



## HP Wellness Co-ordinator

**Location:** National Rowing Centre, Farran Wood, Cork, Ireland

**Contract Type:** Full-time

**Role:** HP Wellness Co-ordinator

### About Us

Rowing Ireland is a membership organisation funded by Sport Ireland. We are responsible for the development and participation of flat-water, coastal, and indoor rowing across Ireland. Our work spans from grassroots engagement to the training and selection of rowers and crews representing Ireland on the international stage. At the core of our organisation are Rowing Ireland Affiliated Clubs (referred to as 'Clubs'), which form the backbone of our community. We are dedicated to ensuring the continued growth and success of the sport, from encouraging participation at the local level to achieving podium success at the Olympic Games.

Our **Strategic Plan 2024-2029** is built upon four key pillars:

1. **Participation:** Driving growth in rowing across all demographics, promoting inclusivity, and ensuring accessibility to the sport at all levels.
2. **Performance:** Enhancing the pathways to elite success, supporting athletes, coaches, and teams to achieve their highest potential.
3. **Sustainability:** Building long-term resilience for the organisation and its Clubs, ensuring financial and environmental sustainability.
4. **Collaboration:** Strengthening partnerships and fostering connections within the rowing community and with external stakeholders.

Rowing Ireland is seeking a **highly motivated and organised individual** to join our team as a **HP Wellness Co-ordinator**. This dual-role position will support athlete welfare and provide practical culinary and nutrition-focused assistance to Rowing Ireland's High-Performance programs.

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## Summary

This role is essential to supporting the health, wellbeing, and performance of Rowing Ireland's athletes. The **HP Wellness Co-ordinator** will engage directly with athletes to provide support and guidance while also offering practical assistance in meal preparation, nutrition education, and creating a supportive environment. This combined approach ensures athletes are physically nourished and emotionally supported, enabling them to perform at their best.

## Key Responsibilities

### Athlete Welfare

- Act as a key contact for athletes, providing guidance and support to ensure their welfare needs are met.
- Engage in regular communication with athletes, building trust and fostering a positive training environment.
- Work collaboratively with coaches, medical staff, and High-Performance personnel to identify and address welfare needs.
- Promote mental wellbeing and a healthy work-life balance for athletes during training and competition periods.

### Nutrition and Culinary Support

- Plan and prepare nutritious meals tailored to the needs of athletes during training camps and competitions.
- Collaborate with sports dietitians and High-Performance staff to align meal plans with performance goals.
- Manage procurement and inventory of food supplies, ensuring adherence to food safety standards.
- Provide on-site support during camps and events, including meal preparation and serving as needed.
- Implement and monitor food safety standards, ensuring compliance with all relevant health and safety legislation (Training will be given should required)
- Conduct regular checks and maintain documentation related to kitchen safety and hygiene.

### Communication and Coordination

- Maintain open lines of communication between athletes and High-Performance staff to address any concerns.
- Assist in the organisation and logistics of training camps and events, including nutritional planning and welfare support.
- Provide regular updates and feedback to the High-Performance Director and CEO on athlete welfare.

### Requirements

- Proven experience in meal preparation. Strong interpersonal and communication skills, with the ability to build rapport and trust with athletes and staff.
- Organisational skills to manage multiple responsibilities, including logistical planning.

- Flexibility to work evenings, weekends, and travel to training camps and competitions when required.

## Salary and Benefits

- Daily hours 8am – 3pm
- Opportunities for professional development and training
- Flexitime schedule with the potential for evening and weekend work from time to time

## Application Process

To apply, please submit your **CV and cover letter** clearly outlining your relevant experience and your strategic vision for this role to our recruitment partner Conor Harty at [rowingirelandjobs@hartyvirtualhr.ie](mailto:rowingirelandjobs@hartyvirtualhr.ie) by **5:00 p.m. on Tuesday 20<sup>th</sup> May 2025**.

Rowing Ireland is an equal opportunity employer, committed to equality and diversity. Applications from all suitably qualified candidates are welcomed.