



Session Coach: Stroud Area
(Sportily 'Bank' Sessional worker)

Thank you so much for your interest in joining Sportily as a Personal Trainer at the Minch Fitness Hub with the Sportily 'bank' of Sessional workers in our South Zone.

We're currently looking for qualified personal trainers who love to support small groups to experience the full benefits of moving more.

The Minch Fitness Hub has over 120 members who love to train together and build community whilst doing so. The Hub offers a wide variety of personal trainer led classes including Weights, Yoga, BoxFit and full body workouts.

The team at the gym are looking for new Personal Trainers who could be available to cover sessions, half-days or full-days during periods of annual leave, sickness or deployment alterations. We'll let you know what sessions are available and you'll be free to accept whichever sessions you wish and get paid a standard hourly rate for that work.

If you have wider interest, skills and qualifications in sports coaching, then further work opportunities will be available to you as described in this pack.

This information pack provides information about the role, plus some further background to the Sportily vision.

Fluff it. Duff it. Score it. Smash it. Whatever you do, just give it a go. That's our motto for sport and for life. We're for jumping right in and going on new adventures together, as a team. We are a place for everyone to try different sports, make new friends and explore what life is all about. So we do all sorts of sports and activities, some you'll know, some you might not (heard of Kabaddi?), we hang out, we chat, we eat and we discover new things. What matters is we have a laugh while doing it.

We believe that being more active, like the Christian faith, can change your life forever. And so we're here to get everyone moving and show that things are a lot more fun when we're kicking, diving, riding, rolling, running and jumping around together.

We're passionate about building a network of fun-loving sport and faith groups where everyone is invited to try different sports, make new friends and explore what life is all about.

Will you join our team?

If you have questions about Sportily or this role, what it might look like for you and how we might see it being successfully fulfilled, please contact us as we'd love to explore this in conversation with you.

Sportily believes in the transformative 'power of sport' and active lifestyles and recognises that sport and physical activity are a positive way to build integrated communities and help address societal issues such as poor health and wellbeing, social isolation and loneliness delivering holistically healthier futures for all, whilst also providing opportunities for exploring the Christian faith.

Sportily uses the word 'sport' to encompass all forms of physical activity, which aim at expressing or improving physical fitness, mental wellbeing and the formation of social relationships.

The charity is ecumenical and run in partnership with the Church of England in the region, providing opportunities open to all – "Run by Christians, Open to all". **You do not need to be**

a Christian or member of a Church of England church to apply, but we do ask that you are supportive and respectful of the fact that we are a faith based organisation.

Our network of Sportily Sport and Faith Coaches and Leaders work using our seven spaces framework, leading sports clubs, residential camps, coaching a variety of sport teams and providing high quality PE lessons, through partnerships with primary and secondary schools. We play sports and invite people to talk about life and explore the Christian faith.

We are striving to see:

- › Children and young people's lives, and their communities positively transformed through sport and physical activity;
- › Leadership gifts and vocational calling identified, nurtured invested in;
- › People of all ages, invited to explore and encounter the Christian faith;
- › New forms of church established, for the younger generations, with sport and physical activity at their core.

Sportily is committed to providing the best quality sports coaching and education, with fun and joy being at the heart of all the sessions. We are proud to provide excellent opportunities for everyone who serves with us, investing in training and development and doing all that we can to ensure everyone in our team is able to use fully utilise their gifts, skills and potential.



Sportily operates a 'bank' system of workers who join the team on an ad hoc basis.

On the bank you'll have the flexibility to undertake work with Sportily, when it is available and when it is convenient for you. Sessional workers may have other jobs and/or caring and other responsibilities and support our work by carrying out occasional work.

No commitment is made by Sportily as to the availability or regularity of work offered to those on Sessional worker agreements and you will be completely free not to take work when it isn't convenient to you, without there being any penalty for this.

