



# Weight Room Attendant

**General Job Description:** Weight Room Attendant is responsible for establishing and maintaining a strength and conditioning program for after school weight lifting and sports, while teaching lifelong fitness and movement skills. The weight room attendant devises training plans according to sound scientific principles, supervises training sessions, and evaluates athletes. The weight room attendant meets with sport coaches and Regis University PT to determine what the athletes need to work on. If working with an injured athlete engaged in rehabilitation, the weight room attendant will consult with the Regis University PT or athletic training staff. The weight room attendant is responsible for maintaining the strength and conditioning facility, and for establishing policies, plans, and procedures for the safe and professional operation of the facility as well as cleaning the facility after use.

## Essential Duties and Responsibilities

1. Design and implement strength training and conditioning programs in-season, off-season, and pre-season for all athletic programs
2. Design and implement strength and conditioning training programs for non athletic programs
3. Supervise weight room
4. Teach proper weightlifting technique and form
5. Clean and maintain weight room regularly
6. Work in cooperation with Regis University PT or athletic training staff in the rehabilitation and strengthening of injured athletes.

## Preferred Requirements

1. Current First Aid, CPR and AED certifications
2. Must know how to operate strength training equipment
3. Knowledge of strength and conditioning standards and guidelines.
4. Knowledge of safety and hygiene precautions
5. Availability Monday-Friday/ 3:30- 5 PM

## Compensation

\$20 per hour