

Rotherham United Football Club



Student Placement Program Induction Handbook

**Sheffield
Hallam
University**



OVERVIEW

Rotherham United are pleased to offer Sheffield Hallam University Physiotherapy students the opportunity of placements within their Performance Science and Medicine Department. Whilst on placement students will be able to view and participate in the monitoring and assistance of overall player performance using the resources and clinical knowledge/reasoning of our departments Physiotherapists and Sport Scientists.

As part of this placement students will be expected to fit seamlessly into the multi-disciplinary team taking advice and guidance from all members of staff to enhance your experience and learning. The placement is designed to provide both observational and practical situations in which to develop students skills through the expert guidance of our clinical team. Each student will have an individual mentor assigned to them whilst with the club who should be their first point of contact for any problems experienced during their placement period. These mentors may change throughout placement as students will be required to operate under both medical and sport science realms to obtain a holistic educational experience.

The placement opportunity offered is within the environment of a professional football club and although each student will be treated with the utmost respect and professionalism, it is the student who must remember they are coming into a high performance environment where results and performances are the driver of daily practice. A strong level of emotional intelligence and communicative ability are paramount to working successfully during placement.

This will be unlike other placements students may have already experienced in the NHS, or private clinics. We do not work by appointments or time slots but operate by conversing regularly amongst ourselves within the MDT to prescribe a sound daily schedule that is key for us to manage a full squad successfully.

Our methodology in dealing with injuries is to use the time we have as an opportunity to athletically develop players alongside their rehabilitation so they come back fitter and more robust compared to how they presented before they got injured. This will require students to work with players in

their exercise regime so students must ensure they are prepared for physical exercise at a high level.

We utilise current, well researched methods and medical reasoning to provide the best possible treatment for players so students will gain a sound education in Return to Training and Return to Play pathways. As the placement will include aspects of sport science students will gain further knowledge in players physical management using technology such as GPS and Force Plates which can objectively guide our programming.

We are a very humble group of staff and we ask that all students bring proactive and inquisitive qualities, asking many questions and expressing an innate desire to learn.

We welcome any ideas or suggestive comments that students may have but we ask that they please make these to their mentor privately without players or coaching staff in attendance.

I'm sure if applicants possess the qualities mentioned above and have a real desire to work hard during your placement, they will have a really enjoyable experience at Rotherham United Football Club.

Best

Ross Burbeary

Performance and Medicine Manager

Logistics and Location

Students will be based at the Rotherham United Training Ground;

Rotherham United Training Complex
Green Lane
Rawmarsh
Rotherham S62 6LA

Click [here](#) to be taken to the Training Ground location on Apple Maps.

There may be occasions where students will be required to travel to the Rotherham United Stadium;

AESSEAL New York Stadium
New York Way
Rotherham S60 1AH

Click [here](#) to be taken to the Stadium location on Apple Maps.

There is ample parking at the Training Ground and Stadium.

Buses are available to and from the top of Green Lane.

Trains are available to Rotherham Town Centre where the stadium is only a 5 minute walk from the station.

Please note there may be occasions where students may be asked to accompany a member of staff to an off site facility such as a gym, swimming pool, testing laboratory. Travel to and from the Training Ground and Stadium will be at the expense of the student but for any journeys to other sites will be in accompaniment to a member of staff, therefore incurring no cost. There will be no requirement for students to chaperone players to any facility as this will violate any insurance.

There is no requirement for students to attend first team fixtures however if there is a request from the student to do so then this may arranged.

Working Hours

Students will be required to work alongside the first team schedule which has the capacity to alter regularly and sometimes without sufficient notice.

Regular schedules would require the student to be available from 0800-1600hrs every week day. There would be a possibility to work Saturday mornings 0800-1200hrs which would predominantly be working with injured players as the first team would be playing in the afternoon, however this can be discussed during your placement as this is not expected of you.

