

East Brighton Vampires Junior Football Club
2021 TRAINERS' HANDBOOK

Date: February 2021

Approved: Karen Bennett

Review: February 2022

Purpose

The purpose of this handbook is to help Trainers understand the requirements and expectations for the role.

This handbook should be read in conjunction with the SMJFL By-Laws which are available on the league website <https://smjfl.com.au/index0197/>

1. Trainers Role and Responsibilities

1.1 Availability

Present for all team matches (home and away).

EBVJFC will pay for 2 trainers per team to be qualified. This will ensure that every game is covered.

1.2 Essential Duties

Pre-Game

- a) Make yourself known to the opposition team's Trainer, ground trainer and/or ground manager (if applicable).
- b) Ensure you are familiar with location of essential emergency equipment
- c) Ensure first aid kit is present, and appropriately stocked (strapping tape, bandages, gauze, etc.) (Refer Checklist – which is provided in the first aid kit)
- d) Ensure you have access to ice
- e) Conduct pre-game check with players re: injury concerns, any strapping required, etc.
- f) Provide any feedback to coach on any individual player concerns

During Game

- g) Assess injuries and, if required, liaise with home ground Trainer and/or appropriate club personnel
- h) Complete an Injury Report for such incidents and send to gm@govampires.com (Refer Appendix 2)
- i) Provide feedback to coach on any individual player concerns

Post-Game

- j) Management and rehabilitation (in conjunction with Head Trainer as necessary, and feedback to coach)
- k) Keep records as per club requirements

2. Player/Personal Protection and Medical Information

Please check with each team member if they have any medical history and have a form completed. Each first aid kit has a register which each team should hold Medical Profile Forms and Injury Reports. This is to be returned to the club at the end of the season. All details are private & confidential and only key personnel should be made aware.

3. Club Committee & Key Contacts

Name (Position)	Contact Details
Karen Bennett, GM, Medical, COVID	gm@govampires.com
Matthew Meath, Vice President	vicepresident@govampires.com
Jarrood Hall, President	president@govampires.com
Karen Kimber, Football Operations	footballoperations@govampires.com
Louise Staite, Child Safety Officer	Childsafetyofficer@govampires.com

4. Relevant Policies

4.1 Trainers Role - Statement from the AFL

The AFL expects that football matches at all levels will be played in good quality environments and the safety of participants is central to that environment.

Sports trainers and first aiders have been part of Australian Football since the origins of the game. They are part of the fabric of every club and play a key role in player preparation and safety at all levels.

In community Australian Football clubs, first aid is usually provided by sports trainers or by other volunteers with medical or higher level allied health (e.g. nursing, physiotherapy, occupational health & safety) qualifications and experience. Sports trainers are likely to play a more major role when there is no-one else with medical or allied health qualifications at a game or training. It is important that sports trainers, and others, are well trained in the first aid needs specifically relevant to Australian Football at the level at which they are involved (e.g. Auskick, juniors, youth, seniors, females, talent pathway, AFL clubs, veterans etc).

The Australian Football League (AFL) believes that planning and practicing what to do when an emergency occurs is an essential part of risk management. All football leagues and clubs must be conversant with first aid procedures and able to deal with emergencies so participants are well cared for. All leagues and clubs should ensure that:

- A person with current first aid qualifications is available at all football games and training sessions.
- An appropriately and adequately stocked first aid kit and well maintained sport-specific rescue/transport equipment are accessible at all training and competition venues.

4.2 South Metro Junior Football League (SMJFL) – Policy & By-Laws Applicable to Trainers

The SMJFL supports the [Sports Trainers in Community Australian Football Policy](#) which is available on the AFL Victoria website.

This section needs to be read in conjunction with the SMJFL By-Laws. The following points section represents excerpts from the SMJFL By-Laws.

17. Interchange

Despite By-Law 17.1, an injured player need not leave the field via the designated interchange area but the replacement player must not enter the field until the injured player has left the field, and must do so via the designated interchange area. If a player who is injured leaves the ground at any place other than through the Interchange area; that Player can return onto the ground via the Interchange area only if the trainer has assessed the player and they deem them fit to take the field.

