

For March, we'd like you to meet two more of our superb BDA volunteers, Lisa Baker and Irene Riach, as we showcase the roles and activities they undertake, and thank them for the fantastic contribution they make to the dietetic profession

Thank you to our 1000+ highly valued BDA member volunteers



Every day is a learning opportunity and working with the board of the SENr has brought me closer to the roles and operations of the BDA and also given me further opportunities to form stronger links with key people in my profession

Q. Job title and work location

"Irene Riach, National Lead for Performance Nutrition at the sportscotland Institute of Sport, Stirling, Scotland."

Q. Volunteer role

"Member of the Sport and Exercise Nutrition register (SENr) Board."

Q. What attracted you initially to the role?

"I've worked full time in performance nutrition for 21 years across a variety of sports at an elite level. I was involved in the consultation and competency mapping of the initial register for dietitians in sport exercise nutrition and this has evolved to be the SENr it is today.

I'm motivated to give back to the profession and support the register to be recognised as the gold standard in our profession. In the long run, this will support our athletes to perform at their very best on the world stage. I believe I have the knowledge and experience to contribute to the register's development and success and I'm very fortunate to work for an organisation that supports me to give my time for the wider benefit of sport and my profession."

Q. What do you do in this role?

"I give my time, expertise and experience to attend and contribute to SENr board meetings and, where applicable, support specific areas of development via smaller working groups."

Q. Your biggest achievement in the role?

"I'm very proud of being a co-author of the position statement on the use of supplements which was published in 2016. Our aim was to produce a very practical document that the membership can use in their day-to-day work and, up to now, the register has had very positive feedback, which is brilliant news and a good example of the board working hard for the membership."

Q. Would you recommend to others?

"I would definitely recommend getting involved in the activities of the SENr to fellow practitioners."

Q. Has this role helped your professional development/career?

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MORE INFO

The Sport and Exercise Nutrition Register (SENr) which continues to expand is a nationally recognised quality mark for those working autonomously in the area of sports and exercise nutrition. It is designed to credit suitably qualified and experienced individuals who have met specific criteria, ensuring public protection and high standards of sport and exercise nutrition practice.

For more information, visit senn.org.uk, join the BDA Sports Nutrition Specialist Group, or take a look at the BDA Food Fast Street on Sport bda.uk.com/foodfacts.