

CLUB TRAINER'S 2017



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TRAINER REQUIREMENTS

- Every match is required to have a qualified Club Trainer.
- A suspended player or club official cannot be a Trainer.
- A Trainer subject to the same investigations and penalties as a player; including suspension, sanctions and fines.
- A Trainer's role is solely to provide medical assistance to players when required. (eg can't run water).
- A Trainer is permitted on the playing field.
- A Trainer is not permitted to:
 - deliver messages from the coaches to players;
 - interfere with the course of play, including standing and filling a space at set plays;
 - coach or remain on the field barracking;
 - engage physically or verbally with an opposition player, coach, official or umpire;
 - use foul or abusive language.
- Trainer fails to immediately respond to any request by a field umpire or breaches the above free kick and/or be reported.

SUPPORT PERSONNEL UNIFORM

Safety – identifiable to umpires, players



Runner

Allowed 2 runners per team



Trainer, min. 16 years

Level 1 Sports Trainer or equivalent qualification



Water

Allowed 4 water carriers per team



Umpire

ABOUT CONCUSSION

- Concussion is a mild brain injury, caused by trauma that results in temporary dysfunction of the brain.
- Concussion is a functional injury rather than structural damage.
- Changes are temporary and recover spontaneously if managed correctly.
- Most cases of concussion recover uneventfully within 10-14 days of injury.

CONCUSSION POLICY

A player suspected of having suffered a head injury/concussion or is knocked unconscious shall:

- Be assessed by any member of the team's support personnel using the Pocket Concussion Recognition Tool (CRT), preferably within 10 minutes of the incident.
- Use of the Pocket (CRT) requires NO medical training.
- Have the matter recorded at the conclusion of the match via the WAAFL APP by the respective team's trainer.

Any player who FAILS the Pocket CRT assessment is not permitted to return to the playing surface.

Any player who loses consciousness has automatically FAILED the concussion assessment and is not permitted to return to the playing surface.

A player whose name is submitted to the WAAFL as having FAILED the Pocket CRT is NOT permitted to play in the WAAFL until his club receives a Medical Certification clearing him to play.

A player who suffers a concussion should on the day of the match:

- NOT consume alcohol and keep well hydrated.
- NOT drive a motor vehicle.
- NOT be left alone, and be woken every 2-3 hours during the night to ensure they are well.
- Seek IMMEDIATE medical attention if they:
 - Are unconscious for more than 5 minutes
 - Develop visual disturbance
 - Are confused
 - Develop nausea/vomiting
 - Have a headache not responding to Paracetamol or Ibuprofen.

AFL CONCUSSION MANAGEMENT

A. GAME DAY MANAGEMENT

1. Recognising the injury.

Sideline Assessment Tools

Pocket CRT - < 10 mins

2. Remove the player from the game.

Must not be allowed to return to play in the same game.

3. Referring the player to a medical doctor for assessment.

Call ambulance. (LOC)

B. FOLLOW UP MANAGEMENT

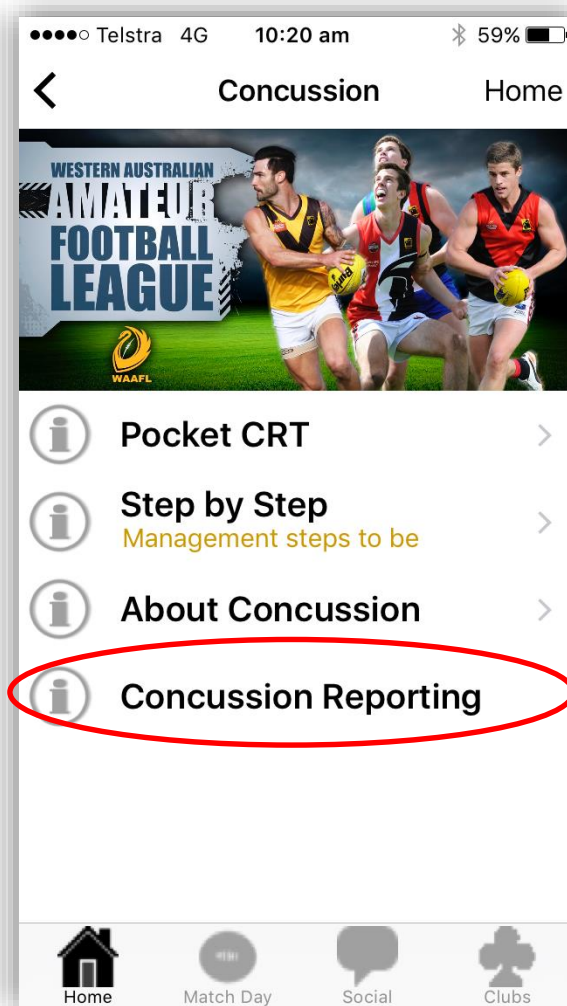
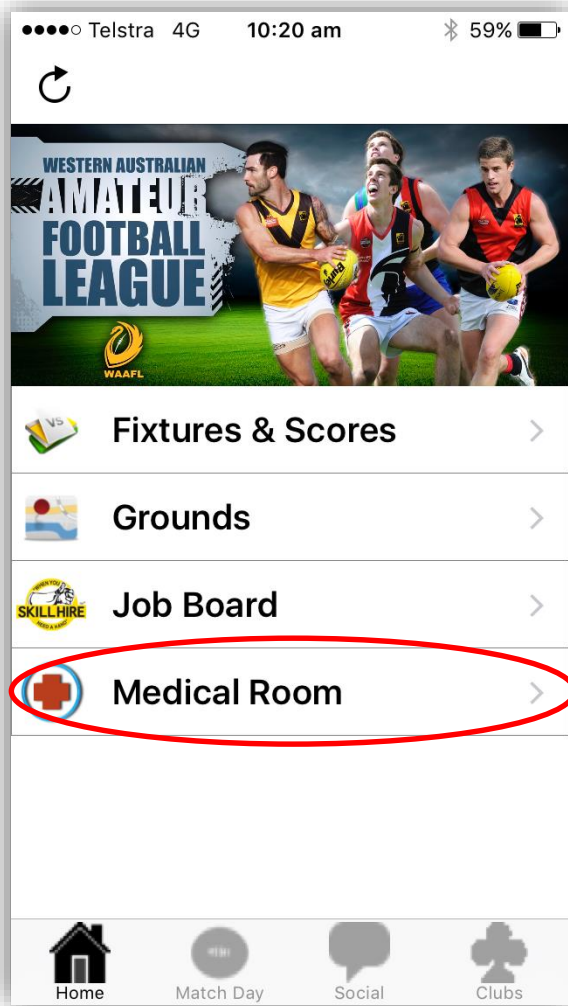
4. Return to play.

