



POSITION DESCRIPTION

Position name	Strength and Conditioning Facilitator, Purruna
Employment Status	Maximum term, ends June 2025
Load	Part-time, job share. 22-25 hours/week, worked over 5 days (Mon-Fri)
Classification	Education Services (General Staff) Award, Level 3, Instructional Services Grade 2
Key Relationships	Reports directly to and works in conjunction with the Scotch College Deputy Principal. Close relationships with the Chief Operating Officer, Head of Sport, Head of Health and PE, all staff and students.

Our Mission:

Scotch College aims to prepare our students to make an impact.

We plan to deliver consistent, outstanding innovation in our people, programs and infrastructure on a sustainable basis, in order to provide opportunities for young people to thrive and develop the awareness, boldness and versatility to make a difference in any part of the world.

We are a forward looking, externally focused, nurturing and ambitious community driven by a powerful sense of the wellbeing of our stakeholders, so that the wellbeing of others may be enhanced. Wellbeing is embedded in everything we do, and we want our staff to be:

- able to flourish: be physically adept, mentally resilient, intrinsically motivated, highly skilled,
- practicing effective work life integration, and
- demonstrating an adaptive capability which will enable the College to confidently embrace disruption.

Key to the achievement of this vision is the College's strategy of attracting and retaining the best people.

Position Overview:

This is a 12-month part-time position responsible for activating student use of the Purruna Strength and Conditioning Gym (SCG). The role will provide supervisory services for students as well as providing advice and support for all users of the Gym. The role will also assist College staff in the delivery of gym related activities in support of the curriculum or cocurricular activities.

The role holders will have a resolute commitment to child protection.

Key Responsibility Areas:

1. General Responsibilities

- Provide supervision to students using the SCG.
- Support the College in the promotion of the SCG for all students.
- Ensure the SCG is safe, accessible and inviting. Reduce the risk of injury by checking all equipment regularly and ensuring its maintenance adheres to Australian Standards.

2. Exercise Programming

- Plan and deliver exercise programs for students which meet the AUS-Active Children's Fitness Guidelines (November 2021 and as updated).
- Identify health risks associated with commencing exercise and optimise exercise program outcomes by screening and assessing each student before they commence exercise activities.
- Refer any risk factors identified by screening to the student's general practitioner or allied health professional for written guidance to develop and deliver the exercise program.
- Ensure informed consent is received from each student's parent or guardian for the student's participation in the exercise programs.
- Consider the development stage of each student and plan and provide exercise activities suited to their development, experience, and individual needs.
- Develop positive relationships with students and provide motivational support and guidance.
- Deliver exercise programs with a positive, safe, educational and fun methodology.
- Maintain records on student screening and assessment, programming and equipment maintenance in an orderly and efficient manner

3. Purruna Strength and Conditioning Gym Operation

- Work within the agreed scheduling for the use of the SCG and propose to the COO and Deputy Principal any amendments which might improve the activation of the gym.
- Investigate demand for gender specific training and for students less inclined to participate and encourage their use of the SCG.
- Consult with the college marketing staff to coordinate communications to the college community about the SCG programs and benefits for student wellbeing.
- Conduct Professional Development opportunities with Heads of Sport, H.P.E. and other relevant staff to increase understanding of the SCG operation and its benefits for student health and wellbeing.
- Work with Heads of HPE and Sport to integrate Strength and Conditioning programming into student wellbeing and sports pathways.
- Develop positive relationships with Purruna based allied health providers. Coordinate and encourage the piloting of one-on-one student rehabilitation sessions during school time as part of the allied health treatment service. These sessions will be outside of timetabled classes and approved group bookings.
- In the event of an emergency follow the procedures set in place by the college and understand those procedures specific to the SCG. Complete incident and accident reports, as required.
- Ensure the cleaning of the gym is completed according to specification and that hand wipes and equipment wipes are available and used by students and staff after use.
- Participate in staff meetings, trainings, events, and reviews as scheduled.
- Report room and equipment damage to Maintenance.

4. Work Health Safety and Wellbeing

- Update departmental Safe Operating Procedures
- Take reasonable care of, and cooperate with actions taken to protect the health and safety of self and others
- Report all accidents, incidents and hazards as soon as is practicable
- Read and adhere to all Scotch WHS guidelines and policies.

Qualifications, Skills and Experience

Essential experience

- Previous experience in a Strength and Conditioning facility.
- Proven ability to work with limited supervision.

Qualifications, skills and knowledge

- Up to date certification for working with children, Responding to Risks of Harm Abuse and Neglect, First Aid, CPR and follow Scotch College Workplace Safety guidelines.
- Appropriate Strength and Conditioning accreditation or Fitness Certification and demonstrate professional skill and knowledge in line with the AUS Active Children's Fitness Guidelines (November 2021)
- Complete relevant AUS-Active approved continuing education requirements to support further development of professional knowledge and skills for delivery of children's health and fitness services
- Outstanding customer service skills.
- Confident, positive and welcoming disposition.
- Passion for providing a high-quality service.

Key Selection Criteria:

- Demonstrate a professional manner, attitude and passion for your own wellbeing.
- Demonstrate a receptive mindset to learning new skills which improve outcomes for strength and conditioning gym participants.
- Demonstrate a positive approach to the role.

Conditions of Employment:

- Must be eligible to work in Australia.
- Must satisfy child protection screening and adhere to Scotch's Child Protection policy and procedures.
- Position is employed under the terms and conditions of the Educational Services (General Staff) Award 2020.

Finally

No position description can capture the complexity of tasks within a school. Therefore, this position description should not be limiting and some flexibility is required when using this position description. There will be other tasks, not described above and at the discretion of the Principal, that may be given to this position

All positions evolve and change over time, and the College commits to regularly review and update position descriptions to accurately reflect the contribution of employees.

Scotch College is a child-safe organisation and committed to the safety and wellbeing of children and young people. We undertake appropriate screening and suitability assessments to determine the commitment of applicants to supporting child safety and wellbeing values in practice.