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BHUTAN OLYMPIC COMMITTEE

Terms of Reference for Physiotherapist Bhutan Olympic Committee (BOC)

Job Details:

- **Position Title: Physiotherapist**
- **Grade: P5/P4 Level**

Key Responsibilities

Physiotherapist will collaborate with athletes, coaches, medical staff, and other stakeholders to ensure the optimal health and performance of athletes. The scope of work includes, but is not limited to:

- **Assessment and Diagnosis:** Perform thorough assessments to diagnose injuries and conditions affecting athletes, ensuring timely and accurate diagnosis.
- **Treatment Planning:** Develop and implement individualised treatment and rehabilitation plans based on the assessment results.
- **Rehabilitation:** Guide athletes through comprehensive rehabilitation programs, ensuring their full recovery and readiness to return to training and competition.
- **Injury Prevention:** Design and implement injury prevention programs, including stretching, strengthening, conditioning exercises, and education on safe practices.
- **Education:** Conduct educational sessions for athletes, coaches, and support staff on best practices for injury prevention, treatment, and recovery.
- **Match/Event Support:** Provide on-site physiotherapy services during training sessions, matches, and events, including first aid, emergency care, and post-event recovery protocols.
- **Collaboration:** Work closely with medical doctors, fitness trainers, coaches and other health professionals to provide comprehensive and holistic care to athletes.
- **Monitoring and Reporting:** Regularly monitor athletes' progress, maintain detailed records of treatments and outcomes, and report any issues encountered.



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- **Research and Development:** Stay updated with the latest research and developments in sports physiotherapy, integrating evidence-based practices into daily operations.
- **Return to Play and Competition:** Develop and implement a standardized Return to Play and Competition protocol to ensure athletes are fully prepared to resume sports activities.
- **Documentation and Record Keeping:** Maintain accurate records of project activities, outcomes, and stakeholder communications. Prepare comprehensive project reports for internal and external stakeholders.
- **Additional Duties:** The physiotherapist will carry out any other duties as may be assigned by the President, Secretary General, Head of SRDD, or HR Officer, demonstrating flexibility and a commitment to the overall mission of the BOC.
- **Accountability:** The physiotherapist will be accountable to the Secretary General, BOC, and the Head of the Sports Research and Development Division (SRDD) for all assigned tasks, ensuring transparency and adherence to organizational standards.

Required Qualifications:

- Degree in Physiotherapy from a university recognized by the Royal University of Bhutan.
- Must hold a valid Bhutan Medical and Health Council (BHMC) certification and licence to practise as a physiotherapist in Bhutan.
- Preferred:
 - Strong knowledge of sports injuries, rehabilitation techniques, and injury prevention strategies.
 - Experience working with professional athletes or sports teams, particularly in an Olympic or international sports context (preferred).