



VOLUNTEER POSITION DESCRIPTIONS

SPORTS TRAINER

Responsibilities

Sports Trainers and LeagueSafe personnel work in conjunction with the Coach and / or Sports Trainer Co-ordinator to ensure all players reach and maintain required fitness levels and ensure they have a safe, healthy and enjoyable training and playing environment.

Duties

- » Ensure that you have the necessary and up to date accreditation for your team as per the NRL On-Field Policy
- » Control the warm-up, cool-down and stretching drills for all players
- » Assist the coach to assess player injuries sustained during training and playing
- » Report all injury concerns to the coach and Sports Trainer Co-ordinator
- » Liaise regularly with club's Sports Trainer Co-ordinator
- » Keep up to date with modern methods and techniques, especially in the area of the treatment, and rehabilitation, of injured players
- » Provide reports to the coach on player development and attitude
- » Ensure that all necessary team first aid equipment is available
- » Ensure the various equipment required by the team is available: for example, squeeze bottles and ice packs
- » Ensure that all health requirements are being observed for the treatment of players by the club's Sports Trainers
- » Provide details of all player injuries to the club's Sports Trainer Co-ordinator
- » Hold appropriate qualifications and current accreditations at all times
- » Undertake Head Injury / Concussion training as required
- » Ensure compliance with Concussion protocols if any head injuries or suspected concussions are identified

Notes

The NRL policy states that all official personnel over the age of 16 years that enter the field of play to attend to a player must possess at minimum a LeagueSafe Certificate or a Level 1 Sports Trainer accreditation.

For information on coaching updates, resources and courses visit:

The Home of Trainer Education - <https://playnrl.com/trainer/>