

Contractor Role Information Pack

BWL are looking for two **GB Performance Physiotherapists** (Contractor/Squad Cover) to support the weightlifting team

Overview of Role/Requirements

These roles forms part of an additional physiotherapy contractor pool and are intended to provide cover across GB programmes when assigned squad physiotherapists are unavailable. Support opportunities will be offered based on squad/programme requirements and contractor availability. Successful candidates should be willing and able to undertake weekend work, domestic and international travel, and overnight stays when supporting training camps and competitions. Any appointments will be made on a casual/contractor basis, with work offered according to training camp, competition and other performance programme requirements

Days: up to 30 days a year

Rate: £175-200 per day (based on experience) plus travel expenses.
Catering and accommodation provided)

Location: Domestic and international training camps, competitions, and remote/home working

Responsible to: Head of Performance Services

Closing date: 30 June 2026

Interviews: Phase 1 – Online: Early July 2026 (date TBC)
Phase 2 – In-person: Mid July 2026 (date TBC)

About British Weightlifting (BWL)

We launched our **FIND YOUR STRONG** strategy in 2026.

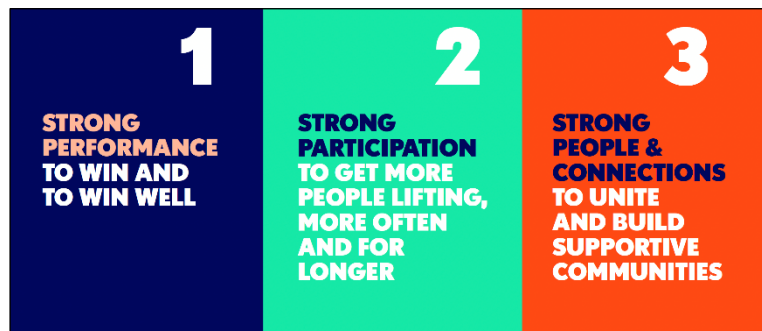
Our Vision

Forging a stronger nation through weight lifting. Where every lift build strength, confidence, opportunity and connection, helping everybody find their strong.

Our Mission

To strengthen weightlifting and para powerlifting from grassroots to podium by building the people, places and pathways that crate more lifts and better lifters, helping everybody find their strong

Our four-year strategy is built upon three areas of focus:



Our guiding
strong

principles for
foundations are:



Purpose of the Role

High-Quality Support During Training Camps and Competitions: Providing comprehensive support through individualised treatment plans, feedback, monitoring, and review.

High-Quality Emergency First Aid During Training Camps and Competitions: Conduct fitness assessments and assess injuries to ensure athlete safety during training and competition.

Foster an Optimal Athlete Experience: Cultivate a high-quality, person-centred environment that prioritises long-term athlete development.

Facilitate Continuous Improvement Through Feedback: Empower athletes and enhance coaching through the utilisation of feedback, ensuring that the support provided aligns with strategic and individual athlete goals.

Key Responsibilities

High-Quality Support During Training Camps and Competitions:

- Align treatment plans with athlete development and performance goals.
- Provide individualised feedback for rehabilitation and physical improvement.
- Monitor athlete progress towards rehabilitation goals and adapt treatment strategies as needed.
- Maintain accurate and timely clinical records and ensure all relevant athlete information is stored securely with BWL databases and approved systems.
- Deliver real-time support during competitions and provide physiotherapy support and guidance to optimise athlete performance.
- Maximise the squad's potential to achieve performance objectives at 2026 Milestone Competitions and beyond.
- Contribute to post-competition reviews to analyse performance and identify areas for improvement.

High-Quality Emergency First Aid During Training Camps and Competitions:

- Conduct fitness assessments in line with BWL policy and established fitness testing protocols.
- Examine and assess injuries to determine whether athletes can continue to train or compete safely in training camp and competition environments.

Foster an Optimal Athlete Experience:

- Collaborate closely with other GB coaches and BWL support staff to cultivate a high-quality athlete experience that prioritises the long-term development of GB lifters.
- Ensure a consistent, person-centred approach across all clinical, training, and competition environments.

Facilitate Continuous Improvement Through Feedback:

- Provide regular, constructive feedback via established feedback loops to identify areas for programme improvement, coaching development, and athlete support.
- Provide updates and feedback during both pre- and post-camp/competition calls with staff, and liaise with athletes and/or their support networks to provide post-camp feedback and relevant follow-up information.
- Collaborate closely with the Head of Performance Services to regularly review and adapt your methodology based on feedback and evolving best practices in sports rehabilitation and athlete development.

