

JOB DESCRIPTION

JOB TITLE	Performance Lifestyle Practitioner (British Cycling)
SALARY	£32,302 - £40,802
GRADE	Grade F
HOURS	0.2fte / 46 days per annum
LOCATION	Flexible linked to a UKSI site, delivery via the Manchester Velodrome and Domestic Training Camps across the UK.

ROLE SUMMARY

This PL practitioner role will provide the delivery and development of Performance Lifestyle support to world class programme athletes within British Cycling, complimenting the strategical objectives of the sport and by working as part of an inter-disciplinary performance support team. Within this role you will be responsible for the holistic support and development of world class athletes across the whole Performance Lifestyle delivery framework.

This Performance Lifestyle practitioner role will take responsibility for delivery to squads that are largely camp based (i.e. BMX Freestyle Park and Mountain Bike) and will work with existing Great Britain Cycling Team (GBCT) Performance Lifestyle practitioners to support world class programme riders..

In this role, the PL practitioner will also form part of the wider PL community within the UKSI – here they will contribute to knowledge development and best practice sharing across the organisation to support the ongoing evolution of world class Performance Lifestyle support and practice.

KEY RESPONSIBILITIES

In alignment with British Cycling's strategic objectives, develop and deliver a sport specific Performance Lifestyle strategy that is bespoke to sport/athlete need and consistent with the UKSI Performance Lifestyle Delivery Framework and Principles (**see attached e-brochure**) drawing upon and interpreting available evidence, data, and insights to inform priorities

- To work closely and in collaboration with the existing GBCT PL practitioners, PL Technical Leads and other relevant members of staff in the development of the Performance Lifestyle strategy and ongoing delivery within the sport
- As appropriate support and drive specific project work to meet emerging challenges and areas of priority relating to the development of PL delivery within British Cycling

- Deliver one-to-one and group-based rider support, as appropriate, aligned to the UKSI Performance Lifestyle Delivery Framework and Principles, contributing to holistic individual rider development plans and processes
- Collaborate as part of an internal Personal Performance Team (made up of performance lifestyle advisors, sport psychologists and clinical psychologists) to facilitate mental health and well-being support to riders, whilst also proactively accessing wider system support in this space, as appropriate
- Fully engage with and uphold all professional standards associated with UKSI PL Safe2Practice i.e. note keeping, confidentiality, training etc. (**see attached e-brochure**)

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- As appropriate, liaise and communicate with parents, coaches, schools/colleges, internal/external colleagues, sponsors and agents and stakeholders to facilitate world class holistic support and development for riders

- Travel nationally/internationally to suit the needs of the sport

ROLE DIMENSIONS

REPORTS TO: BC HoPS, BC Head of Theme & UKSI PL Technical Lead
DIRECT REPORTS: N/A
BUDGET ACCOUNTABILITY: N/A

KEY RELATIONSHIPS

- Programme Athletes & Coaches
- British Cycling Performance Director, Head of Performance Support and Head of Theme
- UKSI Performance Lifestyle Head of Service, Technical Leads & wider PL team
- British Cycling Performance Support Team

- UKSI Mental Health team
- Parents / key education contacts
- Safeguarding Leads – SPORT & UKSI
- British Cycling Pathway Manager

PERSON SPECIFICATION

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Qualifications		
Degree level or equivalent in Sports Management, Sport Science/Studies or a discipline relevant to the support and development of high performing individuals. Or significant experience of elite sporting systems and environments from an athlete or coaching perspective.	Essential	Sight of certificates

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Higher degree level or equivalent – in areas as above.	Desirable	Sight of certificate
Professional Coaching & Mentoring qualification (any level) and/or individual accreditation (i.e. EMCC, ICF)	Desirable	Sight of accreditation
Mental Health First Aid (MHFA)	Desirable	Sight of certificate
Level 3 Certificate in Athlete Personal Development & Lifestyle (TASS)	Desirable	Sight of certificate
Experience		
Experience of supporting athletes or other high performing individuals and a track record of success in facilitating positive solutions which impact upon well-being and performance	Essential	Application / Interview
Experience of designing, developing, delivering and evaluating holistic support interventions across the areas identified in the PL Delivery Framework	Essential	Application / Interview
Experience of working within a multi-disciplinary team in the delivery of support services in a demanding environment	Essential	Application / Interview
Experience of supporting individuals who are experiencing emotional distress or difficult personal situations (i.e. bereavement, family break-up, mental ill health)	Desirable	Application / Interview
Experience of supporting holistic development of athletes or other high performing individuals through the application of coaching and mentoring skills and principles	Desirable	Application / Interview
Extensive experience of supporting individuals/athletes through impactful 1:1 coaching and mentoring	Desirable	Application / Interview
Exposure to and experience of the commercial side of elite sport – dealing with and understanding the workings of sponsors and agents, appropriate management of finances and how to develop and support the “personal brand” of individual athletes	Desirable	Application / Interview
Strong working knowledge of social media and the most update to date methods of communication and engagement that appeal to young people/athletes	Essential	Application / Interview
Experience of engaging Under 18yrs athletes or other high performing individuals on a group or 1:1 basis (if applicable)	Desirable	Application / Interview
Exposure to World, Olympic and international level athletes and coaches in competition or training camp environment	Desirable	Application / Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Knowledge and Skills		
Strong understanding of UK educational requirements with the skills to facilitate bespoke solutions that support both personal and performance ambitions	Essential	Interview
Good working knowledge of best practice safeguarding and child protection practices	Essential	Interview
Proven ability to effectively work in a truly collaborative and interdisciplinary manner	Essential	Interview
Well-developed and demonstrable interpersonal skills, communication and self-awareness with the ability to build rapport quickly leading to strong and productive relationships based on trust	Essential	Interview
A solid understanding of the holistic needs of elite athletes and coaches in a high-performance environment	Essential	Interview
Excellent organisation and prioritisation skills with the ability to proactively manage a large and diverse athlete caseload	Desirable	Interview
Knowledge of coaching principles and frameworks with practical coaching and mentoring skills	Desirable	Interview
A solid understanding of career development theory, transition theory and related support strategies	Desirable	Interview
Excellent organisation and prioritisation skills and the ability to proactively manage a large and diverse athlete caseload	Desirable	Application / Interview
Understanding of and experience working with diversity and inclusivity awareness (cultures, languages, ethnicity, LGBTQ, religion, etc.)	Desirable	Interview
Having the willingness to engage with and support continuous professional development in anti-doping, i.e. UKAD Accredited Advisor Certification	Essential	Interview

All UKSI practitioners/employees are expected to engage with and support training and professional development in anti-doping, i.e., Introduction to Clean Sport Certification, safeguarding and GDPR. Practitioners are also expected to show commitment to promoting and supporting equality, diversity, and safeguarding within sport

END OF JOB DESCRIPTION