**Job Title:** **First Team Lead Sports Scientist**
**Reports to:** **Head of Performance**
**Location:** **Bloomfield Road, Blackpool (travel to and from the training venue)**
**Hours:** **40 per week – to include weekends**
**Salary:** **Dependant on Experience**

**Who we are:**

Blackpool Football Club is an English professional association Football Club based in the seaside town of Blackpool, Lancashire.

The Club was founded in 1887 and has a very storied history, from being a founding member of the Lancashire League in 1889, rising to the Top-Flight of the Football League (the old First Division) in 1930, to winning the FA Cup in 1953 and being promoted to the Premier League in 2010 (becoming the first Club to gain promotion from every division of the Football League via the play-off system.)

The team are competing in the Championship, the second tier of the English Football League, having gained promotion from League One in 2020–21.

The Club has played its home games at Bloomfield Road since 1901.

**Job Purpose:**

Blackpool Football Club is looking to recruit a First Team Lead Sports Scientist to take the lead on the delivery of the entire Sport Science programme with the First Team.

Reporting to the Head of Performance, and working in conjunction with the Physiotherapy Team, you will be responsible for the continuation of the development and implementation of Blackpool Football Club's Sports Science philosophy.

**Key Responsibilities and Duties:**

- To Lead the delivery of a Sports Science (SS) programme that reflects best practice and scientific principles in order to maximise performance and reduce injury.
- To lead the planning, delivering and reviewing of Sports Science training protocols, including but not limited to; hydration, nutrition and supplement provisions, gym-

based strength & conditioning (S&C) sessions, conditioning based sessions, prehab / pre-activation, rehab based session, and recovery sessions.

- Provide technical coaching support in Sport Science and periodisation, broadening the Clubs knowledge and understanding of SS practice in a professional football club.
- Provide SS support to all First Team players on training and match days, both home and away.
- To be involved in the transition of injured players from gym-based to pitch-based activity, reflecting both the mechanical and physiological demands of the game
- Provide individualised programmes to enhance player availability and optimise performance.
- Provide SS support to the rehabilitation process in line with the requirements of the Club's Medical department.
- Lead the monitoring and feedback of player's physical loads and physical status to coaches.
- Excellent communicator of information to inform decision making within the department.
- Support the player education process and provide updates on player progress, as required.
- Support the continuous audit and re-audit of player training and match injury trends.
- Work within the rules of professional confidentiality and follow the BASES and/or UKSCA code of conduct, standards, and guidelines.
- Promote drug-free sport and have a working knowledge of The WADA Code.
- Lead in the management, maintenance and development of the SS equipment and facilities at the Club.
- To perform duties with due regard to the Club's Policies & Procedures and legislative requirements at all times.
- Ensure implementation of the Club's health & safety, safeguarding, welfare and equality policies to create a safe working environment for all.
- Ensure working practices are compliant with relevant legislation and data protection legislation and/or general data protection regulations (GDPR) requirements.
- Undertake continuous professional development (CPD) training and/or additional training as identified or as required.
- Any other reasonable duties.

The above job description is not intended to be exhaustive; the duties and responsibilities may therefore vary over time according to the changing needs of the club.

| Person Specification | | |
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| | **Essential Requirements** | **Desirable Requirement** |
| **Qualifications** | • BSc (Hons) in a Sport Science related field (e.g. S & C, Applied Biomechanics, Physiology, Psychology).<br>• Post Graduate degree (e.g. MSc, MRes) in a Sport Science related field. | • UKSCA Accreditation.<br>• BASES Accreditation.<br>• FA Safeguarding Certificate.<br>• FA Emergency First Aid in Football. |
| **Experience** | • At least 3 years' experience providing Sport Science support to First Team football players and coaching staff with a proven ability to positively impact performance. | • Experience dealing with the challenges associated with Professional Football.<br>• Experience of the applied research process. |
| **Knowledge & Skills** | • A knowledge and understanding of the physiological, biomechanical and psychological demands of professional football.<br>• Data management and logging.<br>• Awareness of the pressure and challenges of working in a high-performance environment.<br>• Able to create and maintain positive working relationships with key stakeholders.<br>• Able to deliver SS support on a group and individual basis. | • Knowledge and understanding of the Elite Player Performance Plan and associated audit process. |
| **Personal Qualities** | • Self-motivated with the ability to work alone and as a member of a team.<br>• Possess a progressive mindset (individually and departmentally).<br>• Enthusiastic and positive with a willingness to learn.<br>• Possess excellent communication skills.<br>• Ability to lead and drive self and others. | |

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|---|---|
| | • Critical and reflective thinker.<br>• Assertive, calm with the ability to work well under pressure.<br>• Flexible to meet the requirements of the needs of the business – this includes working weekends.<br>• Ability to travel between different sites eg the Club & Training ground. |

To apply for the position, please submit an application form and a covering letter detailing how you meet the criteria for the role to or Blackpool Football Club, Bloomfield Road, Seasiders Way, Blackpool, FY1 6JJ.

As part of your application, please also complete our Diversity Monitoring Form and return it to HR@Blackpoolfc.co.uk.

The form will be separated from your application on receipt. The information on this form will be used for monitoring purposes only and will play no part in the recruitment process.

Closing date for applications is **Tuesday 25th October 2022.**

**Safeguarding:** Blackpool Football Club Ltd and the EFL are committed to safeguarding the welfare of children and young people and expects all staff and volunteers to endorse this commitment. Posts advertised may require Enhanced Criminal Record Checks and may include checks against the Barred lists, as such it is exempt from the Rehabilitation of Offenders Act (1974). Therefore, all convictions, including spent convictions that have not been subject to filtering by the DBS should be declared.

**Recruitment checks**: You will also be required to provide details of referees for the previous five years working history or referees whilst in full time education.

**Equality and Diversity**: Employees must always carry out their duties with due regard to Blackpool Football Club's policies and procedures. The employee must ensure a positive commitment towards equality and diversity treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relationships between all internal and external stakeholders.

**Inclusion and Anti-Discrimination Mission Statement:** At Blackpool Football Club we aim to provide an enjoyable experience for all supporters and hold inclusion and anti-discrimination at the core of our values. We are committed to creating an environment which welcomes and respects people from all communities, promoting equality and diversity at Bloomfield Road and its associated premises. As a Club we recognise the nine protected characteristics (age, disability, gender re-assignment, marriage and civil partnership, pregnancy and maternity, race, religion and belief, sex and sexual orientation) under the Equality Act 2010 and will play an active role in supporting inclusion and putting an end to discrimination.

The employee must ensure a positive commitment towards equality and diversity by treating others fairly and not committing any form of direct or indirect discrimination, victimisation or harassment of any description and to promote positive working relationships between all internal and external stakeholders.

Blackpool Football Club is an equal opportunities employer.



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