

JOB DESCRIPTION

JOB TITLE	Performance Lifestyle Practitioner (British Judo, British Shooting & British Cycling)
SALARY	£34,431 - £43,491
GRADE	Grade F
HOURS	Full Time (37 per week) Fixed Term (March 2026)
LOCATION	British Judo - National Training Centre, University of Wolverhampton Campus in Walsall British Shooting – decentralised national training camps British Cycling – decentralised national squad camps 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:

- Olympic and Paralympic world class funded fighters and programme funded fighters at British Judo
- Paralympic world class programme athletes at British Shooting
- Olympic world class funded athletes, from camp-based squads at British Cycling

As a Performance Lifestyle practitioner, you will complement the strategical objectives of the sports and will work as part of inter-disciplinary performance support teams. Within this role you will be responsible for the holistic support and development of athletes across the whole Performance Lifestyle delivery framework.

British Judo operates a centralised programme where all fighters, when not out of the country competing or training, train full time at the National Training Centre. PL delivery can therefore be a combination of in person and remote – to maintain connection and support for the fighters when not in the UK.

British Shooting operate an integrated Olympic and Paralympic programme for rifle and pistol athletes. The programme is a decentralised, camp-based programme with 1-2 training camps per month across shooting ranges in Wigan and Wolverhampton. There is an expectation of a combination of in person, at camp delivery and remote support to athletes and coaches and an engagement in monthly performance support team meetings.

British Cycling practitioner delivery will largely be at domestic squad camps, occasionally at the Manchester Velodrome and other locations across the UK. When not on camp there is a high need for proactive and positive communication to ensure ongoing connection and engagement with both athletes and staff.

This post holder must have a willingness and ability to travel nationally to meet the needs of the sports.

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 British Judo's, British Shooting's and British Cycling's strategic objectives, develop and deliver a 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 existing PL practitioners (British Cycling and British Shooting), PL Technical Lead and relevant members of staff in the UKSI and the sports, to develop the Performance Lifestyle strategy and ongoing delivery within the sports, alongside your own learning and development in the role
- 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 Judo, British Shooting and British Cycling
- 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 support, as appropriate, aligned to the UKSI Performance Lifestyle Delivery Framework and Principles
- Collaborate as part of internal psychosocial groups in all sports to facilitate mental health and well-being support to athletes, whilst also proactively accessing wider system support in this space, proactively contributing to future strategy as appropriate.
- Contribute to multi-disciplinary team or performance support team meetings to align PL delivery with athlete individual development plans and inform coaches and practitioners about progress on PL-related performance requirements
- To provide proactive transition support to athletes as they join the programmes. In particular, for British Judo's centralised programme - working collaboratively with the Performance Pathway and Operations Director including supporting relocation and identifying/meeting individual support needs.
- To provide proactive preparatory and actual transition support to athletes upon leaving the programmes and 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 meetings as part of transition exit support package.
- 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

- Programme athletes and coaches across all 3 sports
- Performance Support teams across all 3 sports
- British Judo Performance Director and Head of Performance Support
- British Shooting's Performance Director & Head of Performance Support

- British Cycling's Personal Performance Lead
- UKSI Performance Lifestyle Head of Service, Technical Lead & wider PL team
- UKSI Mental Health team
- Parents / key education contacts
- Safeguarding Leads – British Judo, GB Shooting, British Cycling & 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
Higher degree level or equivalent – in areas as above.	Desirable	Sight of certificate

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
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 developing, delivering and evaluating holistic, accessible support interventions across the areas identified in the PL Delivery Framework (Transitions / Career Development / Mental Health & Well-Being / Education / Learning & Development / Financial Health)	Essential	Application / Interview
Experience of working within a multi-disciplinary team in the delivery of support services in a demanding, high-pressure 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 etc.)	Desirable	Application / Interview
Experience of working with and understanding the impact that disability (including visual impairment) has on an athlete's Activities of Daily Living (ADLs) such as travel, meal prep, sleep, housing, finances and subsequent performance impact.	Desirable	Application / Interview
Experience of supporting holistic development of athletes or other high performing individual through the application of coaching and mentoring skills and principles	Desirable	Application / Interview
Strong working knowledge of social media and the most up to date methods of communication and engagement that appeals to young people/athletes	Desirable	Application / Interview

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COMPETENCY AREA	ESSENTIAL / DESIRABLE	ASSESSED BY
Exposure to and experience of the commercial side of 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
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
Excellent organisation and prioritisation skills with the ability to proactively manage a large and diverse athlete caseload	Essential	Interview
A solid understanding the holistic needs of elite athletes and coaches in a high-performance environment	Essential	Interview
Good working knowledge of best practice safeguarding and child protection practices	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