



Job Title: Physical Activity & Health Casual Community Coach

Unit/School: Cardiff Met Sport

Grade: 2 A/B

HERA: CMETS134

## **Core purpose of role**

Our Casual Coaches work with the Met Sport Physical Activity and Health team to maximise the participant experience by having an inspirational effect on individuals, groups and communities working within a place based approach to ensure that we are delivering where the need is greatest.

Using your knowledge and experience within sport coaching you will support with planning and delivery of inclusive, safe, and effective sessions for a range of participants, using appropriate equipment and coaching methods.

Coaching hours will be provided and agreed in advance with the Physical Activity and Health staff members. Hours will be determined and available based on the timetable provided by each officer. Work will predominantly take place during the afternoon and early evenings.

Casual coaches are casual members of staff who are integral to ensuring that Cardiff Met Sport can work with communities to facilitate physical activity and sport.

## **Key responsibilities and contributions**

1. Plan, deliver, and continuously evaluate and review engaging and progressive coaching sessions in the community.
2. Ensure the environment is designed to meet a participant's welfare needs. This means tailoring to the participant's needs and taking an inclusive approach.
3. Provide Officers with data & insights relating to participant engagement and feedback
4. Assist the Officers in ensuring that the service provided is always operated in accordance with the current legislation and statutory requirements, in particular, child protection and Health & Safety.
5. Use your knowledge of industry legislation, organisational policies and procedure and best professional practice to provide a best-in-class service.



6. Work with participants, and a range of stakeholders such as, volunteers, parents, teachers, youth workers and health professionals, to ensure the experience is the very best it can be.

**Person specification**

**Essential qualifications / Professional memberships**

1. A recognised Level 1 Coaching Qualification.

**Essential experience, knowledge and skills**

1. Experience coaching in a community setting.
2. Excellent verbal communication skills, able to work collaboratively with participants and stakeholders from across multiple organisations.
3. Ability to adapt your approach depending on coaching environment.
4. Knowledge and experience of setting up, dismantling & utilising sporting equipment in relation to the role of coaching.
5. Excellent planning and organisational skills, able to effectively prioritise your own work to achieve objectives.

**Desirable**

1. A recognised Level 2 Coaching Qualification
2. Safeguarding & Protecting Children Qualification
3. First Aid qualification
4. Experience working with challenging young people
5. Make Every Contact Count Training
6. CIMSPA Membership

**Welsh skill requirements**

Welsh is essential to our students and staff and is a key part of our provision and services. For every position at Cardiff Met, proficiency in Welsh language is either essential or desirable. You can find information about the levels by viewing our booklet: [Welsh language skills levels](#). If a skill is listed as essential in the table below, please ensure you demonstrate this in your online application form.

Language level and general descriptor	Listening	Reading	Speaking	Writing
A1 – Beginner	Desirable	Desirable	Desirable	Desirable



Can understand and use familiar everyday expressions and very basic phrases in Welsh.				
<b>A2 - Basic user</b> Can deal with simple, straightforward information and communicate in basic Welsh.				
<b>B1 - Intermediate user</b> Can communicate, to a limited level, in Welsh about things that are familiar and/or work related.				
<b>B2 - Upper intermediate user</b> Can express myself in Welsh on a range of topics and understand most of a conversation with a native speaker.				
<b>C1 - Fluent user</b> Can communicate fluently in Welsh.				
<b>C2 - Master user</b> Can communicate fluently on complex and specialist matters in Welsh.				

### Disclosure & Barring Service requirements

This post requires an enhanced DBS child barred list check.

### Supporting information

The University is a dynamic organisation and changes may be required from time to time. This job description and person specification is not intended to be exhaustive.

The University is committed to the highest ethical and professional standards of conduct. Therefore, all employees are expected to have due regard for the impact of their personal behaviour and conduct on the University, students, colleagues, business stakeholders and our community. Each employee must demonstrate adherence to our Code of Professional Conduct. In addition, all employees should have particular regard for their responsibilities under Cardiff Metropolitan University's policies and procedures.