Key Contacts

Ross Burbeary - Performance Science and Medicine Manager

Stephen Gilpin - Head of Medical Services

Dr Vasudevan Mani - Team Doctor

Dominic Rae - First Team Physiotherapist

Callum Ryan-Jones - Sports Rehabilitator

Ryan McMahon - Sports Scientist

Expectations

Student

It is important that students arrive with certain expectations and goals/objectives which they would like to achieve whilst on placement with Rotherham United. We would ask that students provide us with a CV/resume so we are able to ascertain what skills you bring with you. It is also imperative that students set themselves a set of learning objectives so that we can progressively measure and ensure they obtain personally what they want from the experience. On behalf of the club we would expect that students behave in a thoroughly professional manner whilst with us as they will not only be representing Sheffield Hallam University but also Rotherham United Football Club.

It will be expected that students show a high level of theoretical and practical knowledge associated with your current level of academic learning as they will be operating within a high performance department. There will be a requirement during placement to provide a presentation to their assigned mentor or multiple staff within the department.

On arrival at placement students should provide their mentor and tutor with all necessary forms provided by the University to complete their placement paperwork, marking criteria for your appropriate block, marking sheets and attendance records etc.

If students showcase themselves, this will not go unrecognised by the staff. This placement may become a great opportunity to network and provide valuable evidence of employability when looking to begin their career.

Mentor

Mentors will endeavour to go through students objectives with them each week to assess where they are and how they are developing. This mentor will be there to assist students in their professional development but also to ensure they have the opportunity to discuss any issues or difficulties that they may have. We massively encourage students to ensure they use their mentor to discuss any wellbeing issues or other difficulties that may affect their placement.

The person assigned as student mentor will be selected as the most appropriate member of staff at the time to assist the student during their placement, taking in to consideration areas of experience, expertise and future interest.

Students can expect a respectful and professional working environment which is ideal for learning different aspects of treatment and rehabilitation in an elite sporting environment, from vastly experienced and qualified members of staff. Students can also expect to receive fair and objective feedback on their performance, attitude and behaviour whilst with us from a supportive department.

Learning

This is likely to take many forms, from working with single players to groups, to working alongside their mentor or multiple staff. There may be occasions where students are asked to complete some self directed learning or complete tasks whilst being supervised or overseen. Students will not be asked to lead any activity independently with a player or left to their own devices, however students who show a higher level of learning and ability may be provided with greater independence toward the end of their placement period. During the progression of the placement however, those students who show a more proactive approach will be credited accordingly.

Students should let their mentor know if they have any outstanding projects or commitments through university which may impact on their ability to perform during placement as we will endeavour to be as supportive as possible in these circumstances.

MISCELLANEOUS

Kit

All students should be able to provide and ensure that they have adequate footwear for the conditions in which they are required to work, e.g. football boots and appropriate trainers. Training kit will be provided to each student on their first day, as during placement they will be considered a representative of Rotherham United. Any kit provided by the club **MUST** however be returned on completion of placement.

Such items of kit are likely to be T-shirt, Shorts, Tracksuit bottoms, Sweatshirt, Rain Jacket etc, with a waterproof coat also provided as necessary dependant on conditions.

Food

Food is not provided by the club at lunch, however students are free to use the dining room facilities when eating their own food. No food or drink is allowed in either the medical room or gym with the only exception being water allowed.

Emergency Contact

Should students have any problems in attending their placement on any particular day due to illness or unforeseen circumstances they will be provided with an emergency contact number for their mentor. It is their responsibility to contact the university placement supervisor and also the Rotherham United mentor. We expect students to do this at the earliest convenience and by no later than 0800hrs in the morning the day.

COVID Policy

It is a mandatory requirement that all students who apply to be on placement are fully vaccinated within two weeks of beginning placement. Students will not accepted otherwise.

Health & Safety

The health & safety of all staff and students based at Rotherham United is paramount to the club and they will be provided with an induction on their arrival, providing them with details of what to do should there be a fire or emergency situation which requires an evacuation of the building or stadium.

Students will be given a full demonstration of any equipment used within the medical room and gym before they are required to explain or demonstrate its use.

All COVID policies are reflective of the current government guidelines at that time and align with all Football Association, English Football League and Public Health England guidance.

Clinical Placement Supervisor Visits

Any visits by the University Placement supervisor are likely to be arranged in advance between the University supervisor and Placement Mentor at a mutual time convenient for all parties. It is likely that the visit will occur at the placement location and the supervisor may wish to see the student demonstrating some appropriate skill or work, therefore we recognise some preparation may be required by the student prior to the visit to facilitate this.