



## DUTIES OF REGIONAL TRAINER

- ❑ Attend all team training sessions and games.
- ❑ Liaise with the team coach regarding other duties aside from injury prevention and management.
- ❑ Liaise and co-operate with the manager in the assessment of players whilst on tour.
- ❑ Liaise with the appointed State Championship Sports Medicine Officer on issues concerning Darling Downs team members.
- ❑ Educate athletes and officials in all areas of the Sports Trainers responsibilities.
- ❑ Accurately and effectively communicate with team officials, team members and their parents in relation to injury prevention and management.
- ❑ Accurately maintain appropriate records of injuries managed.
- ❑ Maintain appropriate stock of first-aid equipment (with approval of Regional School Sport Officer).
- ❑ Be responsible for the Sports Trainers Room (if available).
- ❑ Organise fluid replacement for the athletes during training and competition.
- ❑ Effectively implement infection control practices.
- ❑ Provide appropriate initial management of sports injuries and reduce the likelihood of further damage.
- ❑ Assist with the rehabilitation of the injured athlete and assessment of the athletes' readiness to return to training and competition.
- ❑ Have knowledge of the components of a balanced meal, fluid replacement, pre and post event meals and recovery.
- ❑ Effectively tape the ankle and or thumb and or finger as required by athletes.
- ❑ Have knowledge of the use, advantages and disadvantages of dry wound and wet wound management.
- ❑ Be able to conduct an effective warm-up, stretching and cool down program.
- ❑ Ensure that you do not use your position to recruit students into school programs.
- ❑ Understand and perform all duties in accordance with the Darling Downs Region School Sport Codes of Conduct.