimum of one monthly pop-up session in assigned Move Zone(s)
- Listing your Move the Masses events on Eventbrite and our website
- Promoting your Move the Masses events in your own social media networks
- Ensuring participants are made to feel welcome and sign in on the register
- Creating a fun and encouraging atmosphere for all ages and abilities
- Completing a dynamic risk assessment during events and ensuring the environment is safe for participants
- Sending the register to the coordinator after the session
- Reporting any accidents or incidents
- Report any changes to urban obstacles, outdoor exercise equipment or access that requires a change to the public information on the Move the Masses website

## Person specification:

### *Essential*

- Minimum age 18
- Passionate about being active, exercising and having a healthy lifestyle
- Compassionate and empathetic to people from all walks of life
- Ability to motivate and inspire others
- Confident to speak in front of groups
- Basic knowledge of simple exercise techniques
- Basic computer literacy
- Competent in use of social media platforms (Facebook, Twitter, Instagram)

### *Desirable*

- Current DBS update (or documentation to get one)
- Current First Aid qualification

## Benefits of volunteering for us:

- Initial training day which includes mental health awareness training, basics of exercise
- Be part of an exciting and supportive community
- Ongoing development and qualifications for committed volunteers

## What happens next?

Appropriate applicants will be invited to a telephone screening, this is an opportunity to ask any questions about the role or about Move the Masses in general. After this, Move Champions will be assigned a Move Zone and provided with all the necessary training for the role.