

## JOB DESCRIPTION

<b>JOB TITLE</b>	Performance Lifestyle Practitioner (Olympic and Paralympic Triathlon) FTC
<b>SALARY</b>	£33,756 - £35,887
<b>GRADE</b>	F
<b>HOURS</b>	3 Days / 0.6 FTE (fixed term basis 6 – 12 Months)
<b>LOCATION</b>	Loughborough and Leeds training centres. Remote support must be agreed in advance of delivery. In addition, you will be required to travel nationally for appropriate and agreed UKSI in-person meetings and learning & development events.

### ROLE SUMMARY

This PL practitioner role will provide the delivery and development of Performance Lifestyle support to world class programme athletes within Olympic and Paralympic Triathlon, 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.

You will be based at UKSI in Loughborough or The Brownlee Centre, Leeds.

On a weekly basis PL service delivery will in person on site at both the Leeds and Loughborough training bases to meet the needs of the athletes within the Olympic and Paralympic programmes. Occasional delivery outside of these centres may be required to meet the needs of athlete's/ the sport

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 Triathlon and Para Triathlons 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 existing experience and interpreting available evidence, data, and insights to inform priorities
- To work closely and in collaboration with PL Technical Leads, Head of Performance Support 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
- Deliver one-to-one and group-based athlete support, as appropriate, aligned to the UKSI Performance Lifestyle Delivery Framework and Principles,
- To provide proactive transition support that includes career development coaching to experienced senior athletes upon leaving the programme and for a period of 6 months, ensuring all work and contact is recorded on PDMS in line with PL guidance. This may include the coordination of multi-discipline team/wider NGB support and co-ordination of processes
- 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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to the development of PL delivery within Triathlon and Para Triathlon.

- Contribute to (and where appropriate lead) specific components of the Mental Health Strategy with the Mental Health working group.

- Link into the programme wide individual athlete performance planning process to specifically support and align the personal and professional development of triathletes across the pathway.
- Support the evolution and implementation of the athlete induction process

## ROLE DIMENSIONS

### REPORTS TO

Triathlon and Para Triathlon Head of Performance Support / UKSI PL Technical Lead

### DIRECT REPORTS

N/A

### BUDGET ACCOUNTABILITY

N/A

## KEY RELATIONSHIPS

- WCP funded Athletes & Coaches
- British Triathlon Performance Director, Head of Performance Support
- UKSI Performance Lifestyle Head of Service, Technical Leads & wider PL team
- Triathlon Performance Support Team

- UKSI Mental Health team
- Safeguarding Leads – UKSI & NG
- Parents & key education contacts as appropriate

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

## PERSON SPECIFICATION

COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
<b>Qualifications</b>		
Degree level or equivalent in Sports Management, Sport Science/Studies or a discipline relevant to the support and	Essential	Sight of certificates

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development of high performing individuals. <b>Or</b> significant experience of elite sporting systems and environments from an athlete or coaching perspective.		
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
Safeguarding / Child Protection qualifications or training	Desirable	Sight of certificate
Level 3 Certificate in Athlete Personal Development & Lifestyle (TASS)	Desirable	Sight of certificate
<b>Experience</b>		
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
Demonstrable experience of supporting athletes or high performing individuals through transition and change including the specifics of career development coaching	Essential	Application / Interview
Experience of supporting complex individual cases that involve disability, personal distress and emotions	Essential	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
Exposure to World, Olympic and international level athletes and coaches in competition or training camp environment	Desirable	Application / Interview
<b>Knowledge and Skills</b>		
A solid understanding of the holistic needs of elite athletes and coaches in a high-performance environment	Essential	Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Strong knowledge and understanding of best practice in supporting change and transition with the ability and skills to translate this to applied 1:1 practice.	Essential	Interview
Strong knowledge and understanding of career development theory and best practice with the ability and skills to translate this to applied 1:1 practice	Essential	Interview
Strong understanding of UK educational requirements with the skills to facilitate bespoke solutions that support both personal and performance ambitions	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
Good working knowledge of best practice safeguarding and child protection practices	Desirable	Interview
A basic understanding of the Classification system within Paralympic Sport	Desirable	Interview
Proven ability to effectively work in a truly collaborative and inter-disciplinary manner	Desirable	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
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

**END OF JOB DESCRIPTION**