



Academy Strength & Conditioning Coach

Job Description	
Job Title	Academy Strength and Conditioning Coach
Salary	Commensurate with experience
Hours of Work	Based on a zero-hour contract, the post holder will be required to work varied hours based on the demands of the role.
Location	The Pirelli Stadium, Princess Way, Burton on Trent, Staffs DE13 0AR
Line Manager	Head of Sports Science and Medicine
Responsible to	Academy Manager
Contractual Status	Fixed term till 31 May 2023
Overall purpose of the Role	To aid in the provision of sports science throughout the Academy.
Duties and responsibilities	<p>Assist the Head of Sports Science and Medicine in obtaining fitness test results and baseline arthrometric data.</p> <p>Assist in the development and implementation of injury prevention techniques to include movement screening, warm ups & pre-habilitation.</p> <p>Lead gym-based strength and conditioning interventions under the supervision of the Head of Sports Science and Medicine.</p> <p>Lead field-based strength and conditioning interventions under the supervision of the Head of Sports Science and Medicine.</p> <p>Assist in the monitoring of wellness and physical exertion for the appropriate age groups.</p> <p>Assist in the delivery of Nutrition & Recovery Workshops.</p> <p>Ensure maintenance of appropriate records and their confidential storage on the PMA.</p> <p>Feedback key information to relevant members of the multi-disciplinary team.</p> <p>Aid in the continued professional development of the Sports Science & Medicine team.</p>
General	The Employee must always carry out his/her responsibilities with due regard to the Burton Albion Football Club policies and procedures for Health & Safety, Confidentiality and the General Data Protection Regulations. The Employee must ensure a positive commitment towards equality and diversity by treating others fairly



	<p>and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relations amongst Employees and customers. This document is a guide only and should not be regarded as exclusive or exhaustive. It is intended as an outline indication of the areas of activity and will be amended in the light of changing needs of the organisation. All employees may be required to undertake any other duties as may be reasonably requested.</p>
Qualifications	<p>BSc Sports Science (Completed or being undertaken) Emergency First Aid in Football (EFAIF) Full driving licence FA Safeguarding Certificate Enhanced DBS Disclosure</p>
Experience	<p>Desirable experience of working in a professional sports environment.</p> <p>An understanding of safeguarding and the welfare of children processes and procedures.</p> <p>Ability to demonstrate exceptional communication skills.</p> <p>Experience of excellent organisation and planning.</p>