



Job Description: Swimming Club Health and Wellbeing Manager

Position: Health and Wellbeing Manager

Location: Walnuts

Employment Type: Volunteer

Job Summary:

The Health and Wellbeing Manager plays a proactive role in promoting healthy, balanced lifestyles among swimmers. The role includes guidance and awareness on topics such as nutrition, physical fitness, recovery, and mental health, with particular attention to the needs of adolescent swimmers and gender-specific topics, including support around puberty-related topics such as menstrual wellbeing and body development. The position involves organising educational sessions and coordinating access to external professionals such as sports psychologists and physiotherapists when needed.

Responsibilities:

- Encourage a culture of health, wellbeing, and balance within the swimming club for both training and competition
- Promote healthy eating, hydration, sleep, injury prevention, and recovery practices across all squads
- Support awareness around adolescent development, including physical changes, periods, and gender-specific health needs
- Coordinate one or two wellbeing-focused presentations or workshops per year led by external professionals (e.g. nutritionists, mental health speakers)
- Facilitate access to sports psychologists and physiotherapists where appropriate, and arrange one-to-one consultations for swimmers when needed
- Liaise with coaches and parents to ensure wellbeing information and resources are made available and relevant to swimmers' ages and stages of development
- Maintain confidentiality and sensitivity in all swimmer interactions, particularly in one-to-one support or consultations
- Provide input or content to the club's communications channels to raise awareness of wellbeing topics



Qualifications:

- Genuine interest in youth health, wellbeing, and personal development
- Understanding of the challenges facing young athletes, particularly during adolescence
- Strong organisational and communication skills, with an empathetic and supportive manner
- Experience or interest in physical or mental health promotion (formal qualifications not essential)
- Confidence liaising with external professionals and organising educational sessions or services
- Sensitivity and discretion in dealing with confidential health or personal issues
- Team-oriented approach and willingness to collaborate with coaches, parents, and committee members