



Cornell Fitness Centers

Fitness Monitor Position Description

Please take a moment to fill out the application. Upon completion you may drop it off in 319 Helen Newman Hall.

Please direct any questions about the application and process to Matt Hayes, Coord. of Fitness Operations at mh249.

We hire outgoing Cornell students with good communication skills who are friendly, professional, and willing to learn.

EMPLOYMENT PERIOD

Our student employment period runs from August to May of each school year. Shifts are typically 2-3 hours in length. Working during the summer and during breaks is available and optional.

PAY RATES AND INCENTIVES

The starting rate is \$10.00 per hour. All CFC staff members receive a free membership following the completion of basic staff training. Employees are reviewed using the CFC 5 Star Program and top performers advance when requirements are completed.

JOB REQUIREMENTS

- Student Fitness Monitors must work a minimum of 4 hours and up to a maximum of 19 hours per week during the entire academic year. They can be scheduled at any of our sites: Helen Newman (Fitness Center and Issue Room), Teagle (2 facilities), Appel Commons, Noyes.
- New hires must be able to present valid documents establishing Identity and U.S. work eligibility.
www.uscis.gov/i-9-central/acceptable-documents
- New employees will be required to obtain current CPR, AED, and First Aid certification from the American Red Cross. Certifications must be obtained prior to working scheduled shifts and within the first month of employment.
- Attend all 5 required training classes during the first semester of employment.
- Presentable appearance.
- An active e-mail account is also necessary to check staff notices.

JOB OVERVIEW

- Ensure the environment is safe for participants by circulating and proactively monitoring for safety concerns.
- Be attentive to assisting participants.
- Maintain a positive and helpful attitude.
- Understand, and enforce all CFC policies and procedures in a firm, fair, and consistent manner.
- Demonstrate customer service skills by being enthusiastic, personable, and comfortable engaging with participants.
- Demonstrate willingness to learn.
- Anticipate schedule demands and manage time effectively.
- Attend mandatory and optional staff training classes.
- Feel comfortable using and demonstrating all the equipment.
- Answer questions and be able to direct comments and questions to the right people.
- Clean the fitness center and equipment.
- Be a responder in the event of an emergency.
- Attend mandatory and optional training classes.
- Be familiar with CFC emergency procedures and be confident in their implementation.
- Other duties as assigned.
- Have Fun!

Cornell Fitness Centers Fitness Monitor Application

NOTE: Please fill out this application carefully, it will be used to narrow the pool of candidates

General Information

First Name: _____ Last Name: _____

Email: _____ Cornell University ID Number: _____

Campus Address: _____ Phone: _____ -- _____

Permanent Address: _____ Phone: _____ -- _____

Are you currently certified in the following: **CPR:** YES NO **Lifeguard:** YES NO
Expires: ____/____/____ Expires: ____/____/____
AED: YES NO **First Aid:** YES NO
Expires: ____/____/____ Expires: ____/____/____

How many hours per week you would like to work: _____

Academic Information

Cornell Student: YES NO UNDERGRADUATE GRAD

Major: _____ College: _____

Expected Graduation Date: _____

Work Study Eligible: YES NO UNKNOWN Cornell Tradition Fellow: Yes NO UNKNOWN

How many credit hours are you taking? _____

Extracurricular Information

List your time commitments for the following: *(For example: Club Volleyball 5 hours per week)*

Outside Employment: _____

Sports (Varsity, Club, Intramural): _____

