

Organising a Sports Trainer Fact Sheet

How can an organisation know what to look for in a Sports Trainer? Sports Medicine Australia has developed this fact sheet to answer the most frequently asked questions.

1. What qualifications should a Sports Trainer have to work with my sporting team?

To ensure that you have a suitably qualified Sports Trainer Sports Medicine Australia Qld has developed the following qualification checklist;

- ❑ **CURRENT SMA Level 1 or Level 2 Sports Trainer Accreditation** – this is issued every three years and is a nationally recognised accreditation.
- ❑ **CURRENT CPR** – CPR should be updated every year as recommended by the Australian Resuscitation Council.
- ❑ **Sports Trainer Insurance** – usually renewed annually. All Sports Medicine Australia Sports Trainer Members (this is separate from accreditation) have Sports Medicine Australia National Insurance included in their membership.
- ❑ **Positive Notice blue card** – this is a state requirement for anyone working with or around children and is renewed every two years.

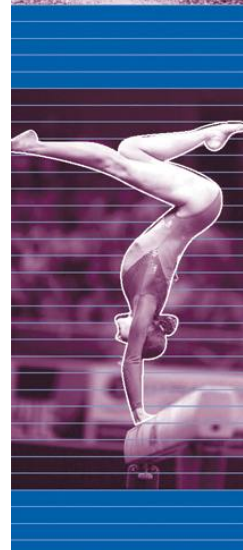
2. How do I know when to use a Level 1 Sports trainer or a Level 2 Sports Trainer.

It can be confusing as to when to use a Level 1 or a Level 2 Trainer. Sports Medicine Australia suggests for sports that are high contact, have continuous injuries and larger events there is a level 2 Sports Trainer present.

It is recommended with high risk sports, that an injury risk analysis is completed and you consider how aggressive play becomes at different age levels, skill level of athletes and the athletes fitness levels. An example is a sport such as Rugby Union; in which case Sports Medicine Australia recommends that 15 years and over should have a Level 2 Sports Trainer in attendance.

3. Do I need to supply the First Aid Kit?

Most Sports Trainers will have their own Sports First Aid Kit. Some clubs and venues will also have kits but they may not meet the requirements of the Sports Trainer. If you wish the Sports Trainer to supply their own kit, ice, or tape inform them that this is the case.



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4. How can I find Sports Trainers for my events?

You have a number of options;

- ❑ You can have Sports Medicine Australia Qld run a customised course for your organisation if you have 12 or more people wishing to gain their Sports Trainer Accreditation.
- ❑ You can organise for your people to attend one of Sports Medicine Australia Qld Safer Sport Program Courses and gain their Sports Trainer Accreditation. These courses are organised on a regular basis throughout the state. See the Sports Medicine Australia Qld website (www.sportsmedicine.com.au) for course availability.
- ❑ You can list your organisation on the Sports Medicine Australia Qld website in the **Coverage Work Available** page. This is a free service that allows organisations looking for Sports Trainers to advertise.
- ❑ You can search the Sports Medicine Australia Qld **Sports Medicine Members Directory** for trainers in your region. This directory has been established to allow organisations access to Sports Trainers and Sports Medicine Professionals that are members of Sports Medicine Australia.

5. What should I pay a Sports Trainer?

Sports Trainers have ongoing expenses relating to the work that they do. They are required to update their skills to continually meet industry expectations, maintain insurance, supply ice, supply tape and to keep their Sports First Aid Kits fully stocked. It is anticipated that organisations will pay Sports Trainers for the service that they receive.

It is therefore recommended that Sports Trainers and organisations negotiate a provider contract. Payment could then be negotiated by the season or by the hour. As an industry guideline a Level 1 Sports Trainer would anticipate an hourly rate from about \$15.00 to \$20.00 per hour depending on experience and a Level 2 Sports Trainer from \$20.00 to \$25.00 per hour. This is a guide only as Trainers are able to negotiate their rate depending on experience, training and ongoing education they have completed to provide a quality service.

6. What should a Sports Trainer wear so that my athletes, coaches and officials recognise them?

Sports Medicine Australia has Sports Trainer Shirts available for purchase. They are red and gold and marked with Sports Medicine Team. These shirts assist in keeping Sports Trainers visible and identifiable amongst sporting teams and large crowds. The shirts are worn and recognised nationally. It is appropriate for an organisation to ask their contracted Sports Trainers to wear a uniform that clearly identifies them as a Sports Trainer.

