



# 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

- » 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 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
- » Provide details of all player injuries to the club's Sports Trainer Co-ordinator
- » Hold appropriate qualifications and current accreditations at all times

### Notes

The NRL policy states that all official personnel over the age of 14 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/>