

SPORTS TRAINER CODE OF ETHICS



The 'Sports Trainer Code of Ethics' is the governing SMA and 'best practice' policy for all practising sports trainers. There are five key principles that sports trainers must agree to.

They are as follows:

1

It is the primary role of the sports trainer to apply his/her knowledge and skills to help make sport and recreation safer. This is achieved by implementing appropriate injury prevention regimes; in the case of injury, applying appropriate initial management procedures; and referring injuries, as necessary, to a more qualified health professional for further advice and management.

2

The sports trainer must clearly understand their defined roles and responsibilities and has a moral responsibility to work within the limits of their qualifications and hence not assume roles outside of those predetermined ones. In keeping within the limits of their qualifications, the sports trainer must, if appropriate, refer injuries to a more qualified health professional.

3

Assure athletes and yourself that your actions are at all times unambiguously professional, and appreciate the importance of seeking to defuse anxiety and apprehension before touching an athlete by means of verbal explanation of your intention.

4

Sports trainers are trained to provide definite skills and knowledge (as outlined in the roles and responsibilities) to sports clubs/sporting events and it is acceptable to receive remuneration for their time and involvement with that club/event. It is, however, clearly inappropriate and outside of the role in which the sports trainer is educated to offer him/herself as a primary health care practitioner and charge on a fee-for-service basis.

5

If a sports trainer is found to be acting outside of the above guidelines they will be investigated by Sports Medicine Australia and possibly have their certification/ accreditation revoked.