Working with us could involve:

- › Running small group personal trainer led classes at Minch Fitness Hub (Please see the [timetable online](https://www.sportily.org.uk/timetable) for a full list of classes we offer).
- › Providing ad hoc cover for sessions within our existing programme of work taking place in community settings, afterschool clubs, holiday clubs or within the school curriculum;
- › Providing specialist sport or physical activity coaching within existing programmes, such as running a dance class within a holiday club programme or a week of basketball skills within a multisport afterschool club;

- › www.sportily.org.uk



- Working with us to develop a programme of specialist activity, delivered for a set period of time as part of our offer in a location. This could be a 6-week Pilates programme or 10-week gymnastics course, depending on your specialist skills, training and experience.

Work will be agreed in advance with your Line Manager. Session Coaches may claim expenses, including travel expenses to the location of your work, but you will not be paid for time spent travelling to the location of the work.

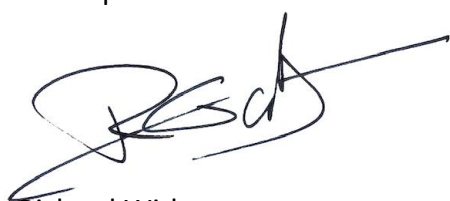
Sportily is committed to operating an ethical 'bank' system for Sessional workers and ensuring that those who work with Sportily in this way are afforded the same support and respect as our other employees.

Sportily is committed to increasing the diversity of participation in sport and physical activity along with recruiting and developing a team that reflects the communities we serve.

We welcome applications from all sections of the community and actively encourage applications from women and people from UK Minority Ethnic backgrounds who are currently under-represented in the organisation.

If this role and our vision is something that excites you and you believe that you have the skills, experience and motivation required, we would very much like to hear from you and we look forward to receiving your completed application form. Please submit your application by email to joinus@sportily.org.uk.

If you would like to arrange an informal conversation with me about Sportily and this role, please email richard.witham@sportily.org.uk and I would be delighted to arrange a time for us to speak.



Richard Witham
Co-CEO



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**For the first-timers, the can't-catchers, and the kick-it-outers.
For the slam-dunkers, the back-of-the-netters, and the hole-in-ners.
We bring the energy that gets you moving.**



Job Description and Person Specification

Job Title	Personal Trainer / Session Coach (Sportily 'Bank' Sessional worker)
Line Manager	Sport and Faith Leader in the South Zone
Key Relationships	Sport and Faith Team employees Sport and Faith volunteer teams in Sportily locations Local schools and charity/community sector partners Local church leaders and volunteers

Hourly rate	£13.45/hr (2026 Real Living Wage)
Pension	Sessional workers are defined as 'workers' for the purposes of pensions auto-enrolment. No pension provision is made unless the level of earnings of the postholder require them to be auto-enrolled as an eligible job holder.
Annual leave	Additional 17.1% of hourly rate paid. This represents a pro rata calculation of the annual leave, Public and Bank Holiday entitlement of full-time employees.
Working arrangements	There is no obligation on the part of Sportily to offer or provide work to you or on you to accept any work so offered. Work will be offered and arranged through your line manager.
Requirements	This post is subject to an Enhanced Disclosure and Barring Service Check.

Context for this role

As Sportily, we are creating a network of fun-loving sport and activity groups, where all children, young people, and their families can try different sports, make new friends and encounter the Christian faith with others.

Sportily is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. All post holders and volunteers are expected to share this commitment, to work within the policy and procedures of the relevant safeguarding policy and are required to attend all relevant safeguarding training. This post is subject to a satisfactory Enhanced Disclosure and Barring check. Appointment will be made under CofE safer recruitment framework.



Purpose of this role

To deliver high quality sport and physical activity-based sessions in community and/or school settings, in support of the development of expressions of the Sportily seven spaces framework across the network.

Working under the direction of the Sport and Faith Leader or Coach in each location, to support the network.

Across its locations we are striving to see:

- Children and young people's lives, and their communities transformed through sport and physical activity;
- Leadership gifts and vocational calling identified, nurtured invested in;
- People of all ages, invited to explore and encounter the Christian faith;
- New forms of church established, for the younger generations, with sport and physical activity at their core.

Location and Dimensions

Sportily operates a 'bank' system of workers who support our work on an ad hoc basis.

