Role and Responsibilities of a Physical Activity Activator

**JOB DETAILS**

| Department: Health Improvement | Directorate: Public Health |
| Division: Acute | Date: 01/04/2014 |

**Purpose and Dimensions:**

As a Physical Activity Activator you will promote physical activity opportunities and support colleagues to attend/participate in physical activity events.

This role will be undertaken as part of your existing contracted role and backfill time will be provided to your dept up to a max of 50 hours between June 2014 and March 2015.

The Activator role would be delivered within your existing site.

**Range of duties which can be performed by a Physical Activity Activator**

- Develop an overview of physical activity opportunities on (base) site and promote to colleagues
- Attend range of team meetings and informal networking events (staff dinning rooms) to inform staff of physical activity events and opportunities
- Distribute promotional material as required on base site
- Engage with colleagues to identify new physical activity opportunities required
- Participate in physical activity promotional events on site
- Organise and co-ordinate local physical activity events/sessions on site
- Provide buddying support to encourage colleagues to attend classes or groups in the community
- Attend indentified training for the role as required

**Equipment and Machinery that may be used:**

- General office equipment

**DECISIONS AND JUDGEMENTS**

The post will be supervised informally by the Health Improvement Practitioner – Physical Activity and will be required to operate as part of a network with colleagues in similar roles undertaking similar activities on other sites.

**Communication and relationships:**

The Activator will be part of a team of physical activity Activators and will regularly communicate with staff, peers and colleagues in formal and informal settings. Regular liaison with contracted physical activity coaches to co-ordinate local activities.

**PHYSICAL, MENTAL AND EMOTIONAL DEMANDS OF THE JOB**

**Physical effort:** Some moving and handling skills are required in the management and organisation of stock, physical effort is moderate. Willingness to participate in physical activity programmes is required.

**Mental demands:** Concentration will be required to develop an overview of local physical sessions and create a local timetable.

**Emotional demands:** The post is required to informally network with colleagues and postholder will require to be outgoing and confident in approaching new colleagues.
**Knowledge, training and experience required:**

- The ability to describe a range of physical activity opportunities to different audiences
- Experience of participating in physical activity events such as pedometer challenges, walking groups, gym user etc
- Open, warm and friendly manner, non-judgemental
- Ability to ‘actively listen’ (training will be given)
- Awareness of own limitations
- Commitment to the role and personal commitment to promote Physical Activity
- Willingness to undertake training

Further training will be available if required.