



Job Specification

Go Row Indoor Master Trainer

TEAMWORK | OPEN TO ALL | COMMITMENT

Job Title	Go Row Indoor Master Trainer
Reports to	Project Manager - Indoor Rowing
Location	Freelance/ Self Employed - Leeds and Manchester
Salary	A standard day rate (plus travel expenses) will be paid for all activities irrespective of location or whether they are on weekdays, weekends, or evenings.

Background

GO ROW INDOOR is British Rowing's indoor rowing initiative which aims to get more people indoor rowing whether for fun, fitness, health, or competition. It helps deliver focused indoor rowing programmes across the country helping build strong pockets of rowing activity where anyone who wants to indoor row can do so from whatever background or ability.

British Rowing's objective through Sport England funded indoor programmes aims is to upskill more individuals who can improve the access and experience of indoor rowing across British Rowing regions and identified Regional Hubs. Helping open further pathways into the sport, diversify its appeal, as well as grow the number of people unlocking the major health benefits of using any type of indoor rowing. Education delivery is a key part to achieving this and opening further pathways into the sport, diversifying its appeal, as well as contributing to the number of people experiencing the health benefits of indoor rowing.

Job Purpose

To enable and improve the instruction and participation of indoor rowing activities nationwide by helping deliver and champion British Rowing's CIMSPA accredited Go Row Indoor education workshops for fitness professionals, instructors, club coaches and volunteers. The role also is required to help sometimes deliver Master Classes with the CrossFit/ Fitness community, support new indoor rowing projects or developments where required, as well as develop occasional training content for InsideIndoor.com.

Responsibilities

- Deliver Go Row Indoor workshops nationwide in-person or virtually. The objective of these workshops is to develop the knowledge and skills of individuals in order so they can, in turn, deliver indoor rowing technique instruction, training programmes, group exercise classes and more. Helping improve the experience of indoor rowing at every level.
- Support relevant marketing and PR activity, including projects with industry partners as required.
- Deliver Indoor Rowing Master classes or attend conferences or exhibitions organised by British Rowing.

- Act as Ambassadors for the Go Row Indoor initiative and Inside Indoor.
- Occasionally help create new and inspiring paid for training content and resources to use on insideindoor.com
- Present a positive image of British Rowing (including its committees, volunteers, and staff) and the sport of rowing at all times.

All activities in which Master Trainers will be involved in will always be organised and managed by British Rowing only.

This job specification is not to be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of the changing needs of the organisation.

Person Specification

Skills and Experience

- Experienced fitness professional with Master Trainer/ tutoring experience.
- Technically competent and experienced in delivering indoor rowing activity.
- Passionate about indoor rowing and its growth potential.
- Have at least one of the following forms of teaching qualification:
 - Teacher training qualification (Undergrad/Postgrad)
 - Accredited Institution PG Cert in teaching and supporting learning (e.g. HEA UKPSF)
 - PTLLS (Preparing to Teach in the Lifelong Learning Sector)
 - Level 3 Award in Education and Training (QCF)
 - SkillsActive tutor training workshop.
- An excellent and enthusiastic communicator.
- A can-do attitude and willingness to take on new challenges.

Desired but not essential

- Have undertaken an indoor rowing training workshop or qualification.
- On water rowing and coaching experience.
- Have created or developed training or education content that has been published publicly.
- Work with or have experience in delivering training for another fitness manufacturer or sport.
- Have worked previously in a gym, cross-fit, club or organisation that uses indoor rowing machines to engage its membership.

Additional Information

Successful candidates will be asked to attend a short, online interview. You will also need to be available on the 5th of July 2023 to attend in-person training for the role.

Closing date for applications: 5pm on the 4th of June 2023.

Interview date: 15th of June 2023 (online).

Training: 2-day Master Training course

Training Dates: 5th July 2023 (in-person) and 13th of July (online).

Anti-Doping The post-holder is expected to be fully conversant with the core requirements of the WADA Anti-Doping Code and its requirement on coaches and Team Support personnel to set a good personal example in this field. When directly working with athletes the post-holder has a responsibility to inform them appropriately of the Code's application to them and to influence them in following a 'drug-free' culture.

Hours The post-holder's hours will be flexible to reflect the needs of the role and, while maintaining an appropriate work/life balance, will include time in evenings, at weekends and over public holidays. This is a new initiative and therefore contracted hours will be dependent on demand. Meaning that some months will be quieter than others.

Flexibility is required to ensure British Rowing's Go Row Indoor initiative objectives are achieved. We will try to keep travelling to the local area, however, national travel may be required.

Contract and Payment. Successful candidates are expected to be self-employed and working on a freelance basis. You will need to provide British Rowing an up-to-date Enhanced DBS (CRB) disclosure, and references.

Equal Opportunities

British Rowing is committed to equal opportunities for all staff and applications from individuals are encouraged regardless of age, disability, sex, gender reassignment, sexual orientation, pregnancy and maternity, race, religion or belief and marriage and civil partnerships.

About British Rowing

British Rowing is a membership organisation with 30,000+ members, funded partly by the exchequer and by the National Lottery via Sport England and UK Sport. The organisation is responsible for the training and selection of individual rowers and crews representing Great Britain, and for the development and participation of rowing and indoor rowing in England. Rowing is one of the most successful British Olympic and Paralympic sports of all time, delivering 39 Olympic and Paralympic medals since Sydney 2000. We are committed to ensuring that the sport continues to thrive from the grass roots right up to winning medals at the Olympic and Paralympic Games.