

Physiotherapist: Women's Academy, Farah Palmer Cup Team

Purpose of Position

- To deliver a high standard of assessment, treatment, and rehabilitation of Academy players.
- Structure appropriate prehab programs, rehabilitation and return to play plans.
- Provide physiotherapy services for the Canterbury women's team for the Farah Palmer Cup season.
- To achieve a standard of excellence as indicated in the expected outcomes for the position.

Reports To: Women's Academy Manager	Location: Rugby Park or any other venues as required. Off-site as required to support the FPC campaign and travel for game day.
Term: the term will commence on the 19 th of January 2026 and end on the 18 th of December 2026	.Hours: The Academy role is on average 10 hours per week with flexibility required due to the changing demands through the season. Specific days and time are to be agreed with the Women's Academy Manager. An additional fee for services during FPC will be paid to recognise the increased requirements of the role during that period.
Liaises with: Internal • Women's Academy Manager and Players • Women's Academy Support Staff • Coaching Staff • Matatu and BF Hub Support Team • CRFU Medical Personnel	Liaises with: External • Specialist medical personnel • Club rugby physiotherapists
ACCOUNTABILITIES	EXPECTED OUTCOMES
Education	• Deliver approximately 4 personal development workshops per year.
Performance Management	• Where possible, attend IPP sessions (twice per year) to understand the athletes' goals and where nutrition fits in their action plan. • Work collaboratively with a multi-disciplinary team and attend monthly staff meetings to ensure good working relationships and collaboration. • Regular updates on NZR Smartabase and usage of effective monitoring and reporting so that all athletes meet relevant KPI's agreed by athletes in their IPP.
Rehabilitation	• Provide comprehensive rehabilitation plans that guide all decisions concerning players and their respective return to play.

	• Lead the communication with support team regarding returning to training and return to play plans. • Frequent communication with club and representative coaches on player availability and return to play plans.
Injury prevention	• Delivery of injury prevention programmes that are current and relevant to females playing rugby in conjunction with S&C. • Frequent communication and collaboration with the HP programme, S&C staff. • Develop a specific screening assessment for Academy players.
FPC specific	• Deliver a high standard of physiotherapy services throughout the FPC campaign. • Complete the necessary screening for all FPC players (injury, concussion). • Provide the FPC team with matchday preparation, field side support and recovery for home and away games. • Contribute towards a positive team culture with open and regular communication with all team members. • Drive the team recovery protocols in conjunction with S&C. • Provide FPC coaches with information as to player injuries and availability via frequent communication.
Health and Safety	• At all times being aware of your health and safety obligations, keeping yourself and your colleagues' safe and notifying your employer of any risks or hazards and contributing to the health and safety programme.
Professional Development	• Maintain Continuing Professional Development as required by Professional Body (have Immediate Care in Rugby Level 2 certifications up to date). • Attend all compulsory injury prevention seminars annually. • Maintain current registration with appropriate body. • Maintain a current, critical knowledge of relevant developments in Physiotherapy as it relates to High Performance Sport.
Any other duties	• Any other duties as may be required from time to time to meet the needs of the CRFU.