

Role Description

Job Title: Lead Athletics Coach

Organisation: Fitmums and Friends Registered Charity No. 1173919

Location base: East Yorkshire

Area covered: Yorkshire specifically East, South and North Yorkshire

Hours: 15 hours per week (3-year contract)

Salary: £15,600 plus travel expenses and pension

Holiday: 5.6 weeks plus bank holidays

Background

Fitmums and Friends is a registered charity working to support people to be active. Fitmums and Friends breaks down the barriers stopping people from becoming physically active. We inspire all people, no matter their gender, ability, background, bank balance or postcode, to become physically active so that they live happier, healthier and more fulfilled lives to reach their full potential. We do this through our community clubs and our specialist projects, which support people through difficult life events such as bereavement and menopause. Every year, we support more than 1,000 people to use exercise to make positive changes to their lives.

The charity has a network of coaches ranging from Athletics Leader through to Athletics Coaches and Coach in Running Fitness level qualifications and they include volunteers and paid staff. This new role will support and develop this essential network of coaches, to ensure the charity has a robust coaching structure which delivers quality coaching interventions.

Role Overview

As Lead Athletics Coach at Fitmums and Friends, you will play a vital role in promoting health, well-being, and community engagement through programmes of activity for men, women and children of all levels of fitness and ability.

You will be responsible for coaching and mentoring athletes of various ages and abilities, with a primary focus on delivering high-quality training sessions in a safe and inclusive environment.

Additionally, you will oversee and provide guidance and mentoring to a coaching team, ensuring consistency, professionalism, and adherence to the charity's mission and values.

Key Responsibilities

1. *Athletics Coaching*

- Plan, organise, and deliver engaging and progressive activity sessions tailored to the needs and abilities of all participants.
- Provide technical instruction in various track and field disciplines, including sprints, long-distance running, jumping, and throwing.
- Foster a positive and supportive atmosphere that encourages skill development, teamwork, and personal growth among participants.
- Support the delivery and development of programmes for participants with sight impairment; learning disabilities; or affected by bereavement; menopause or other significant life event or health issue.

2. *Supervision of the wider coaching team*

- Recruit, train, and supervise a team of coaches which include parent volunteers, Athletics Leaders, Assistant Coaches, Coach in Running Fitness and Athletics Coaches to support the delivery of athletics and activities.
- Provide ongoing guidance, feedback, and mentorship to the coaching team to ensure alignment with coaching standards and best practices.
- Coordinate schedules and plans for the coaching team, ensuring adequate staffing for all training sessions and events.
- Plan a coaching development programme for all members of the coaching team to support their growth and training as Coaches.

3. *Athlete Development*

- Support the coaching team to monitor the progress and performance of individual athletes/participants, identifying areas for improvement and implementing personalised training plans where appropriate.
- Support the coaching team to help set realistic goals for their athletes, working towards their athletic goals, fostering a culture of ambition, dedication, support and resilience.
- Collaborate with athletes, parents, members and other stakeholders to facilitate communication and address any concerns or challenges that may arise.

4. *Safety and Compliance*

- Work closely with the Overarching Welfare Leads to ensure safeguarding and welfare are prioritised in the delivery and planning of all activities.
- Ensure all incidents or accidents are reported via the online reporting system and take appropriate action as necessary.
- Prioritise the safety and well-being of athletes by implementing appropriate risk management protocols and ensuring compliance with health and safety regulations.
- Maintain accurate records of attendance; supervision of staff and volunteers.
- Stay informed about relevant industry standards, coaching methodologies, and developments in athletics to continuously enhance programme quality and effectiveness.

- Provide a written update to the Trustee board every 6-8 weeks about the coaching activity across the charity.

5. Qualifications and Skills

- Must have a recognised coaching qualification with England Athletics. Athletics Coach (AC) is preferred due to the age group of children we support; but a Coach in Running Fitness (CIRF) qualification may be appropriate if willing to work towards AC.
- Must have a current coaching licence which is up to date with regards DBS check, safeguarding and first aid or be willing to complete the updates required to ensure licence is valid before starting the role.
- Preferred 3 years previous experience coaching athletics, preferably within a club, school, or community setting.
- Strong communication and interpersonal skills, with the ability to engage effectively with athletes, parents, members and colleagues.
- Leadership qualities and experience supervising or mentoring others.
- Excellent organisational skills, with the ability to plan and manage multiple tasks simultaneously.
- Commitment to promoting diversity, equity, and inclusion in sports and recreation.

6. Working Conditions

- This is a part-time position, with flexible hours based on the charity's programming schedule and the availability of the successful candidate.
- The role may involve working evenings and weekends to accommodate training sessions and events.
- Travel to various venues within the charity footprint will be required, this is currently Hull, East, North and South Yorkshire.
- Office space available at the main Charity office in Cottingham, East Yorkshire.
- Elements of the role are also suitable for working from home.

Application Process

To apply for the position, please submit your CV and a cover letter outlining your relevant experience and motivation for joining Fitmums and Friends **by 15th May 2024** to admin@fitmums.org.uk

Fitmums and Friends is committed to equality of opportunity and diversity in employment. All applications will be considered on merit and in accordance with the charity's recruitment procedures.

We welcome applications from all suitably qualified candidates, irrespective of gender, disability, marital or parental status, ethnic or social origin, religion, belief, or sexual orientation. In addition, during the various stages of recruitment, specific measures can be taken to ensure equal opportunities for candidates with disabilities or special needs.