

Job Description

Pathway and Women's Performance Nutritionist



JOB DESCRIPTION	
Job Title	Pathway and Women's Performance Nutritionist
Salary	Band 4 (£30,000)
Location	WRU National Centre of Excellence, Hensol
Hours of work	35 per week. With a requirement to work flexible across days, evenings, and weekends
Responsible to	Lead Performance Pathways Strength and Conditioning Coach
Contractual Status	Permanent. Full time and subject to 6-month probationary period
Role Summary	Co-ordinate, deliver and develop performance nutrition services to identified teams and individuals within the WRU Pathway (Men's and Women's)
Key Relationships	<ul style="list-style-type: none"> • Lead Performance Pathways Strength and Conditioning Coach • Head of Physical Performance • Head of Womens Physical Performance • WRU National Team Nutritionist • Regional Academy S&C Staff
Key Responsibilities, Tasks and Activities	<ul style="list-style-type: none"> • Technically lead the management and strategic delivery of performance nutrition support to identified teams and individuals within the men's and women's pathway. This will include the delivery of workshops, one-on-one consultations, and group sessions to athletes • Technically lead the performance nutrition support to National Pathway teams (Women, U20s, u18s & 7s) within preparation and competition periods, in line with WRU national team nutritionist • Produce resource materials for Performance Sport athletes and coaches • Be actively involved in developing innovative and evidence-based performance nutrition project work or research in agreement with line manager and WRU National Team Nutritionist. • Maintain secure, comprehensive detailed record of work delivered with athletes • Contribute to the CPD of coaches and other service providers within the Welsh Rugby Union sport network. • Ensure that applied sports nutrition support provides relevant performance-based feedback and up to date techniques to support athletes and coaches. • Assist during all WRU central profiling days. • Ensure maintenance of all WRU issued equipment, commitment to protection of all private athlete information and WRU work resources, and adherence to data protection and research guidelines as outlined by Lead Performance Pathways Strength and Conditioning Coach and HR • Implement and reinforce the WRU Code of Behaviour and Conduct expected of WRU staff and players • Perform other duties and tasks as directed by the Lead Performance Pathways Strength and Conditioning Coach and / or the WRU Head of Physical Performance, commensurate to the role.

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Continued Professional Development	<ul style="list-style-type: none"> The WRU are committed to providing CPD for the successful candidate. We expect the successful candidate to undertake available training courses and research to enhance personal knowledge, skills, and experience. 	
PERSON SPECIFICATION		
Experience & Knowledge	<ul style="list-style-type: none"> A sound and practical understanding of high-performance sport Significant post-graduate experience in providing Performance Nutrition support to both men's and women's performance teams and athletes. Experience of working within a multidisciplinary performance team. Experience of carrying out nutritional data analysis, interpreting test results and providing feedback to athletes and coaches Experience in the delivery of 1-to-1 nutrition consultations, needs analyses and athlete education sessions. 	
Skills & Qualifications	<ul style="list-style-type: none"> Degree (or equivalent) in Nutrition, Sports Science, Dietetics, or related subject SEnr – Practitioner or Graduate Registration ISAK level 1 Anthropometrics UKAD Clean Sport Advisor Excellent IT Skills, specifically Microsoft Word, Excel & PowerPoint. Excellent written and verbal communication skills. Welsh Language skills desirable. 	
WRU Group Values	<p>An ability to perform the role and responsibilities in accordance with the WRU Group Values - Excellence, Integrity, Success, Courage, Family, Humour</p> <p>The WRU Group Values document is available upon appointment to the role.</p>	
Other	<ul style="list-style-type: none"> Valid UK driving licence is required This role is subject to an enhanced DBS disclosure check An understanding and commitment to equality, diversity and anti-discriminatory practices in employment and sport Work in accordance with the all group policies and procedures, including GDPR and sustainable development An understanding of individual responsibility in complying with the health and safety policies and arrangements 	
Acknowledgement		
Employee Signature:	Name:	Date:
Line Manager Signature:	Name:	Date:

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