



Roles and Responsibilities of the Sports Trainer

Prevention of injury is a key concept reinforced throughout every role and duty the Level 1 Sports Trainer undertakes. The Level 1 Sports Trainers' prime responsibility is to **help make sport safer**. As a Sports Trainer you should be constantly aware of:

- How you can prevent injury from occurring initially?
- How can you prevent an injury from reoccurring once an injury has been sustained?
- How you can prevent the recurrence of an injury?

The Level 1 Sports Trainer should have a clear understanding of their roles and responsibilities and should work within these specifications. The Level 1 Sports Trainer roles and responsibilities are outlined in the table below:

Role	Sports Trainer Responsibilities
Administration	Maintain appropriate records: <ul style="list-style-type: none"> - injuries managed - athletes medical history - confidentiality. Order and maintain stock/equipment: <ul style="list-style-type: none"> - first aid kit - sports trainer's room. Budgeting. Rosters.
Communication	Communicate effectively with other health professionals. Develop relationships with other SASMA members to enhance and encourage referrals.
Continuing education	Ensure ongoing development and training. Ensure accreditation and skills are kept up-to-date.
Drugs in Sport	Be cognisant of the International Olympic Committee medical code. Have knowledge of the appropriate sources of information regarding the permitted use of medications and substances in sport. Have knowledge of who is eligible to be drug tested. Understand Sports Trainers' rights and responsibilities in relation to drug and substance recommendations and drug testing. Have knowledge of the effects of common Over The Counter products.

Role	Sports Trainer Responsibilities
Education of athletes and officials	Provide a means of educational support for athletes and officials in all areas that encompass a Sports Trainer's scope.
Fluid replacement	Ensure that fluid replacement for athletes during training and competition is maintained to assist with prevention of heat illness.
Hygiene	Effectively implement infection control practices.
Injury Management	<p>Systematically approach an injury situation using the TOTAPS approach.</p> <p>Provide appropriate initial management of sports injuries and reduce the likelihood of further damage.</p> <p>Assist with the following, under the guidance of the appropriate health professional:</p> <ul style="list-style-type: none"> - rehabilitation of the injured athlete - assessment of the athletes readiness to return to training and competition.
Taping	<p>Effectively tape an ankle, fingers and thumb.</p> <p>Know the precautions to taping.</p>
Nutrition	<p>Have a basic understanding of:</p> <ul style="list-style-type: none"> - components of a balanced diet - fluid replacement - pre and post event meals - recovery.
Medical conditions	<p>Have a knowledge of:</p> <ul style="list-style-type: none"> - contra-indications of involvement in sport with infectious illnesses and chronic medical conditions - the value of sports participation for athletes with chronic medical conditions.
Management of specific injuries	<p>Recognise and provide appropriate initial management of:</p> <ul style="list-style-type: none"> - head and spinal injury - trunk injury - upper and lower limb injury - skin injuries - heat and cold illness/injury. <p>Under the guidance of the appropriate health professional, assist with on-going management of upper and lower limb injuries.</p> <p>Have knowledge of the use, advantages and disadvantages of both dry and moist wound management.</p>
Warm-up, Stretching and Cool Down	Be able to conduct an effective warm-up, stretching and cool down program.

Re-accreditation is required every three years for Level 1 Sports Trainers to remain a part of the Sports Trainers Program.

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