



ROYAL  
BALLET  
SCHOOL

# **STRENGTH & CONDITIONING COACH-REHAB FOCUS**

## **OVERALL PURPOSE OF THE POST**

This post is responsible for providing the Strength & Conditioning support to students at the Royal Ballet School, in order to help them become more physically robust (i.e. reduce injury risk) and to enhance their physical capabilities in order to achieve their artistic goals.

## **SUMMARY OF THE ROLE**

Working alongside the rest of physical development team, assisting with planning, delivery and evaluation of a programme of world-class S&C support to the student dancers of The Royal Ballet School. You will be a highly professional coach who has considerable experience of supporting young athletes, or dancers in a high-performance setting and will thrive on the challenge of this exciting position.

This role manages students' return to dance protocols, including rehabilitation strength and conditioning delivery, injury-specific profiling and management and enhancement

of our return to dance pathways. You will be expected to communicate diligently with artistic teaching staff and other support personnel and use a collaborative problem-solving approach to the issues and challenges that arise. The post holder will also establish a good knowledge of the physical demands placed upon professional dancers with significant input from other members of the technical support team and could also contribute to the research knowledge in this area.

## CONTRACT TERMS

Salary	£13,879.32 per annum
Hours	15.5 hours per week; term time only
Location	Upper School, Covent Garden
Duration	Three years, fixed term
Line Managed by	Physical Development Lead
Line manages	None; there will be some supervision of S&C Interns as part of local university agreements with the school
Key contacts	Head of Healthcare; Physical Development Lead, Physical Health Lead, Healthcare Staff; Artistic Staff

## SAFEGUARDING DUTIES AND RESPONSIBILITIES

The School is committed to safeguarding and promoting the welfare of children and young people and recognises that

safeguarding and promoting the welfare of children is everyone's responsibility. The School expects all staff and volunteers to share this commitment to children's safeguarding and to share this child-centered approach. This approach means that staff must consider, at all times, what is in the best interests of the child. Additionally, the following is expected of all staff:

- To uphold the School's policies relating to safeguarding and child protection, behavior, health and safety and all other relevant policies
- To promote and safeguard the welfare of children and young persons for whom you are responsible, and come into contact with
- To report any safeguarding concerns using the relevant channels, such as informing the Designated Safeguarding Lead, in a timely and appropriate manner
- To ensure full compliance with all statutory regulations, in particular the most recent Keeping Children Safe in Education, and communicating concerns to the Designated Safeguarding Lead, other relevant staff of The Royal Ballet School or local children's services as appropriate.

## MAIN DUTIES

This list should be seen as illustrative rather than prescriptive

- Facilitate the day-to-day Strength and Conditioning training for the students under the guidance of the Physical Development Lead
- Lead and manage the strength and conditioning sessions for rehabilitation students
- Design and implement the strength, conditioning programmes. These programmes should be designed to best facilitate the return to dance with our injured students
- Communicate with the physiotherapists and other healthcare staff where necessary about the students on rehab programmes
- Maintain accurate and up to date records of programmes in order to monitor student progress
- Communicate this information to artistic and healthcare staff and if necessary, use student data in order to assess training programmes' effectiveness
- Manage the gym space, storage, and equipment, ensuring equipment is set-up and put away safely
- Ensure that during S&C sessions, all students (and staff) are aware of the correct techniques and methods when it comes to strength and conditioning exercises
- Keep up to date with best practice, knowledge and research in strength & conditioning in young dancers and for rehabilitation
- Help to maintain strength and conditioning equipment, communicate any suggestions for updates and new purchases, while considering wear and tear, to the Physical Development Lead

- Perform regular profiling tests to assess the skills and strengths/weaknesses of students, which can be used to individualise training programmes
- Work with the multidisciplinary healthcare team to ensure reduced injury risk and improved ballet performance/development
- Supervise S&C intern student and manage their workload appropriately
- Adhere to the school's health & safety, and staff behaviour policies.

## PERSON SPECIFICATION

### ESSENTIAL CRITERIA

- An undergraduate degree (minimum upper second class) in sport science (or similar subject)
- Professional accreditation/qualification with the UKSCA (Inc. first aid qualified) or equivalent
- Have at least 3 years S&C coaching experience
- Excellent teamwork and communication skills, who can work independently and/or as part of a team
- Experience of working as part of a multi-disciplinary sport science/healthcare support team
- A high level of professionalism and integrity
- Patient and willing to compromise
- Approach problems with an open-mind and determination to find an appropriate solution
- Dependable and punctual

- Organised and resourceful
- A high regard for health and safety
- Effective in using data management systems and the general suite of Microsoft Office Programmes (Outlook, Word and Excel)
- Fully understand and promote the aims and ethos of the school.

## DESIRABLE CRITERIA

- Experience of working in a sport/dance rehabilitation setting
- MSc in Strength and Conditioning or Sport Rehabilitation
- Experience in providing coaching support in dance
- Experience with a data management system, such as Smartabase
- Knowledge of other disciplines such as sport therapy, anthropometry, physiological testing/monitoring, biomechanical assessment, and the ability to relate to strength and conditioning practice
- The ability to contribute to the team's research profile.

The school is passionate about creating an inclusive workplace that promotes and values diversity. At the Royal Ballet School, we are committed to creating an environment where every one of our employees feels part of our team and can flourish, regardless of their background.