



Sports Trainer - Roles & Responsibilities

Sports Trainers graduating from the SSP are for the most part volunteers. The actual training comes from Sports Medicine Australia (SMA) professional members and provides practical skills and knowledge that enables the Sports Trainer to help to reduce the incidence and limit the severity of sports injuries to participants.

The Sports Trainer provides a crucial link between the coach, player and health professional. Sports Trainer's prime responsibility is to make sport safer.

Level 1 Sports Trainer

The Level one Sports Trainer will be able to competently manage sporting injuries and effectively carry out DRABCD, CPR, STOP, TOTAPS, RICER, along with:

- demonstrate effective use of all types of equipment used for the transport of injured athletes, equipment maintenance, appropriate choice of equipment and correct procedures for transport of the injured athlete
- Implement appropriate injury prevention protocols
- Prepare players for competition
- Providing appropriate immediate injury management techniques
- Providing immediate crisis management of severe injuries
- Referral of injuries to a more qualified health professional for further advice and management
- Work in conjunction with health professionals (e.g. physiotherapist or GP) and the head trainer (where applicable) to ensure a safe return to play for injured players.
- Educate players on the safe return to play principles

Level 2 Sports Trainers:

The Level 2 Sports Trainer will be able to effectively carry out the roles and responsibilities of the Level 1 Sports Trainer, as well as:

- Manage the sports medicine team of the club
- Set up and maintain the Sports Trainers' room
- Provide advice to the club on responsibilities and insurance needs of sports trainers.
- Provide effective communication on injuries to coaches and players, by:
 - a) Identifying mechanism of injury.
 - b) describe immediate injury management approaches
 - c) identify possible complications and potential problems.
 - d) describe the referral time and profession required (ie physiotherapy – may be a few days to get an appointment).

- Assist with travel arrangements for sports trainers
- Preparation for team travel
- Assist with rehabilitation of injured athletes under the direction of the team doctor or physiotherapist, and be able to:
 - a) Explain the inflammatory response to injury, and be able to differentiate the phases of tissue repair.
 - b) Outline the major components of rehabilitation and illustrate the role of each component in restoring the injured athlete to pre-injury capacity (where possible).
 - c) Provide information of initial treatment of the injury to appropriate health professionals
 - d) Outline the role of the sports trainer within the rehabilitation process
 - e) Analyse case studies of specific injuries and demonstrate/report on practical steps in the rehabilitation process
 - f) describe the major components of rehabilitation required
 - g) Recognise potential psychological reactions to injuries (ie player having difficulty in adjusting to a long term injury)
 - h) Apply appropriate skills and strategies in rehabilitation (ie how do you keep a long term injured athlete interested in the sport and club to ensure they return to the club post injury)