Medical clearance required.

Graduated return 'Concussion Rehab'

- i. Rest until symptoms recover.
- ii. Light aerobic activity. (24-48 hours)
- iii. Light, non-contact training drills.
- iv. Non-contact training drills.
- v. Full contact training – only after medical clearance.
- vi. Return to competition (game play).

CONCUSSION REPORTING – VIA WAAFL APP



CONCUSSION REPORTING FORM

Telstra 4G 10:21 am 59%

< Concussion Concussion Reporting

WAAFL Concussion Report

Club *

Grade *

Match Date *

DD / MM / YYYY

Trainer *

First Last

Trainer's Contact Number *

Player assessed for concussion *

First Last

Concussion Test Performed *

Player FAILED test (concussed)

Player PASSED test (not concussed)

Submit

Home Match Day Social Clubs

GAINING A MEDICAL CLEARANCE

A player may choose their own Doctor or use one listed below to gain a medical clearance. Any costs are at the player's expense.

Dr Casey White

Sport & Exercise Medicine Doctor
Sport Exercise Movement, Western Sports Medicine Centre
Shop 42, L1, 460 Stirling Hwy, PEPPERMINT GROVE WA 6011
T: +61 8 9284 4511
www.semwa.com.au

Dr Jono Charlesworth

Sport & Exercise Medicine Doctor
Sports Medicine Glengarry
Suite 1, 64 Arnisdale Rd, DUNCRAIG WA 6023
T: +61 8 9246 4055
www.sportsmedicineglengarry.com

Dr Simon Jenkin

Sport & Exercise Medicine Doctor
Sport Exercise Movement, Western Sports Medicine Centre
Shop 42, L1, 460 Stirling Hwy, PEPPERMINT GROVE WA 6011
T: +61 8 9284 4511
www.semwa.com.au

Dr Tom Hill

Sport & Exercise Medicine Doctor
SportsMed Subiaco; St John of God Hospital
Suite 101; 175 Cambridge St, SUBIACO WA 6008
T: +61 9382 9600
www.sportsmedsubiaco.com.au

Dr. Peter D'Alessandro

BBS Hons. (UWA) FRACS FAOrthA
ORTHOPAEDIC SURGEON
Coastal Orthopaedics & Fiona Stanley Hospital
+61 8 9230 6333 0413 338 339
peter@coastalorthopaedics.com.au
www.drpeterdalessandro.com.au

BLEEDING

Player to leave the ground – by himself or directed by umpire.

The umpire will stop play at the next possible break in play and allow the replacement of players.

A player directed by the umpire to leave the ground:

- can seek medical attention at any point off the ground (ie; is not required to leave through the interchange area).
- the replacement player shall enter through the interchange area.
- the injured player shall enter through the interchange area when resuming play.

EXTREME HEAT

Where weather forecasts are for extreme heat, the General Manager will direct clubs via circular.

The WAAFL will direct clubs on the match conditions by Thursday 3pm preceding the match.

The WAAFL may consider the following:

- a) re-schedule start times to avoid hot conditions.
- b) extend interchange bench by two players.
- c) increase the number of water carriers to provide adequate drinks to players and umpires as required.
- d) increase the length of scheduled breaks to enable teams to leave the field for shade: quarter time and three quarter - 10 minutes, half time - 25 minutes.
- e) provide extra field and boundary umpires.
- f) Postpone, cancel or terminate matches.

USE OF A STRETCHER

AFL Laws of Australian Football (7.3)

If a stretcher is called –

- Time on called by umpires.
- Injured player leaves the field on stretcher via shortest route to changerooms OR injured player walks off the field through interchange area.
- Injured player can be replaced immediately.
- Injured player cannot resume playing for 20 minutes (excluding breaks).

DRUGS AND ALCOHOL

- A player is not permitted to train or play under the influence of drugs or alcohol.