West Richmond Community Association

9180 No. 1 Road, Richmond, B.C. V7E 6L5
Telephone 604-238-8400
Fax 604-238-8414

Job Posting – Personal Trainer (Older Adult/Seniors Focus)

Applications are now being accepted for the Personal Trainer position. Under the direction of the Fitness Coordinator, the Personal Trainer provides individualized fitness assessment, instruction, program design and supervision to clients, with an emphasis on safe, inclusive and effective programming for older adults and seniors.

Duties and Responsibilities:

Programming

- Develop individualized exercise programs based on client goals, fitness levels, health history, mobility, functional capacity and any identified limitations.
- Conduct fitness consultations and assessments in accordance with approved facility procedures.
- Provide safe and appropriate instruction in cardiovascular training, resistance training, flexibility, balance, mobility and functional movement.
- Adapt exercises, equipment, intensity and instructional methods to meet the needs of older adults and seniors, including clients with reduced mobility, balance concerns or chronic health conditions, within the trainer's scope of practice.
- Act as a fitness resource person and submit recommendations for personal training and older-adult fitness programs at the facility.
- Assist with the development and/or delivery of specialized fitness programs, workshops or small-group training opportunities for older adults and seniors.

Customer Service/Communication

- Provide professional, respectful and encouraging one-to-one fitness instruction and support.
- Communicate clearly with clients regarding program goals, safe exercise technique, progression and any need for medical clearance or referral to an appropriate health professional.
- Supervise and ensure the safety of clients using the fitness facility/area during personal training sessions.
- Promote and market personal training and changing fitness programs; maintain a working knowledge of available programs provided at Richmond Community Centres.
- Foster an inclusive, welcoming and age-friendly environment for clients of diverse abilities, backgrounds and fitness levels.

Safety/Risk Management

- Ensure the fitness facility/area is a safe environment and report any equipment malfunctions or safety issues to the Fitness Coordinator; ensure equipment is properly maintained, stored and locked.
- Administer the facility-approved pre-exercise screening process, including PAR-Q+ or its approved successor; review forms as required and obtain appropriate medical clearance before training clients where indicated.
- Monitor clients for signs of discomfort, fatigue, dizziness or other adverse responses to exercise, and respond appropriately within scope of training and established emergency procedures.
- Use sound judgment when modifying, postponing or discontinuing exercise activities due to client condition, safety concerns or equipment issues.
- Maintain client confidentiality and handle personal and health-related information in accordance with applicable privacy requirements and facility procedures.

Administrative

- Maintain accurate client records, including fitness consultation forms, program plans, session notes and incident documentation, in accordance with facility procedures.
- Ensure clients have checked in/signed in prior to commencing training sessions.
- Arrange for a substitute trainer from approved lists, where applicable, if unable to provide an assigned session; notify the Fitness Coordinator of absence and notify front desk personnel by phone if late.
- Attend meetings with fitness staff and/or the Fitness Committee on request.
- Complete accident and incident report forms as required.
- Other related duties as assigned.

Required Qualifications:

- High school graduation or equivalent plus one or more of the following designations dependent upon course of instruction:
- Group Fitness: BCRPA Group Fitness or accepted equivalent;
- Equivalency designations must include proof of personal liability insurance;
- Standard or Emergency First Aid & CPR.
- Police Information Check

Desired Qualifications:

- One year's experience (minimum 70 hours) with group fitness classes in a public facility or an equivalent combination of education, training and experience.
- Yoga: BCRPA Yoga Fitness or Yoga certification from a yoga Alliance recognized certifying body.
- Pilates: BCRPA Pilates or a recognized certificate with more than 40 hours' theory and practical exam, Stott, Physical Mind, Method Pilates, etc.
- Specialized fitness programs may require additional designations such as: Third Age, Adaptive.

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Compensation and Benefits

- $33.64 – 55.87/hour depending on experience.

How to Apply

This is an ongoing job posting. To apply for this position, please email westrich@richmond.ca (Adobe PDF or MS Word format)

Duties may be carried out in a City-owned facility, however, the City is not the Employer for this position. This position is restricted to those legally entitled to work in Canada

West Richmond Community Association is an inclusive employer committed to employment equity objectives and invites applications from all qualified individuals. Should you be contacted and require some form of accommodation during the interview process, please let us know and we will endeavour to meet your needs to the best of our ability.