

# Raise the Bar Initiative - Head Coach

The Head Coach is responsible for executing the class outline, which can be found in your binder. This includes the training program and discussion curriculum for each session.

## Head Coach Requirements

- Must be 18 years of age and older
- Must pass a verified background check
- Must attend and pass Raise the Bar Initiative's (RBI) Coaching Certification to learn/review proper lifting form, know how to break down each movement and necessary spotting techniques to ensure the safety of all program participants
- Must be CPR certified
- Must complete Mandatory Reporter Training
- At least 1 year of weight-training is required
- Ability to delegate responsibilities to assistant coach/program coordinator/program captain as appropriate & necessary
- Good time management skills and the ability to pivot class workouts/curriculum when necessary
- Flexible schedule to attend program dates
- Wear RBI volunteer shirt provided or any other branded apparel to each class

## Key Responsibilities

- Create a safe environment where young women can develop strength physically, emotionally, and within their community through positive leadership, patience and understanding
- Setting up and preparing the session space prior to students arriving with the help of the Assistant Coach
- Ensure the safety of all program participants by abiding to safe lifting form and using spotters for all necessary movements
- Attending and leading all classes in the session
- Keeping the attendance of the participants and letting the Program Manager know if any issues arise.
- Connecting with the Program Manager as needed with any feedback or roadblocks they are encountering
- Engaging with the participants on a personal level (as appropriate), sharing your own personal journey with strength training and engaging with the group conversation at the end of each session
- Maintain the care of lifting facility with appropriate set up/clean up before and after each session
- Complete the end of session program survey to provide feedback on your experience and overall program outcomes. You can also reach out to your Program Manager to address anything else that you feel was given on the survey.

- Serve as a role model for young women by embodying the pillars of Raise the Bar organization

The Head Coach is expected to be present for all classes. If you are unable to attend, notify the Program Manager & Assistant Coach at least 24 hours in advance in order to ensure appropriate staffing is available for the class.