



## **MONTROSE RECREATION DISTRICT (MRD)**

**Parkour Instructor/Coach  
(Effective Date: 1/17/2022)**

### **General Statement of Duties:**

This position is responsible for helping develop and lead youth and adult parkour programs utilizing MRD's Integrated Obstacles parkour equipment.

**Supervision Received:** This position will report to the Fitness Leader.

**Supervision Exercised:** This position has no supervision responsibilities.

**Essential Duties:** *The following are examples of primary duties assigned to this position. Other related duties may be assigned.*

- Collaborate with the Fitness Leader develop parkour classes and programs for youth and adults
- Lead beginner through advanced level parkour classes for all ages
- Create age and experience level appropriate classes
- Act as a positive role model and model behaviors consistent with MRD's mission
- Communicate effectively with the Facility Manager, Fitness Leader, and Field House Leader
- Communicate equipment setup needs and layouts so equipment can be put in place for classes and programs

### **Qualifications:**

#### **Experience & Knowledge:**

- Background in parkour or free-running and previous coaching experience
- Experience safely managing a group through various activities including vaulting, running and jumping, landing, swinging, wall runs, and obstacles
- Enthusiasm for helping people learn
- Effectively communicates verbally and in writing.
- Ability to work in a fast-paced environment with little supervision
- Exhibits initiative, responsibility, and accountability
- Successful working in an independent and team environment
- Ability to develop strong relationships with diverse groups of people
- Has the ability to implement ideas

**Education or Training:**

**License and Certification:**

- Current First Aid/CPR/AED certification from an organization requiring a hands-on in-person skills demonstration (can be obtained through MRD upon offer of employment)

**Physical Conditions:**

- Physical Capabilities: bend, twist, push, pull, stand, jump, vault, run, hang, swing, lift 50lbs regularly and repeatedly, and occasionally lift over 50lbs

**Signatures:**

This job description has been approved by:

Manager: \_\_\_\_\_ Date: \_\_\_\_\_

HR: \_\_\_\_\_ Date: \_\_\_\_\_

Employee signature below indicates the employee's understanding of the requirements, essential functions and duties of the position.

Employee: \_\_\_\_\_ Date: \_\_\_\_\_