



## Coach

### Roles and Responsibilities

- A current CF-L1 certificate (or equivalent) is required for anyone wishing to work as a “Coach” at Comal Active. Additionally, our insurance provider requires all trainers be certified in Basic CPR and familiar with proper use of an AED from any accredited organization with certificate to be kept on file. Any trainer, or member, participating in the CrossFit Kids program must complete a background check.
- Uphold the core values, standards and operations created for Comal Active
- Act as a brand ambassador inside the gym and amongst the community
- Comal Active Coaches are expected to continue to learn and develop new training techniques by seeking out new information. Staying up to date on new research, training and rehab information, attending coaching clinics, camps, watching videos, reading books, and seeking out tips from elite coaches and athletes.
- Possess an in-depth understanding of fitness from the fundamental skills to advanced tactics and teaching strategies.
- Greet new members and guests and introduce to veteran members of the community.
- Instruct each component of the class including warmup, strength and/or skill, and conditioning segment.
- Maintain thorough proficiency of movement for all functional movements taught in classes.
- Motivate members with a positive attitude and enthusiasm.
- Awareness of individual differences in athletes/members. Individualizing communication and motivation to specific people is key to coaching success.
- Paying attention to your members/athletes’ emotions, strengths and weaknesses are the responsibility of a Comal Active coach.
- Coaches are expected to attend monthly staff meetings as well as Comal Active community and social events.
- Each coach is responsible for obtaining coverage for his/her classes
- Comal Active coaches must arrive no later than 20 minutes prior to the start of their scheduled class. This will allow you to properly prep for the class, meet any drop-ins or new members, plan scaling options for those in need and begin roll call.
- Comal Active coaches are responsible for starting (and completing) their classes on time.

- Any person who exercises at Comal Active, especially drop-in's and guests, must have a signed waiver on file.
- All injuries, whether reported or not, must be logged in the accident log book no matter how small.
- Trainers will scale or modify accordingly including pulling the member from the class to prevent further injury.
- Trainers are responsible for clean-up of ALL equipment & accessories immediately following class. Please discourage the practice of "leaving equipment out for the next class," unless it makes absolute sense (e.g. rowers for Fight Gone Bad).