

## Addressing sports first aid and sports training at your club

### First Aid Kits

Sports Medicine Australia has published a list of recommended items for a first aid kit. The essential items are listed below. A full list of items is available from Sports Medicine Australia

Antiseptic Liquid	Antiseptic Solution
Soap/Disinfectant	Friars Balsam
Basic Dressing Pack	Cotton Wool
Gauze	Eye Pads
Band-aids	Dressing Strips
Non Adhesive Dressings	Crepe Bandage (10cm)
Elastic Bandage (10cm)	Micropore tape
Sports Tape (38mm)	Eye Wash
Sling and Safety Pins	Waste Disposal bin
Sterile Needles or Blood Lancets	
Disposable Examination Gloves	
Sterilising Solution for Implements	
Clean Fresh Water	

### Support

It is important to ensure the first aid and sports trainer staff are supported by the club. This doesn't just mean that they should be paid for their role, it also means providing adequate first aid and sports medical supplies to enable them to complete their task successfully. It may also mean involving them in decisions regarding injured players and their return to sport.

### Update training

Part of the responsibility of a sports first aider and sports trainer maintaining currency with industry requirements. This means attending workshops, completing re-accreditations and having access to information. Clubs should try to support sports trainers to attend update training of this nature.

### What's required to get qualified?

The best and simplest way to become a sports first aider or sports trainer is to complete a nationally accredited training course. Sports Medicine Australia offers both sports first aid and sports trainer courses. Contact Sports Medicine Australia on 9654 7733 or visit [www.sma.org.au](http://www.sma.org.au) for details.

### Further Information

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Smartplay is supported by VicHealth, Sport and Recreation Victoria and Department of Human Services. Smartplay's aim is to encourage all Victorians to be more active by promoting participation in safer sport and recreation activities.



# SAFETY PERSONNEL FOR SPORTING CLUBS

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## Sports First Aid and Sports Trainer

Does your sports club or facility have the personnel to provide first aid in a life-threatening, crisis situation involving a serious injury to a player or participant? Do you have someone at your sports club or facility that can deal with the initial care of an injured player or to provide the best chance of a quick and complete recovery?

Every sporting club and facility has a responsibility to provide a safe environment for their members and participants. Injury prevention and injury management are key components of providing a safe sporting environment. Sadly many Australian sporting clubs and facilities ignore the need to have the appropriate Sports First Aid and Sports Trainer personnel as part of their structure and continue to run the risk of being ill equipped to deal with situations requiring skilled action from trained personnel.

This resource is designed to assist those in management roles of sporting clubs and facilities to be pro-active about sports injury prevention and management. It highlights the importance of sports first aiders and sports trainers and the very special role they play in making sporting environments safer.

## Why sporting clubs need sports first aiders and sports trainers

The following table summarises some of the roles and responsibilities of the sports first aider and sports trainer. It is not an exhaustive list, however provides an indication of the ways in which these important roles make sporting environments safer.

Roles and Responsibilities	
<b>Sports First Aider</b>	<ul style="list-style-type: none"><li>• Prevention of Injury</li><li>• Crisis Management</li><li>• Immediate Injury Management</li><li>• Referral</li><li>• Injury Record Keeping</li></ul>
<b>Sports Trainer</b> <i>(The sports trainers duties also incorporate the Sports First Aider duties listed above)</i>	<ul style="list-style-type: none"><li>• Education of Athletes &amp; Officials</li><li>• Injury Management</li><li>• Taping</li></ul>

*(A comprehensive list of sports first aid and sports trainer duties are available from Sports Medicine Australia)*

## Benefits of having a sports first aider and sports trainer at your club

### Better response to emergency situations

Whilst we hope crisis situations never arise, they do. Qualified sports first aiders and sports trainers are trained to deal with emergency situations. This maximises the possibility of a player being treated quickly and carefully, and minimises the risk of long term injury and potential pain and suffering.

### Less likelihood of injuries occurring and recurring

Correct preventative procedures are important in reducing the risk of players getting injured. A procedure such as joint strapping/taping is a simple example of one of the preventative procedures that sports trainers carry out. This is especially important as a preventative measure for a player who is returning to sport after injury, or who is susceptible to a particular type of injury.

### Less severe injuries

A sports first aider or sports trainer is usually the first person to attend to an injury on the sporting arena. In these circumstances, not only can the right skills save a person's life, they can at the very least reduce the severity of the injury by putting in place correct procedures as soon as an injury occurs. This is likely to result in a player spending as little time as necessary on the sidelines recovering.

### Improved risk management

Risk management is important to all clubs. Having appropriately trained sports first aiders and sports trainers improves the way clubs deal with the risk of physical injury to participants. All clubs are facing greater pressures from insurers to ensure that appropriate risk management procedures are in place. Sports first aiders and sports trainers are one of a number of important components of a club's risk management plan.

### Increased attraction

Safety is one of the criteria that may influence the decision to participate at a sporting club or facility. Parents in particular, understandably want to ensure their children's safety is the highest priority when playing sport. Having suitably qualified personnel is an excellent way of reassuring potential members and their families that safety is a high priority at your club.