18. Concussion

18.1. Member Clubs shall comply with concussion protocols issued from time to time by the League.

18.2. If a player is deemed to be concussed on match day, they shall not return to the field of play (or training) until such time as a doctor's certificate has been obtained indicating they are fit to play. This process is to be managed at club level.

19. Blood Rule

19.1. Upon a player being noticed by a Field Umpire to have blood on them, the player must leave the ground immediately via the designated interchange area to be attended to and may be immediately replaced with an interchange player. Once the bleeding has stopped and all blood cleansed or covered (including on any part of the player's uniform), the player may be interchanged back onto the ground. For clarity, the clock is not stopped due to the application of this By-Law.

19.2. This rule applies to all persons entitled to be on the ground during game times.

19.3. Trainers must wear gloves when attending to bleeding players, and all blood infected materials must be bagged separately and disposed of in an appropriate manner

20. 'Trainer' (position overview)

20.15. As per the Sports Trainers in Community Football Policy, https://aflvic.com.au/wp-content/uploads/2013/08/AFL_Trainers_Policy.pdf all Member Clubs must appoint a minimum of one Trainer per team who holds a minimum qualification of Provide First Aid with an up to date CPR component.

20.16. It is recommended that a Venue Trainer is present at all matches. If there is no Venue Trainer with Emergency Response Coordinator (ERC) qualifications present, the home team Trainer for Under 13 and above age groups must also have completed ERC training.

20.17. A Trainer appointed pursuant to By-Law 20.15 must be present for the duration of all games in which the Trainer's team participates.

20.18. Each team must provide one first aid kit (including ice) for use by their team Trainer(s).

20.19. Medical Practitioners can act as a Trainer provided they are in a current clinical practice, are registered with the AHPRA and hold a current CPR qualification.

20.20. In the event of an injury to a player, a Venue Trainer or a second or third Trainer may enter the field of play. Only one trainer is permitted on the team bench. Any additional Trainers must be stationed off the field (outside the fence) and must be wearing the appropriate SMJFL bib

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4.3 COVID Safety Protocols

In order to ensure the safety of all players and trainers the following guidelines should be adhered to:

- Trainers should only be attending first aid incidents, that is emergency care or treatment for an ill or injured player prior to referral to a medical professional
 - Players with pre-existing injuries should not receive treatment from a trainer for strapping or taping prior to games
 - Trainers should not be massaging players
- Trainers must:
 - Medical officials must follow protocols as outlined in infection control training (i.e. disposal of gloves in between treatments, wearing of face masks).
 - Medical equipment must be sterilised between uses, which includes disposable cover/sheet to be used for player massage tables.
 - Treatment equipment to be wiped down and sanitised before and after each use.
- As per DHHS guidelines further personal protective equipment may be used but is not compulsory

Table 1: Conventional use¹

TIER	For use in							
		Hand hygiene	Disposable gloves	Level 1 disposable gown and single use plastic apron	Disposable gown (level 1,2,3,4)	Surgical mask (level 1,2,3)	Surgical P2 / N95 respirator ¹	Eye protection (Glasses/ Goggles/ Face Shield)
Tier 0 – Standard precautions²	For people assessed as low risk or no risk for COVID-19, that is, they do not meet the clinical criteria for COVID-19.	✓	As per standard precautions	As per standard precautions	As per standard precautions	As per standard precautions	✗	As per standard precautions
Tier 1 – Area of higher clinical risk	In areas of higher clinical risk ³ and where the person is NOT suspected or confirmed to have COVID-19 and is not in quarantine ⁴ .	✓	As per standard precautions	As per standard precautions	As per standard precautions	✓ Level 1	✗	As per standard precautions
Tier 2 – Droplet and contact precautions	Direct care or contact with a person who is suspected or confirmed to have COVID-19 or is in quarantine ⁵ or where a history cannot be obtained.	✓	✓	✓ or	✓ Level 2, 3 or 4	✓ Level 2 or 3	✗	✓
Tier 3 – Airborne and contact precautions	Undertaking AGP ⁶ on a person: with suspected or confirmed COVID-19; is in quarantine, or where a history cannot be obtained.	✓	✓	✗	✓ Level 2, 3 or 4	✗	✓	✓

