

# WEIGHT ROOM ATTENDANT – Certified Instructor I

## (Part-time – Term Position – 4 to 6 months)

***Naturally, Campbell River** – Located on Vancouver Island, the City of Campbell River offers a rare combination of a welcoming small-town feel with large-city amenities. We are a 45-minute drive from the winter and summer activities of Mount Washington, and just minutes from more than 100 km of all levels of mountain biking and hiking trails, plus easy access to the ocean, rivers and lakes for sports fishing, kayaking, paddle boarding and whale watching.*

**The role:** The City of Campbell River is seeking an experienced **Weight Room Attendant** to join our Recreation & Culture team. Reporting to the Recreation Programs Manager and taking direction from the Program Coordinator or Programmer (Fitness), the Weight Room Attendant (Certified Instructor I) instructs and monitors participants in weight room orientations, weight room strength training classes or while strength training in a weight room setting.

**What we offer:** The rate of pay for this CUPE bargaining unit part-time long-term auxiliary position is **\$25.02** per hour, plus 12% in lieu of benefits (this is equivalent to a wage of \$28.02 per hour). The successful candidate will also have access to a reduced cost Employee Wellness Pass for Recreation facilities and programs.

**Hours of Work:** This is a long-term auxiliary, part-time position for up to 6 months, that works 12.5 hours per week. Additional auxiliary hours may be available.

**Workplace culture** is important to the Recreation Department – we are looking for people to join us who embrace our core values of teamwork, respect, integrity, communication, and kindness.

### Our ideal candidate will have:

- Grade 12
- Possess and maintain the following valid certifications that meet or exceed the British Columbia Recreation and Parks Association (BCRPA), Canadian Society for Exercise Physiology (CSEP) or Canadian Fitness Professionals (CanFitPro) standards, relevant to designated area of instruction in fitness department:
  - Fitness Theory or equivalent certification
  - Weight Training Certification or equivalent certification
- Must possess and maintain valid Emergency First Aid and CPR C certifications.
- Minimum six (6) months related experience working in a weight room setting, including monitoring participants, providing orientations to equipment and the weight room.

**Posting closing date:** September 22, 2025

**Posting Number:** 25-067

***Please apply using the 'Apply Now' link below. Resumes are no longer accepted through the careers email.***

### When you apply:

You will be asked to upload a cover letter and resume as part of the application process. You may also be asked to answer some screening questions related to the position.

**Questions about this position?** Email [careers@campbellriver.ca](mailto:careers@campbellriver.ca)



[Apply Now](#)

## **CERTIFIED INSTRUCTOR I - WEIGHT ROOM ATTENDANT**

<b>Approval Date:</b>	May 2025	<b>Department:</b>	Recreation & Culture
<input type="checkbox"/> IAFF	<input checked="" type="checkbox"/> CUPE	<input type="checkbox"/> Management	
<b>Title of Management Supervisor:</b>	Recreation Programs Manager		

### **General Accountability:**

#### **Purpose and Scope**

Reporting to the Recreation Programs Manager and taking direction from the Program Coordinator or Programmer (Fitness), the Weight Room Attendant (Certified Instructor I) instructs and monitors participants in weight room orientations, weight room strength training classes or while strength training in a weight room setting.

### **Nature and Scope of Work**

- Instruct and assist in safe, effective, and appropriate exercise programs to meet the needs of individuals or specific demographics in a weight room setting.
- Provide weight room monitoring, weight room orientations and weight room strength training classes.
- Clean and sanitize fitness and weight room equipment.
- Ensure equipment is safe and ready to use; report equipment issues as they arise.
- Ensure a safe exercise environment, including the safety of all participants, equipment, and facilities.
- Ensure weight room guidelines are followed by participants.
- Work collaboratively with other program staff to deliver recreation services and programs.
- Participate in meetings and training sessions as required.
- Maintain records as required.
- Comply with standards and guidelines as required for fitness programs.
- Observe all necessary Occupational Health and Safety policies and procedures.
- Other duties as may be required.

### **Necessary Qualifications**

#### **Knowledge:**

- Knowledge of safe, effective, and appropriate basic/orientation exercise programs in a weight room setting.
- Knowledge of exercise equipment, and the proper and safe utilization thereof.
- Knowledge of WorkSafeBC regulations and safe work procedures.
- Clear understanding of the goals and objectives of recreation and inclusion.

#### **Skills:**

- Effective communication and problem-solving skills.
- Effective teambuilding skills.
- Excellent interpersonal and customer service skills.
- Skilled in observing and instructing weight room participants in proper techniques and the safe use of exercise equipment.

#### **Abilities:**

- Ability to successfully and professionally represent the City of Campbell River's fitness department, and to promote the fitness department's programs and facilities.
- Ability to work within and contribute to a proactive, positive team environment.

- Ability and willingness to contribute to maintaining a respectful, safe, and supportive work environment that embraces diversity, along with treating everyone with courtesy, dignity, and fairness.
- Demonstrates the Department's core values of teamwork, respect, integrity, communication and kindness.
- Must have sufficient physical strength, stamina, and ability to perform the work.
- Ability to successfully attain and maintain a clear criminal record and vulnerability sector check.

**Education:**

- Grade 12

**Training/Certification:**

- Possess and maintain the following valid certifications that meet or exceed the British Columbia Recreation and Parks Association (BCRPA), Canadian Society for Exercise Physiology (CSEP) or Canadian Fitness Professionals (CanFitPro) standards, relevant to designated area of instruction in fitness department:
  - Fitness Theory or equivalent certification
  - Weight Training Certification or equivalent certification
- Must possess and maintain valid Emergency First Aid and CPR C certifications.

**Experience:**

- Minimum six (6) months related experience working in a weight room setting, including monitoring participants, providing orientations to equipment and the weight room.