



ROLE DESCRIPTION	
Role Title	First Team Physiotherapist
Salary	£35,000
Location	Cardiff Arms Park
Hours of work	The training schedule demands and promotes flexibility, but it is expected that this position will be active between approximately 7am until 5pm daily. The nature of the position also requires that timings of work can fluctuate.
Responsible to	Head of Medical Services
Contractual Status	Fixed term
Role Summary	<p>Primarily responsible for the treatment and rehabilitation of the transition group cohort and assisting the Head of Medical / Senior Physiotherapists with managing Senior Cardiff Rugby squad players.</p> <p>To assist the Head of Medical / Senior Physiotherapists with daily assessment, treatment and management of short term injured players.</p> <p>To support in the delivery of prehabilitation strategy and programs for transition group and senior squad in conjunction with Head of Medical / Senior Physiotherapists.</p>

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Key Responsibilities, tasks and Activities	<p>a) To assist delivery of Physiotherapy needs of the senior Cardiff squad under the guidance of the Head of Medical / Senior Physiotherapists.</p> <p>b) To assist the Head of Medical / Senior Physiotherapists with daily treatment / soft tissue therapy requirements.</p> <p>c) Medical delivery at home and away fixtures as required in preparation pre match and pitch-side trauma care as required</p> <p>d) Manage and coordinate treatment pathways and return to play criteria for Cardiff Rugby transition group players</p> <p>e) Support the supervision of students and internship students</p> <p>f) Proficient medical data entry as per CSP / HCPC standard of notation</p> <p>g) Contribute to the Treatment room being kept in an impeccable manner, with all appropriate equipment and bedding sanitized and hygienic</p> <p>h) Deliver 1:1 rehabilitation to transition group long term injured players and first team squad members</p> <p>Injury prevention / Pre-habilitation:</p> <p>a) Support / participate in medical screening protocol to help build athletic profiles of all Senior Cardiff Rugby players</p> <p>b) Lead prehab / injury prevention strategies for transition cohort. Support Senior physiotherapists to Drive the delivery of prehab / injury prevention strategies</p> <p>The post holder will:</p> <ul style="list-style-type: none"> • Assist in developing the physiotherapy service delivery for the Senior squad and through the programming and delivery of leading-edge therapy services appropriate to the objectives of the players and coaches • Ensure that the delivery of the physiotherapy service effectively meets its core purpose of supporting the performance of Senior Cardiff Rugby players within the senior squad and senior transition group. • Support in the data collection and tracking of the injury surveillance. Support the Head of Medical in the formulation of mid-season and end of season injury reports. • Within the rules of professional confidentiality liaise with players, rugby management and other support staff as appropriate • To contribute to the continued evolution, development, and promotion of a high performance culture at Cardiff Rugby

PERSON SPECIFICATION	
Qualifications, Experience, Knowledge & Skills	<p>QUALIFICATIONS</p> <p>Essential</p> <ul style="list-style-type: none"> • A qualification at degree level (or equivalent) in Physiotherapy • Membership of the Chartered Society of Physiotherapy (MCSP) and registered with the Health and Care Professions Council (HCPC) <p>Desirable</p> <ul style="list-style-type: none"> • At least 3 years full time experience in a sporting environment • Fulfillment of the WRU / RFU ICIS Trauma management course desirable <p>EXPERIENCE</p> <p>Essential</p> <ul style="list-style-type: none"> • Demonstrated ability to develop, implement and evaluate physiotherapy programs for individual players. • Experience of developing and implementing innovative ideas and putting them into practice, including working in an applied and integrated manner. <p>Desirable</p> <ul style="list-style-type: none"> • Experience of managing and supervising staff and contribution towards their ongoing development. <p>KNOWLEDGE</p> <p>Essential</p> <ul style="list-style-type: none"> • An understanding of the needs of professional players and coaches in a high performance environment • A thorough understanding of the various sports science and medicine disciplines • Knowledge of physiotherapy and rehabilitation techniques related to recent advances in musculoskeletal medicine in the sporting environment. • An understanding of and commitment to fair play and all national anti-doping policies as enforced by national governing bodies, international federations and other relevant organisations <p>SKILLS AND ABILITIES</p> <p>Essential</p> <ul style="list-style-type: none"> • Ability to implement innovative ideas and influence player and coach support programs • Ability to modify programs according to the results of clinical assessment and data, in conjunction with coaches and other support staff • Ability to work under pressure • Ability to balance conflicting demands and tight deadlines • Excellent problem solving and decision-making skills • Ability to communicate fluently, in English

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	<ul style="list-style-type: none"> Excellent presentation and communication skills that can motivate behavioural change to have a positive impact on performance <p>PERSONAL ATTRIBUTES</p> <p>Essential</p> <ul style="list-style-type: none"> A positive attitude to Information Technology in carrying out the responsibilities of the post Personal commitment to continuous personal professional development Ability to work effectively both alone or as part of a team Open minded with a view to adopting new practices Highly motivated with a passion for high performance sport Personal integrity and the ability to invoke trust and respect from others
Other	<ul style="list-style-type: none"> An understanding and commitment to equal opportunities in employment and sport An understanding of individual responsibility in complying with the Health and Safety policies and arrangements of the club Ability to work irregular and unsocial hours as required involving work outside normal office hours, at evenings, weekends and Bank Holidays Ability to travel, including occasional overnight stays Ability to travel abroad with teams if and when required An understanding of and commitment to fair play and all national and international anti-doping policies as enforced by national governing bodies, international federations and other relevant organisations

This role description is subject to change pending review by the role holder and their line manager.