

HUTTON HOUSE JOB DESCRIPTION**TITLE: Fitness and Wellness Recreation Assistant****REPORTING RELATIONSHIP:** Fitness and Wellness Facilitator

QUALIFICATIONS: Working towards a Post Secondary Degree in Therapeutic Recreation, Kinesiology, Health or Fitness. Experience supporting persons with disabilities; strong advocacy skills; skills that demonstrate leadership, goal setting, problem solving and organizational and community development skills; Microsoft Word; excellent verbal and written communication skills; valid Standard First Aid/CPR Certification are an asset.

JOB SUMMARY: In keeping with the principles of inclusion and the mission, the Fitness and Wellness Activities Assistant will:

- Learn about various disabilities i.e.; physical, learning, developmental and mental health challenges and how best to support them to get involved in physical activities considering their abilities, needs and interests.
- Research new workout ideas for specific disability types.
- Create monthly fitness challenges and games.

KEY DUTIES AND RESPONSIBILITIES:**1. Participant Supports and Services**

- Communicate with individuals who are verbal and non verbal i.e. Gestures, signs and understand those who have speech impairments.
- Think and solve problems. Have ongoing ability to create/adapt and try new solutions on a daily basis.
- Demonstrate positive attitudes and behaviours – learning about the abilities, interests and needs of persons with disabilities.

2. Program Development

- Plan appropriate activities with the team and independently.
- Plan and lead programs for individuals with various abilities.
- Plan and implement a marketing strategy for the Fitness Centre in increase membership...
- Research new equipment options and/or programs and assist with adaptations as required.
- Promote health and fitness opportunities through marketing activities in the community and internally.
- Research and provide information relating to fitness and health to participants and staff.

3. Volunteer and Fitness Professionals Training

- Assist in the ongoing development of our Adaptive Fitness Specialist Certification. This training provides information and training to volunteers and fitness professionals to work with persons with disabilities involved in fitness and health activities.
- Create promotional material to recruit volunteers and community fitness professionals.

5. Working Relationships

- Advocate, assuring the dignity and rights of persons with disabilities are advanced.
- Adhere to all policies of the organization to ensure a safe and supportive work environment.
- Participate as a positive team member with other programs.

The Board of Directors reserves the right to revise the job description at any time.

I agree to the above job description and general expectations as to the purpose of my employment with Hutton House.

 Signature

 Date