



NORTHEASTERN YORK SCHOOL DISTRICT

JOB DESCRIPTION

Job Title: Fitness Room Monitor	Location: Districtwide
Salary Grade: As per Coaches Salary Matrix	Classification: Supplemental
Date: September 9, 2024	Direct Supervisor: Athletic Director

Job Summary:

- The Fitness Room Monitor is employed to maintain safety and organization of the Northeastern High School fitness center and locker rooms.

Essential Functions and Responsibilities:

- The Monitor should be familiar with the use and function of the cardiovascular and weight training equipment.
- The Monitor will need to provide students and other users a safety orientation of the equipment when needed.
- The Monitor will work with the coaching staff to help facilitate any off season conditioning or weight training program.
- The Monitor will help maintain and clean exercise equipment.
- The Monitor will enforce all facility and program policies.
- The Monitor will make sure weights and equipment are put away and organized at the end of their shift.
- The Monitor will ensure students have cleared out of the weight room and the locker rooms.
- The Monitor will enforce rules of the fitness room and ensure user accountability with sign in and out logs.
- Any additional duties assigned by the Athletic Director.

Competencies:

- Strong verbal, interpersonal, and written expression skills.
- Effective colleague, parent and student communication skills.
- Problem-solving skills and technology proficiency.
- Thorough understanding of strength training and cardiovascular exercise.
- An understanding of weight training and cardiovascular equipment.
- Good communication skills.
- AED/CPR Certification (preferred).

Education and Experience:

- High School Diploma, or equivalency, required

- Ability to obtain favorable clearances including: Pennsylvania State Criminal History (Act 34), Federal Criminal History (FBI – Fingerprinting - Act 114), Pennsylvania Child Abuse (Act 151), and Sexual Misconduct and Abuse Disclosures (Act 168)
- Other education/experience as accepted by the school board and administration

Additional Requirements:

- Must demonstrate extreme flexibility, provide excellent communication, and follow directives issued by supervisors.
- Ability to walk or stand for extended periods of time, bending, stooping, kneeling, reaching, and lifting up to 50lbs.
- Ability to respond in the event of an emergency
- Ability to work unsupervised

Approvals / Additional Supervisors: High School Principal

(Reasonable accommodations may be made to enable a qualified individual with a disability or disabilities to perform the primary duties and responsibilities of the job.)

