



PERSONAL TRAINERS & GYM ATTENDANTS (CASUAL)

Job Description

Location: Acton, Canberra

Reports to: Health and Fitness Manager

Hours: mornings, afternoons and evenings (Mon-Sun)

ANU Sport is an independent incorporated association that delivers sport, fitness and recreation services and opportunities to the ANU Community. ANU Sport is a UniSport Australia and Elite Athlete Friendly University member institution and the ANU is a member of the Group of 8, Australia's eight leading universities.

We exist to facilitate connections within the campus community through health, well-being and sport. Our aim is to enhance and grow the opportunities for students and the ANU community to engage in sport, fitness, and recreation, promoting well-being and balanced lifestyles. ANU Sport is responsible for the operation and management of the ANU Sport Fitness Centre and all the University sport and recreation facilities, along with supporting over 30 sport and recreation clubs and delivering social and competitive sporting programs.

About the role:

As an ANU Sport Personal Trainer and Gym Attendant, you will be a part of a weekly roster of gym floor shifts and report to the Health and Fitness Administrator. Shifts are paid by the hour with no rent charged.

When supervising the gym floor, you are expected to interact with members in the gym and provide advice to them when required. These roles also play a vital role in keeping our gym clean and well presented. Within or outside of shifts, you are encouraged to develop as many Personal Training clients as you can. These clients can be arranged yourself or directed to you via the Health & Fitness Administrator. There may be further training opportunities available in short-course development, group fitness instructing and customer service roles.

Key Responsibilities:

All ANU Sport employees are expected to operate in accordance with established policies and procedures of the association at all times.

Gym Attendant

- Supervise the gym and educate members to ensure safe participation.
- Maintain cleanliness of the gym and other areas of the fitness centre.
- Perform gym inductions for new gym members.



- Complete the shift checklist to ensure all opening/closing/cleaning duties are completed as necessary.
- Respond to injuries and emergencies in accordance with current ANU Sport procedures.
- Report all accidents, injuries and near misses in accordance with current ANU Sport procedures.
- Help with inductions and training of new staff.
- Assist with set-ups when necessary.
- Assist the CSO with reception duties when necessary.
- Cover group fitness sessions when necessary.
- Support positivity and offer encouragement and motivation to clients and members.
- Report any maintenance or equipment issues to the relevant manager.
- Promote ANU Sport services, programs and events to fitness centre users and the wider ANU community.
- Demonstrate initiative and transparency when reporting to supervisors.

Personal Trainer

- Perform all gym attendant duties.
- Deliver safe exercise programs relevant to your qualification to a variety of clients.
- Respond to PT requests and communicate with fitness centre members to obtain clients and schedule PT sessions.
- Perform PT sessions to a high standard.

About you:

Our ideal candidate is high energy and passionate about sport and physical activity. You are someone who has at least 2 years of experience in the fitness industry and can demonstrate competency in delivering tailored fitness advice to individuals or groups.

Requirements:

- Skilled in rapport building with clients/members.
- Ability to create and guide clients/members through exercise plans confidently.
- Committed to maintaining relevant fitness industry knowledge and participating in ongoing training and development.
- Ability to perform and instruct a broad range of exercises with correct form.
- Ability to work independently.

Mandatory:

- Current Working with Vulnerable People Card
- Cert III in Fitness (Gym Attendant)
- Cert IV in Fitness (Personal Trainer)
- Current First Aid and CPR Certificates



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- Current AUSactive registration with required CECs

Desirable Qualification and Skills:

- Drivers Licence and own vehicle

Our Culture:

At ANU Sport we have a strong focus on bringing out the best in people, both our members and our staff. We pride ourselves on our commitment to being honest, passionate, connected, and progressive in our approach to delivering our programs to our community.