



Golden Grove Football Club

Sports Trainer Policy

This policy outlines the policies relating to qualifications & responsibilities of persons undertaking the role of a first aider or sports trainer for our Club, including the management of all sports related injuries and incidents.

It represents our Club's commitment to its players and volunteers.

This Policy will help to ensure our Club meets its duty of care in relation to the health and safety of our players and volunteers.

Sports Trainer Definition:

Persons who render first aid assistance to the teams of GGFC are referred to as First Aiders/Sports Trainers.

GGFC has a head trainer to whom all enquiries regarding club policies, reporting, supplies and assistance are to be directed.

Qualifications required for a First Aiders/Sports Trainer

As required by the relevant leagues but minimum preferred requirements are current First Aid Certificate & current CPR Certificate together with:-

- Current Working With Children Check
- PTBR Child Protection module (but all are worthwhile doing) [Play by the Rules Online Courses - Play by the Rules - Making Sport inclusive, safe and fair](#)

Trainers Roles and Responsibilities and Information

- Ensure the stretcher is on the ground before play – neck braces are not provided and are not to be used.
- Effectively apply the DRSABCD regime in all instances at first response.
- Provide a level of care consistent with your knowledge and training only, utilizing the most recent tools to assess and treat injuries provided with your trainer handbook i.e. Concussion Recognition Tool, Asthma, RICER, NOHARM, etc.
- Only touch when appropriate and explain what you are doing
- Effectively implement infection control practices.
- Use protective gloves when dealing with body fluids, e.g. Blood
- If a player is unable to pick themselves up off the ground the game must stop. Under no circumstances are parents or team officials to move any player that has a serious injury.
- If the injury is not serious or life threatening, i.e. twisted ankle, broken arm, etc. the stretcher will be used to remove the player safely from the ground, otherwise an ambulance will be called.
- Players must be stretchered off if they cannot walk off the ground with assistance (children are not to be picked up)
- If in doubt – call an ambulance 000.



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- If an ambulance is called, you need to get the oval gate key from the canteen
- Defibrillator is located just inside the medical room door if needed
- Do not give advice on procedures outside your level of training
- Do not supply painkillers to players (including paracetamol.)
- Adhere to dress code as required by relevant league/s
- All players deemed as having concussion shall not take any further part in the training/game and will not be able to return to training or games in terms of the current protocols and only if they provide a written medical clearance to the head trainer (see below for additional information).
- Any major injuries requiring referral to a doctor need to be reported to the club via an injury report form

Trainer Handbook & First Aid Kit

First aid kit is supplied by the club at the beginning of each season. Replacement of stock is to be obtained from Head Trainer.

Trainer handbook includes relevant contacts and action items for the management of:-

- DRSABCD
- Concussion (SCAT test)
- Wounds
- Soft & Hard Tissue Injuries (RICER & NOHARM)
- Asthma

Trainers are to ensure the first aid equipment is available at both training and games and is easily accessible, clean and organized.

Guidelines for Concussion Management in Community Football

The Guidelines reflect the latest medical advice on managing concussion in Australian Football and are principally about protecting the health and safety of players and are summarised below:-

- (a) Head impacts can be associated with serious and potentially fatal brain injuries.
- (b) In the early stages of injury, it is often not clear whether you are dealing with a concussion or if there is a more severe underlying structural head injury. For this reason, the most important steps in initial management include:
 - (i) Recognising a suspected concussion.
 - (ii) Removing the player from the match or training; and
 - (iii) Referring the player to a medical doctor for assessment.
- (c) Any player who has suffered a concussion or is suspected of having a concussion must be medically assessed at the appropriate SCAT level as soon as possible after the injury and must NOT be allowed to return to play in the same match/training session.



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(d) There should be an appropriately accredited first aid provider at every match and the basic rules of first aid should be used when dealing with any player who is unconscious or injured.

(e) Important steps for return to play following concussion include:

- (i) A brief period of complete physical and cognitive rest (24-48 hours).
- (ii) A period of symptom-limited activity to allow full recovery; and
- (iii) A graded loading program (with monitoring).
- (iv) Clearance by a medical doctor

(f) Players should not enter the graded loading program until they have recovered from their concussion. Recovery means that all concussion-related symptoms and signs have fully resolved (for at least 24 hours) at rest and with activities of daily living, and they have successfully returned to work or school, without restrictions.

(g) In addition to the processes outlined in this document, any concussed player must not return to competitive contact sport (including full contact training sessions) before having moved through the graded recovery process outlined in Schedule 2 and obtained medical clearance.

(h) The earliest that a player may return to play (once they have successfully completed a graded loading program and they have obtained medical clearance) is on the 12th day after the day on which the concussion was suffered.

(i) The AFL-approved concussion management app HeadCheck (www.headcheck.com.au) should be utilised to recognise and assist in the management of any suspected concussion for both adults and children.

Note the return to train/play time frame of the 12th day after the day on which the concussion was suffered is in respect of confirmed concussions.

In the event there is a suspected concussion, medical assessment will be required and if the player obtains a doctors clearance stating that there was no concussion then the player can return to train/play immediately (or as guided by the doctor). Doctors report is to be provided to the club.

If a concussion is confirmed, then the initial doctors report is to be provided to the club and a further doctors report after the 12th day is to be provided to the club confirming full clearance to play.

The full AFL Guidelines document can be found here:

[The updated guidelines – The Management of Sport-Related Concussion in Australian Football](#)

This policy will be reviewed regularly to ensure it remains relevant to Club operations and reflects both community expectations and legal requirements.

Approval Date	June 2023
Review Date	June 2024
Responsible Officer	Head Trainer