



**BRITISH
WEIGHT
LIFTING**

Job Information Pack

It is an exciting time to join British Weight Lifting – the National Governing Body responsible for weightlifting and para powerlifting. We currently have the following vacancy and are looking forward to receiving applications from interested and appropriately qualified individuals.

Role: GB Performance Physiotherapists x 3

(Youth / Junior & Under 23 / Senior)

Location: International and domestic training camps, competitions, and virtual meetings.

Closing date: 24 July 2025

Interviews: Phase 1 – Online 29 or 31 July 2025
Phase 2 – In-person 7 August 2025 - Nottingham

About British Weight Lifting

As the UK's recognised Governing Body for weightlifting and para-powerlifting our role is to inspire a nation of weightlifters and para-powerlifters through exceptional leadership and expertise. We are responsible for the growth and success of weightlifting and para-powerlifting at every level. Our work sees us support a network of weightlifting bodies, clubs and gyms across the UK, as well as the thousands of people actively involved in Olympic and Paralympic weightlifting disciplines. We strive to deliver exceptional training programmes, educational structures and competitions that create opportunities for individuals to participate and excel in our sport.

Overview of Role/Requirements

Role:	GB Performance Physiotherapists x 3 (Youth / Junior & Under 23 / Senior)
Hours:	up to 30 days
Rate:	£175-200 per day plus travel expenses (catering & accommodation covered) <i>rate offered will depend on experience</i>
Location:	International and domestic training camps, competitions, and virtual meetings
Responsible to:	Head of Performance Services

The role requires weekend work, international travel, and overnight stays to support the delivery of training camps and international competitions.

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 tests 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.

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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.
- Maximise the squad's potential to achieve performance objectives at 2026 Milestone Competitions.
- Deliver real-time support during competitions and provide physical therapy and guidance to optimise athlete performance.
- 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 tests 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 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.
- Collaborate closely with the Athlete health lead 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.
- Act as a mentor and role model, demonstrating professionalism, integrity, and a commitment in-line with the 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 and a UK resident and possess a valid passport or be able to obtain one prior to 1 September 2025
- 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
- A Full UK driving licence is desirable

Essential skills/experience are:

- A 2:1 BSc (Hons) in Sports and Exercise Therapy or BSc (Hons) in Physiotherapy.
- Active Membership for a relevant professional body recognised by the Public Standards Authority (PSA)
- Active Professional Indemnity insurance
- An in-date Pre-Hospital Immediate Care in Sport (PHICIS) Level 2 or equivalent qualification.
- A minimum of five years of rehabilitation experience in Olympic or professional sport.
- Evidence of ongoing professional development.
- Experience working in a multidisciplinary team within professional or Olympic 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 are:

- An in-date Pre-Hospital Immediate Care in Sport (PHICIS) Level 3 or equivalent qualification
- Mental Health First Aid qualification.
- Active BWL membership
- Experience of international travel (with under-18s).
- WADA ADEL for Medical Professionals Course Certificate
- Previous experience of working with Weightlifters.

Remuneration & Team Physio Journey

The day rate for the position will be circa £175-200.00 per day for up to 30 contracted days plus travel expenses for camps or competitions.

The following is an example of the expected Performance Physio's Journey en route to the 2026 milestone competition for the Age-Group/Programme they are assigned to (dates may vary):

Time-line	Activity	Time
September 2025	GB staff Induction Weekend Annual Operational Planning Meeting	2 days 1 hour



October - November	Induction Camp planning Induction Camp Induction Camp Review Performance Review 1	1 hour 2 days 1 hour 1 hour
January - February	Camp 1 planning Camp 1 Induction Camp Review, Performance Review 2	1 hour 2 days 1 hour 1 hour
March - April	Camp 2 planning Camp 2 Induction Camp Review, Performance Review 3	1 hour 2 days 1 hour 1 hour
3 months out	Team Selection	
4-6 weeks out (where possible)	Milestone Competition Prep Camp planning Milestone Competition Prep Camp Milestone Competition Prep Camp Review, Performance Review 4	1 hour 7 days 1 hour 1 hour
As determined by EWF	Milestone Competition performance planning meetings Milestone Competition Milestone Competition Review, End of year Review Workshop Performance Review 5	4 hours 10 days 2 hours 2 hours 1 hour

Submission of interest

Please send your proposal highlighting how you would be best placed to fulfil this work including your relevant expertise and experience. Your proposal should be sent to Stuart Martin, Head of Performance (Weightlifting), British Weight Lifting, via email to: stuart.martin@britishweightlifting.org no later than 25 July 2025.

Interviews will take place in 2 phases

The first phase will consist of an online interview with the Head of Performance, and 1 other member of the BWL Multi-Disciplinary Team.

The second phase will involve inviting shortlisted candidates to an in-person interview at Nottingham University.

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.

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