

## Fitness Assistant

Year-Round

**Activity Focus:** Fitness

### Summary

This volunteer position contributes to RBP's success through providing support to the Fitness Instructor as well as supporting the RBP fitness participants. This role is important. Through supporting the weekly fitness routines, connecting with fitness participants, this volunteer roll allows all RBP participants to be better supported in their recovery and thrive to life beyond.

### Fitness Assistant Responsibilities

- Support Fitness Instructor weekly
- Supports recovery participants in their weekly workouts
- Attends 1 weekly workout minimum
- Helps with fitness gear requests & distribution
- Helps with monthly Biometric tracking data & reporting
- Communicates closely with the Fitness Instructor.

### Working Relationships

Contact Title	Reason for Contact	Frequency
Fitness Trainer	Provides training, coaching, feedback	Weekly
Program Manager	Volunteer coordination, supports roll	Monthly

Core Position Requirements	Required	Preferred
Previous Athletic Training experience		x
Athletic Training Certification/s		x
Knowledgeable about sports nutrition, recovery and injury prevention		x
Knowledgeable about mental health related issues (depression, anxiety, PTSD,)	x	

*\*requires background check and completed medical forms*