

Person Specification

Fitness and Wellbeing Enabler

	Criteria	Essential	Desirable
1	Qualifications and Knowledge		
a	A Sports or fitness qualification that is nationally recognised. (Minimum Level 3)	x	
b	A teaching or training qualification (e.g. PTLLS)		x
c	A relevant Health and social care qualification		x
d	Knowledge of helpful approaches and strategies to support people with learning disabilities	x	
e	Understanding of person centred aims and principles and the ability to put these into practice	x	
f	A good understanding of Health and Safety, Safeguarding and First aid regulations and procedures		x
2	Skills and Abilities		
a	Ability to confidently facilitate sport, fitness and wellbeing activities	x	
b	Ability to plan and develop engaging activities to keep members fit and healthy		x
c	Ability to develop interactive and accessible activities to enable members to express themselves	x	
d	Ability to engage with service users, and to develop and sustain warm and trusting relationships	x	
e	Ability to work in a calm, patient and tolerant manner at a pace appropriate to the needs of the group/individual	x	
f	Ability to demonstrate respect for difference and diversity	x	
g	Ability to use helpful communication approaches (e.g. Makaton, BSL, PECS, TEACCH)		x
h	Ability to plan and co-ordinate sporting events	x	
i	Good record keeping skills, including the use of Microsoft Office and databases	x	
j	Ability to demonstrate initiative, passion, self-motivation and resourcefulness	x	
k	Ability to liaise professionally with other agencies and to work positively with the families and friends of service users	x	



Magpies

l	Excellent organisational skills	x	
m	The ability to work under pressure and meet deadlines	x	
n	Able to work as part of a team	x	
3	Experience		
a	Experience of working with people with learning disabilities/additional needs		x
b	Experience of leading sports/fitness classes	x	
c	Experience of carrying out comprehensive risk assessment		x
4	Working arrangements		
a	Willingness to work flexible hours according to needs of the organisation and service users	x	
b	Willingness to attend training courses and events	x	
c	Willing to accept feedback	x	
d	A willingness to be 'hands on' and support service users when necessary	x	
e	Able to work in the UK	x	