

CIRCULAR



PERTH FOOTBALL
L E A G U E

Subject: CLUB TRAINER REQUIREMENTS AND 2019 WORKSHOP

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Audience: Club Committees, Club Trainers, Perth Football League Board Members

<p>Summary: 2019 Trainer information form is now available for completion.</p> <p>Club Trainer workshop will be conducted 6-8pm, Wednesday 3 April 2019 at Subiaco Oval</p>	<p>Action: Form to be completed by 17 March 2019 CLICK HERE to complete form</p> <p>RSVP for workshop required. CLICK HERE to RSVP</p>
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CLUB TRAINER 2019 REQUIREMENTS

Please submit details of each team's trainer on the form provided by 17 March 2019. [CLICK HERE to complete form](#)

As required by the Perth Football League By-laws the following is required of each team's trainer.

- Each team shall have a suitably qualified Trainer (Level 1 accredited Sports Trainer as a minimum)
- Trainers shall have attained the age of 16 years.
- Trainers must be dressed in the approved Perth Football League trainer uniform. (Grey t-shirt)

Please visit: <https://sma.org.au/training-courses/> for information on upcoming Sports Trainer courses.

Physiotherapy students may meet the minimum requirement. Please see Level 1 Sports Trainer course outline on page 2 of this circular.

REPORTING OF CONCUSSION

It is mandatory for all Club Trainers record via the Perth Football League APP any player suspected of having suffered a head injury/concussion or is knocked unconscious during training or a match.

Clubs should ensure each trainer has access to the Perth Football League APP via its iPad or other device.

CLUB TRAINER WORKSHOP

A Club Trainer Workshop will be conducted 6pm-8pm, Wednesday 3 April 2019 in the Outridge Hoft Room; Gate 2, Subiaco Oval. This practical workshop is open to all club trainers wishing to enhance their skills and knowledge.

Key topics:

- Managing concussion
- Common strapping techniques

This is not a compulsory workshop. Due to the size of the room clubs are requested to RSVP to attend. There is no cost to trainers attending.

Please [CLICK HERE to RSVP](#).

Level 1 Sports Trainer

Course Outline

Sports Medicine Australia's (SMA) Level 1 Sports Trainer course is designed to introduce participants to the basic knowledge and skills required by a Sports Trainer. These skills include the management of specific sporting injuries, sports taping and transporting an injured athlete. This course educates prospective Sports Trainers, teachers, coaches, administrators and parents on the basic principles of sports medicine.

The successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become an SMA Accredited Sports Trainer. This is the standard requirement to perform the duties of a Sports Trainer in most major Australian sporting codes.

The course covers the following units:

- Sports Trainer in Action
- Basic Musculoskeletal Anatomy
- Preventing Sports Injuries
- Nutrition and Hydration in Sport
- Drugs in Sport
- Management of the Injured Athlete
- Common Medical Conditions
- Concussion
- Sports Taping (ankle, thumb and finger)
- Transporting the Injured Athlete
- Common Sporting Illness and Injuries

Course Prerequisites

- HLTAID003 Provide First Aid (completed within 3 years)
- HLTAID001 Provide CPR (completed within 12 months)
- Successful completion of the Level 1 Sports Trainer online learning. Please refer to Delivery Mode/Duration for more information on the online learning.

Please note: evidence of the above prerequisites must be provided to SMA prior to attendance at a course. Students who do not provide sufficient evidence of the required prerequisites will have their enrolment deemed incomplete. Students who do not complete the enrolment process within 15 business days of the course start date, will be unenrolled.