Individuals on these agreements have the flexibility to undertake work with Sportily, when it is available and when it is convenient for them. No commitment is made by Sportily as to the availability or regularity of work offered to those on Sessional worker agreements. Sessional workers are completely free not to take work when it isn't convenient to them, without there being any penalty for this.

Sportily is committed to operating an ethical 'bank' system for sessional workers and ensuring that those who work with Sportily in this way are afforded the same support and respect as our other employees.

Work may be offered at various locations served by the organisation across its geographical area. Work will be agreed in advance with your line manager.

Work offered may involve covering sessions in our existing programme of work, or delivering sessions or programme of sessions designed around your specific gifts, skills, training and abilities through dialogue with your line manager.

Sessional workers may claim expenses, including travel expenses to the location of their work, but will not be paid for time spent travelling to the location of their work

Responsibilities

Where work is offered to those on our Bank, expectations about the responsibilities and requirements of each assignment will be made clear prior to your committing to that assignment.

Work offered may cover any, some, or all of the following responsibilities.

Once you have agreed the work, support will be offered through your line manager.

Sport and physical activity	<p>Support the delivery of innovative programmes of high quality sport and physical activity that also contribute to the building of active communities in the places Sportily works through:</p> <ul style="list-style-type: none"> • Planning and leading small group personal trainer led classes that meet the expectations of our Minch Fitness Hub timetable and operating procedure. • Planning and delivering sport, physical activity based school lessons, after school club sessions, community sports sessions, holiday clubs and physical activity based work with children, young people and their families • Leading and supporting the delivery of sport, physical activity and faith-based sessions or school lessons • Developing and leading sessions and programme elements of holiday clubs and residential opportunities for children and young people • Developing and leading programmes of activity designed around specific sports or physical activities, according to your gifts, skills and qualifications • Supporting the provision of opportunities, naturally integrated into the activity of sessions, through which people of all ages can explore and encounter the Christian faith • Working within and in support of the Sportily seven spaces framework
Leadership development	<ul style="list-style-type: none"> • Support the delivery of the Sportily Leadership Development Programme across the network by working with young leaders and volunteers • Create opportunities within sessions for children and young people to grow leadership confidence and capability through sport and physical activity
Learning and networking	<ul style="list-style-type: none"> • Participate in the Sportily Learning monitoring and evaluation processes as requested
Other responsibilities	<ul style="list-style-type: none"> • Promoting and communicating the activity programme of Sportily locations so as to increase engagement • Work effectively with Sportily Sport and Faith Trainee Coaches, Leaders and Volunteers to deliver programmes of activity in Sportily locations • Carry out all activity within a secure health, safety and safeguarding framework, in line with Sportily policies, processes and expectations • Be conversant and comply with all Sportily policies and operating practices • Engage with personal training and development opportunities as offered



Attributes	Essential attributes, desirable where noted
General	<ul style="list-style-type: none"> Fully supportive of the vision and objectives of Sportily Demonstratable ability to inspire trust and confidence in others Committed to the protection and safeguarding of children, young people and vulnerable adults
Qualifications and training	<ul style="list-style-type: none"> Educated to A-level, NVQ Level 3 or equivalent qualification Level 2 Certificate in Coaching (Sport and Physical Activity), or similar qualification, or willingness to undertake this post-appointment Training and qualifications relevant to the specialist skills you share with us Youthwork, theology or teaching qualification (desirable) Full UK Driving Licence or alternative ability to travel to work locations
Knowledge, experience, skills and abilities	<p>Experience of:</p> <ul style="list-style-type: none"> Working with children and young people Working with volunteers Building effective working relationships Working effectively on own and as part of a team Strong people skills Planning, organising, prioritising, meeting deadlines and reporting effectively on work undertaken Communicating and influencing effectively with a wide variety of audiences Computer literate and conversant with digital communication channels
Personal qualities	<ul style="list-style-type: none"> Creative, motivated and confident Demonstrates initiative and perseverance – anticipates situations, problems and opportunities and takes appropriate action Takes personal responsibility for professional development Approachable and helpful, with good interpersonal skills Listens, coaches and gives clear, honest and constructive feedback Confidential, trustworthy, respectful, self-aware, considerate, generous, and patient