Build Professional Relationships and Role Model Desirable Behaviours:

- Build, develop and maintain professional relationships with key stakeholders including athletes, coaches, support staff and parents (where appropriate).
- Act as a mentor and role model, demonstrating professionalism, integrity, and a commitment aligned with BWL values, relevant codes of conduct and person-centred principles.

Person Specification

The person specification describes the experience, qualifications, knowledge, skills and abilities that BWL are looking for.

Minimum requirements:

- Must be eligible to work in the UK, be a UK resident and possess a valid passport or be able to obtain one prior to 1 September 2026.
- Individual must not be currently under disqualification, expulsion, or suspension by all or any of: BWL; the IWF; the EWF, IOC and/or any other body competent and recognised by BWL; or disqualification, expulsion, or suspension under the World Anti-Doping Code.
- An Enhanced DBS check and an up-to-date Safeguarding Certificate are required.

Essential skills/experience:

- An Undergraduate Degree in Physiotherapy, Rehabilitation or Sports Therapy
- Active Membership for a relevant professional body recognised by the Professional Standards Authority (PSA)
- Active Professional Indemnity insurance
- Active advanced trauma or emergency care qualification (PHICIS) Level 2 or equivalent.
- A minimum of five years of physiotherapy or rehabilitation experience in Olympic or professional sport
- Evidence of ongoing professional development
- Experience working in a multidisciplinary team within Olympic or professional sport
- Ability to build and maintain positive relationships with people from all backgrounds
- A team player willing to invest time in the development of others
- Outstanding written, verbal, and presentation communication skills
- Ability to identify logical solutions to problems and effectively manage priorities in demanding environments

Desirable skills/experience:

- Postgraduate Degree or Qualification in Physiotherapy, Rehabilitation or Sports Therapy
- Previous experience of working with weightlifters or in strength sports
- Active advanced trauma or emergency care qualification (PHICIS) Level 3 or equivalent.
- Mental Health First Aid qualification
- Experience of international travel for training camps and/or competitions
- WADA ADEL for Medical Professionals Course Certificate

Remuneration & Team Physiotherapist Journey

The day rate for the position will be circa £175-200 per day for up to 30 days plus travel expenses for camps or competitions.

The following provides an example of the activities and time commitment associated with supporting a GB squad through a typical performance cycle. BWL currently utilises contracted performance physiotherapists who are assigned to specific squads. These contractor positions are intended to expand the existing physiotherapy support pool, providing additional cover when assigned physiotherapists are unavailable. Successful candidates will therefore support camps, competitions, and associated performance activities on an ad hoc basis across different squads and age groups, according to programme requirements and availability.

Timeline	Activity	Time
September 2026	BWL Performance Staff Induction Days Annual Operational Planning Meeting	2 days 1 hour
October - November	Induction Camp Planning Meeting Induction Camp Induction Camp Review, Follow-Ups & Note Storage Performance Review 1	1 hour 2-3 days 2 hours 1 hour
January - February	Camp 1 Planning Meeting Camp 1 Camp Review, Follow-Ups & Note Storage Performance Review 2	1 hour 2-3 days 2 hours 1 hour
March - April	Camp 2 Planning Meeting Camp 2 Camp Review, Follow-Ups & Note Storage Performance Review 3	1 hour 2-3 days 2 hours 1 hour
3 months out	Team Selection	
4-6 weeks out (where possible)	Milestone Competition Prep Camp Planning Meeting Milestone Competition Prep Camp Milestone Competition Prep Camp Review, Follow-Ups & Notes Performance Review 4	1 hour 7 days 2 hours 1 hour
As determined by EWF (dates will vary based on squad or age group)	Milestone Competition Performance Planning Meetings Milestone Competition Milestone Competition Review, Follow-Ups & Note Storage End of Year Review Workshop Performance Review 5	4 hours 10 days 2 hours 2 hours 1 hour

Submission of interest

Please send your CV and a covering letter highlighting how you would be best placed to fulfil this work including the relevant expertise and experience you would bring to the role. Please send to Mitchell Willis, Head of Performance Services, via email: mitchell.willis@britishweightlifting.org no later than **30 June 2026**.

Interviews

Interviews will take place in 2 phases. The first phase will consist of an online interview (early July 2026) and second phase will involve inviting shortlisted candidates to an in-person interview at the University of Nottingham (mid July 2026).

If you have not heard from us within two weeks of the closing date, please assume that your application has been unsuccessful on this occasion.