

# DUDLEY - REDHEAD J.R.L.F.C.

# **The Mighty Magpies**



## **SPORTS TRAINER/FAO JOB DESCRIPTION**

### **Responsibilities:**

Sports Trainers &/or FAO's (First Aid Officer) work in conjunction with the Coach and/or Sports Trainer/FAO 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:**

- 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 club Sports Trainer/FAO Coordinator.
- 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 all players observe the rules in relation to head injuries.
- 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/FAO's.
- Provide details of all player injuries to the club's committee
- Hold appropriate qualifications and current accreditations at all times.

### **Notes:**

ARL policy states that all official personnel over the age of 14 years, who enter the Field of Play to attend a player, must possess a Leaguesafe Certificate of Attendance or an accredited ARL First Aid Officers Certificate. The ARL policy further states that the minimum qualification to act as an ARL First Aid Officer is FAO Level 1.

## **Medical Advice Card**

As a Rugby League First Aid Officer you will be aware of your responsibilities, duties and limitations through your training in becoming a Rugby League First Aid Officer.

- One of your major responsibilities is the “total care and welfare of the players under your care”.
- To assist you with this task it is of the utmost importance that a medical advice card system be implemented by you within your club.
- This will provide you with information about a player’s health status and other important information in cases of emergencies.

### **Implementation**

- Discuss the system with your Club or Group officials and have the procedure adopted at a Club or Group meeting.
- Have the Club or Group appoint an Honorary Medical Adviser, if possible, so that you have access to medical advice if needed.
- Have the cards distributed, completed and collected before a player plays in a game under the control of your Club or Group.
- You should check each card carefully and be aware of any special medical conditions, injuries, etc. that a player may have.
- If you consider that a player may need further medical evaluation or advice about a condition or injury before playing he should be referred to the honorary medical adviser to the Club or Group or his own Doctor.
- You should keep all cards, and information contained on the card should only be available to yourself and other accredited Rugby League First Aid Officers in your Club or Group who will be caring for these players, and the Honorary Medical Adviser.
- They should be continually updated as the season proceeds if a player’s health status changes or a significant injury occurs to that player.
- The above procedure would as far as is humanly possible protect players privacy and above all protect the player from further injury or harm due to ignorance of a condition or injury that he may have.

**Confidentiality is of the utmost importance**