



JOB DESCRIPTION

Lead Sport Scientist & Physiologist

1.0 DESCRIPTION

- | | | |
|-----|------------------------------|--|
| 1.1 | ORGANIZATION: | Canadian Amateur Rowing Association (Rowing Canada Aviron) |
| 1.2 | TITLE: | Lead Sport Scientist & Physiologist |
| 1.3 | JOB CATEGORY: | Full Time Professional (Employee) |
| 1.4 | IMMEDIATE SUPERVISOR: | High Performance Director (HPD) |

2.0 POSITION SCOPE

Rowing Canada Aviron (RCA) is seeking an enthusiastic and committed individual for the position of **Lead Sport Scientist & Physiologist**. The Lead Sport Scientist & Physiologist will head RCA's national rowing high performance physiology program and provide overall leadership in sport science. This role will ensure the integration of best practice in physiological and sport science services to enhance the daily training and competition environment and bring innovative ideas and practices to rowing. The aim is to enhance athletic performances to maximize the team's potential of winning medals at the Olympics, Paralympics and World Championships.

Critical to the success of the Lead Sport Scientist & Physiologist, is the capability to engage with RCA's National Training Centre (NTC) coaches and other Sport Science practitioners to create a shared vision for a single approach. Founded on best practices the Lead Sport Scientist & Physiologist will harness this shared vision in work closely with RCA's NTC coaches, athletes, sport science and sports medicine specialists to ensure a safe, effective and holistic approach to performance development and enhancement. Reporting to RCA's High Performance Director, this role is based in Victoria, and the Cowichan Valley BC, but has a national scope in terms of responsibility, and includes considerable domestic and international travel for training camps and competitions..

3.0 POSITION REQUIREMENTS

- MSc in Exercise Physiology or a related field
- Minimum 9 years experience as part of a Performance Enhancement Team / Integrated Support Team working in elite sport in a high performance, interdisciplinary environment
- Extensive experience in the provision of physiology and sport science services, including establishing and advising on sport-specific testing and monitoring programs, and advising on best practise in long-term physiological preparation and short-term tapering and peaking strategies
- Training / experience in leadership skills
- Experience conducting testing and research in a sport performance laboratory
- CSEP-Certified Exercise Physiologist certification or equivalent international certification
- CPR-C

Desirable:

- PhD, or PhD in progress in a related field

4.0 RESPONSIBILITIES AND DUTIES

4.1 RCA LEAD SPORT SCIENTIST (0.2 FTE)

In relation to Physiology and Sports Science Disciplines:

- Be the primary contact for RCA Staff and rowers regarding Sports Science interventions.
- Continually work to understand coaches needs and apply knowledge of high performance sport science and innovation strategies and integration of the Performance Enhancement Team to help coaches and athletes achieve success.
- Develop a national and international expert Science network with emphasis in rowing.
- Provide expertise, mentoring and direction to RCA's NextGen Sports Science Sports Medicine (SSSM) Program to ensure there is continuity in the delivery of quality sport science and sport medicine services both across Canada and at the development level.
- Provide a central point of communication between NTC Coaches and Performance Enhancement Team Sports Science members.
- Work with RCA's Head Coach(es), NTC coaches and Performance Enhancement Team to lead the development and implementation of a National Training Blueprint and integrate relevant sports science testing (anthropometry, physiology, strength, hydration, neuromuscular testing etc.) accordingly.
- Communicate weekly training schedule with Performance Enhancement Team.
- Establish both short and long-term Performance Enhancement Team goals (new equipment, PD planning, etc.).
- Act as a lead or coordinator of any relevant research and development activity.
- Collaborate with RCA Head Coach(es) and Performance Enhancement Team to do yearly gap analysis and monitoring and assist with Own The Podium reporting.

4.2 RCA LEAD PHYSIOLOGIST (0.8 FTE)

Provide leadership of RCA's National physiology program:

- Act as the communication hub for all physiology related issues.
- Monitor athlete compliance and provide weekly reports and interpretation of daily wellness and training load monitoring.
- Oversee and maintain Nation-wide physiological testing protocols and data management.
- Ensure that the RCA's NTC Coaches are briefed regularly on athlete physiological status including daily wellness and training loads as well as interpretation of physiological test results.
- Provide evidence-based guidance to help senior coaches validate their respective National Training Blueprint, integrating physiology with training and with services from other support staff to optimise training and preparation.
- Management and upkeep of the RCA National Training Blueprint.
- Ensure that recovery and regeneration is appropriately periodized and delivered strategically in the NTC and at camps and competitions.
- Measure physiological strain arising from training and competing in extreme environments (e.g. heat, cold, altitude) and uses appropriate countermeasures to enhance performance or training efficacy.
- Develop practical solutions to problems limiting the performance of athletes.
- Observe, support and monitor athletes and coaches in their daily training environment including training camps and competitions.

4.3 COMMUNICATION & ADMINISTRATION

- Support the development and implementation of sport specific applied research and innovation plans.
- Maintain awareness of the latest developments in physiology protocols, techniques and technology through conferences, seminars and self-directed reading.
- Participating in rowing specific research projects and relevant publications.
- Communicate and advise NTC Coaches of the latest technological developments applicable to rowing.
- Contribute to the development of a national sports network through regular liaison with colleagues in other national sport organizations, institutes, universities and jurisdictions.
- Participate on multi-disciplinary teams such as the Performance Enhancement Team to plan, review and strategize on how to increase sport performance as a whole or for individuals

5.0 DEGREES OF SUPERVISION

The Lead Sport Scientist & Physiologist shall consult regularly with RCA's Head Coach(es) and HPD in program activities. The Lead Sport Scientist & Physiologist will work with the HP Leadership and be accountable to the HPD for successfully carrying out the responsibilities and duties listed above.

6.0 POWER OF DECISION

The Lead Sport Scientist & Physiologist shall participate in meetings specific to the job requirements and will be responsible to make recommendations on the appropriate

implementation of the National Training Blueprint and relevant sports science testing where necessary. The Lead Sport Scientist & Physiologist shall have the authority equal and matching the responsibilities and duties listed above, in accordance with the organization's policies, procedures and established budgets. Beyond these limits, the individual is required to have decisions approved by the HPD.

7.0 KEY PERFORMANCE INDICATORS

Key Performance Indicators will be established and quantified in conjunction with the successful candidate and reviewed annually.

8.0 EMPLOYMENT STATUS

The Lead Sport Scientist & Physiologist position is a full-time employee position based in Victoria, and the Cowichan Valley BC. The Lead Sport Scientist & Physiologist is part RCA's HP Leadership Team with responsibility for contractors and Canadian Sport Institute employees (Sport Science practitioners) within RCA's Performance Enhancement Team and NTC program.