

JOB DESCRIPTION

JOB TITLE	Performance Lifestyle Practitioner (UK Athletics (UKA) & British Weightlifting(BWL))
SALARY	£34,431 – £43,491 p.a pro-rata
GRADE	Grade F
HOURS	0.7 FTE / 3.5 days per week (2.5 days with UKA & 1 day with BWL)
LOCATION	UKA - Loughborough with attendance at other sites/ camps as and when required BWL – Nottingham with quarterly squad camps in Sheffield In addition, you may 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 UK Athletics' Olympic and Paralympic Programmes and British Weightlifting's Olympic programme, complimenting the strategical objectives of the sports and by working as part of inter-disciplinary performance support teams. Within this role you will be responsible for the holistic support and development of world class athletes across the whole Performance Lifestyle delivery framework.

There is an expectation to travel within this role when requested to regional/national training centres and camps

In this role, the PL practitioner will also form part of the wider PL professional community within the UKSI – here you 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.

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KEY RESPONSIBILITIES

- In alignment with UKA's and BWL'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 existing experience and interpreting available evidence, data, and insights to inform priorities
- To work closely and in collaboration with the UK Athletics People Performance and Culture, BWL staff, UKSI PL Technical Lead and other relevant members of staff in the development of the Performance Lifestyle strategy and ongoing delivery within the sports
- As appropriate and directed, support/lead specific PL project work to meet emerging challenges and areas of priority, for example: athlete transition strategy and delivery (on to, through and beyond the funded programme)
- As appropriate, liaise and communicate with parents, coaches, schools/colleges and internal/external colleagues and stakeholders to facilitate world class holistic support and development for athletes
- Deliver one-to-one and group-based athlete support in priority areas such as Transition, Career Development, Education and Financial Health, aligned to the UKSI Performance Lifestyle Delivery Framework and Principles, contributing to individual athlete development plans and goals as appropriate
- Collaborate as part of internal psychosocial teams within UKA and BWL to facilitate mental health and well-being support to athletes, whilst also proactively accessing wider system support in this space, as appropriate
- Provide proactive transition support to athletes joining UKA and BWL programmes and to athletes upon leaving the programmes, for a period of 6months, 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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ROLE DIMENSIONS

REPORTS TO
DIRECT REPORTS
BUDGET ACCOUNTABILITY

UKSI PL Technical Lead
N/A
N/A

KEY RELATIONSHIPS

- UKA & BWL Programme Athletes & Coaches
- UK Athletics People Performance and Culture Lead & team
- UK Athletics Athlete Engagement leads
- UKA & BWL Performance Support Teams
- BWL Head of Performance

- Home Country Institute based athletes and PL Practitioners
- UKSI Performance Lifestyle Head of Service, Technical Lead & wider PL team
- UKSI Mental Health team
- Parents / key education contacts
- Safeguarding Leads – UKA, BWL & UKSI

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

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
Safeguarding / Child Protection qualifications or training	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 high pressured environment	Essential	Application / Interview
Experience of supporting athletes to successfully manage the balance between personal & professional commitments (i.e. career, employment, academic studies, family) with performance ambitions and programme membership	Essential	Application / Interview
Experience of working with and understanding the impact that disability has on an athletes Activities of Daily Living (ADLs) such as travel, meal prep, sleep, housing, finances and subsequent performance impact.	Desirable	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
Experience of personal brand development, commercial sponsorship and working with an athlete's wider support team and agents	Desirable	Application/Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Exposure to World, Olympic and international level athletes and coaches in competition or training camp environment	Desirable	Application / Interview
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
Proven ability to effectively work in a truly collaborative and inter-disciplinary 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
Good working knowledge of best practice safeguarding and child protection practices	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