

## Job description

Role:	Sports Osteopath
Location:	Various countries across the globe
Reporting to:	Chief Osteopath – Kieran Lowe
Contract:	Self employed
Shifts:	6 day of up to 18 hrs each day

### Event Summary:

Working in remote locations in temperatures that range from -5 to 40 degrees.

#### Pre event:

- Arrival 2-3 days prior to event start. Crew briefing prior to runners arrival.
- 1 day prior to event start. Runners briefing
- 1 day before – travel to event start line

#### During event

- Camp at start line with Tents, treatment couches and Kit bags with tape, oil etc...
- Camp may move each day to a different location
- Celebration on final running day at camp

#### Post event

- Travel back to hotel
- Celebration at the hotel
- Flight out next day

Some or all runners will have signed up for our support. Some may not, speak to the Chief Osteopath for more information. We will only be treating signed up runners (OA runners).

### The role:

Providing treatment to OA runners throughout the event. Start times differ each day with 03:30 being the earliest (once in the event). Finish times vary depending on the number OA runner signed up, but can finish at 00:30.

#### Pre event:

- Meeting runners and discussing any case history issues highlighted by runners in advance.
- Stretching and preparation advice

#### During event

- AM wake up and 1 camp duty – e.g. waking runners, preparing your truck
- Pre event treatment 1-2 hrs prior to event start for OA runners
- Treatment at checkpoints or on the course for OA runners. Each day has between 3-8 checkpoints. Ad-hoc checkpoints may be setup as needed.
- Post event day treatment working though all OA runners.

#### Post event

- Networking with runners
- Rehab advice

There will be significant periods of time when you will be at a checkpoint, start line or finish line with other crew members not treating runners.

**Key responsibilities:**

1. Provide treatment for OA runners with MSK conditions
2. Screening for systemic issues to refer to the race doctors
3. Provide Sports Massage, taping and bracing for OA runners
4. Liaise with medical crew to provide suitable first aid and medical care
5. Keep an audio record of treatment provided to OA runners
6. Offer wellbeing advice and support to OA runners

# Osteo Adventures

Treating people all over the world

## Person Specification



Attributes	Essential	Desirable
Education/Qualifications	BSc or higher in Osteopathy	Knowledge and experience working within sports communities
		Further formal qualifications of a sporting nature
Job related skills and capabilities	Ability to work autonomously	Experience working with other healthcare professionals
	Good biomechanical assessment skills	Experience of working outside of a clinic space
		Experience with exercise programme, taping and bracing
		Experience giving advice on sports nutrition and sports psychology
		Experience working with sports injuries
Personal skills and mind-set	Proactively minded	Advocates a healthy lifestyle
	Excellent communicator verbally and written	Actively involved in sport/activities
	Organised and Punctual	
	Warm, caring and passionate	
	Fun!	