

<b>Volunteer Position title:</b>	HIM Fitness Instructor	<b>Posting date:</b>	April 25, 2016
<b>Contact information:</b>	<a href="mailto:volunteer@checkhimout.ca">volunteer@checkhimout.ca</a>	<b>Posting closing date:</b>	This position has no closing date
<b>Location:</b>	West end (310-1033 Davie) Various	<b>Position duration:</b>	Ongoing
<b>Position type:</b>	Direct client service	<b>Service area:</b>	Physical Health

### Statement of volunteer value:

At Health Initiative for Men (HIM), volunteers play an essential role in bringing our mission and vision to life. We value volunteers for their roles as ambassadors, mentors, board directors, leaders, supporters, educators, advocates, and as members of the community of gay men and other men who have sex with men. At HIM, we value the unique gifts as well as the personal needs and diversity of our volunteers and embrace the benefits of volunteering for purposeful personal growth and social connection.

### Purpose of the position:

HIM fitness instructors contribute to the promotion of good health and wellness. HIM Fitness instructors make it possible to offer safe and low barrier fitness classes to the community of gay men and OMSM\*. Fitness Instructors play a multi-disciplinary role in that they engage men in improving their physical, mental and social health.

### Responsibilities and duties

- Administer fitness classes 1-2 times per week.
- Plan, organize and structure classes in accordance with the instructor's training and background.
- Work with individuals and the group to maximize their fitness experience and accommodate their comfort level.
- **Be committed and responsible for the classes you have agreed to teach.**
- Ensure participants are welcome and the best fitness experience possible.
- Gain a thorough understanding of HIM's objective, programs and services.
- **Reach for support or help from your HIM coordinator.**
- **Be open to support or cover classes for other instructors in case there is a need.**

## Qualifications

Required qualifications	Preferred qualifications
<ul style="list-style-type: none"><li>• Certified as a group leader or personal trainer instructor, or equivalent experience.</li><li>• Awareness and competency in working with gay men.</li></ul>	<ul style="list-style-type: none"><li>• Self-identified as a gay/bisexual man.</li></ul> <p><i>* Student or intern group trainer and instructors will also be considered if their certification is pending and the student meets most other requirements.</i></p>

## Commitment expected

- We expect that our volunteer instructors **will lead 1-2 classes per week for a suggested 5 or 6 month period.**

## Training

Training provided by HIM	Other training you might bring
<ul style="list-style-type: none"><li>• Training in HIM services, mission and population.</li><li>• Site specific orientation.</li></ul>	<ul style="list-style-type: none"><li>• Specific fitness training modalities (ex: Boot Camp, Fitness class, etc...)</li><li>• Other fitness instruction training.</li></ul>

## Other details

- As a benefit to being a HIM fitness instructor you may list your personal business on the HIM website.
- If participants in the group wish to continue with fitness classes or other fitness training outside of HIM, you will be named as an instructor endorsed by HIM.

*If you feel that this posting reflects your abilities, please apply to the manger/coordinator listed in the heading of this posting.  
An interview will be scheduled with you according to your schedule.*

**\*other men who have sex with men**