



# Jack James

## Deckhand Personal Trainer

**Tel:**

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**Email:**

jackhames1@gmail.com

**Date of Birth:**

24/09/2002

**Nationality:**

British

**ENG1 Status:**

Expires 05/05/2024

**Smoker Status:**

Strict non-smoker

**Vaccination Status:**

Fully vaccinated

**License:**

Full UK License

**Location:**

Cornwall, UK

Available immediately

## Profile

As a confident, enthusiastic and focused individual, I am dedicated to delivering the highest level of professionalism within any role in a friendly and positive manner. From my training in sports and health fitness, I have gained experience as a personal trainer while learning more about fitness and nutrition. I pride myself on my range of skills from lifeguarding, to carpentry. An eagerness to learn and adapt is second nature to me therefore I am searching for an opportunity to jump right in to expand my knowledge and diversify my skills.

## Maritime Qualifications

- UKSA Superyacht Crew Training Certificate
- MCA STCW Basic Safety Training
- MCA Proficiency in Designated Security Duties
- RYA Powerboat Level 2
- RYA Tender Operator
- RYA Personal Watercraft Proficiency
- RYA VHF Radio
- NPLQ Royal Lifesaving Society

## Hobbies

### MMA / GYM

- Many years of MMA training has taught me self discipline and allowed me to participate in charity events where I have utilised my passion for a good cause.
- I have also been weight training for the past 4 years, putting my personal training knowledge to good use and allowing me to become the best version of myself.

### Football

- I have played football since I could walk and worked my way up to playing at an international level, winning player of the tournament amongst the best teams in Europe.

## Education History

2022- NPLQ Royal Lifesaving Society

2019- 2021 Truro College- Level 3 Sports Diploma D\*D\*D

- Fitness Training and Programming
- Sports Coaching
- Anatomy and Physiology
- Injury Prevention
- Sports Nutrition
- Psychology in Sport

# Employment History

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## Front of House | The Bluff Inn

03/2019 - 06/2020

- Serving customers and delivering excellent levels of customer service
- General cleaning and maintenance duties
- Stock control and management
- Delicately handling customer complaints and queries

## Sous Chef | Lulas Crab Shack

07/2020 - 02/2021

- Cooking meals and following recipes under the head chefs supervision
- Prepping ingredients to satisfy high demand
- Broadening cooking and catering skills.
- Maintaining clean and safe working conditions

## Delivery Driver | Hayle Kebab House

02/2021 - 04/2022

- Delivering meals quickly and efficiently
- Preparing orders for delivery
- Handling cash and card transactions

## Lifeguard | St Ives Bay Holiday Park

06/2022 - 10/2022

- Patrolling the pool to maintain a safe and enjoyable environment
- Making rescues when required
- Performing a wide variety of first aid

## Labourer | AJ Property Services

01/2023 - current

- Learning and advancing general practices such as sanding, varnishing, painting and carpentry.
- Ventured into other aspects of the role to expand my knowledge not only of the trade but of tools, machinery, and methods to maximise efficiency in my work.
- Working long hours through adverse conditions to ensure tasks are completed to upmost standard

# References

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## Emma Claire Mills

Truro College

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## Kayne Stafford

St Ives Holiday Park

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## Chiara Stevens

The Bluff Inn

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