¹ Fit-check P2/N95 mask with each use. For information on P2/N95 respirators/masks go to <https://www.dhhs.vic.gov.au/health-services-and-general-practitioners-coronavirus-disease-covid-19>

² For information on standard precautions and hand hygiene, see <https://www2.health.vic.gov.au/public-health/infectious-diseases/infection-control-guidelines/standard-additional-precautions>

³ Areas of higher clinical risk include: intensive care units, urgent care centres, and emergency departments.

⁴ The current clinical criteria for testing is found at <https://www.dhhs.vic.gov.au/health-services-and-general-practitioners-coronavirus-disease-covid-19>

⁵ All people confirmed or suspected of having COVID-19 or are in quarantine should wear a surgical mask, where tolerated, during the period of care or quarantine when in contact with other people.

⁶ AGPs = aerosol-generating procedures. Examples include: bronchoscopy, tracheal intubation, non-invasive ventilation (e.g. BiPAP, CPAP), high flow nasal oxygen therapy, manual ventilation before intubation, intubation, cardiopulmonary resuscitation, suctioning, sputum induction, nebuliser use (nebulisers should be discouraged and alternatives considered such as a spacer). See the COVID-19 Infection prevention and control guideline at <https://www.dhhs.vic.gov.au/health-services-and-general-practitioners-coronavirus-disease-covid-19>

Handbook continues on next page...

5. Location of Key Equipment

Item	Location
Defibrillator	<ul style="list-style-type: none"> Hurlingham Park First Aid Room Holmes-Todd Oval (Training – First Aid Officer has a portable AED) Game Day St Johns Ambulance Moorabbin West Oval St Johns Ambulance
Stretcher	<ul style="list-style-type: none"> Hurlingham Park – First Aid room Holmes Todd / Moorabbin West – Game Days St Johns Ambulance
Ice	<ul style="list-style-type: none"> Hurlingham – First Aid Room Freezer Holmes-Todd/Moorabbin West – St Johns Away Games <p>Please take your own as well to all games as there may be limited supplies at clubs.</p>
Medical Supplies/ Tape	<p>For replenishment of medical supplies please email gm@govampires.com</p> <p>NOTE: we are not allowed to tape during COVID 19</p>

6. Emergency Information

6.1 Nearest Hospitals

All SMJFL footballers will receive a 50 per cent discount on their attendance at a Cabrini Emergency Department and a bulk billed Sports Physician follow-up visit on the Monday.

Sandringham Hospital – Bay Road, Sandringham

6.2 Emergency Access to Grounds

- Hurlingham Park – access to both ovals is via Francis Street, Brighton East NB PLEASE stress this to the operator as the ambulance has responded to the wrong location previously
- Moorabbin West – via car park Widdop Crescent
- Holmes-Todd – St Kilda Street, Elsternwick

6.3 Follow Up Procedures

Provide details of the club process for following up with hospital visits. e.g. asking parents for any doctors' notes from the visit to be kept by the club.

For any patients attending hospital or doctors due to an incident at training or games, they must provide written clearance to gm@govampires.com prior to the return to training and games.

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7. Club Insurance

Marsh is the Club (and League's) insurer.

If there are any injuries that may require insurance claim please advise Karen Bennet on gm@govampires.com.

This is the link to the [Claim form](#) this form must be signed off by the General Manager/President prior to claim being processed.

8. Additional Resources

SMJFL By-Laws

SMJFL By-Laws can be found under Rules, By-Laws and Policies on the SMJFL website: www.smjfl.com.au.

AFL Policy

The [Sports Trainers in Community Australian Football Policy](#) can be found on the AFL Victoria website: www.aflvic.com.au.

AFL Club Help

The following resources can be found on the AFL Community Club website:

<https://www.afl.com.au/clubhelp>:

- [Player Welfare](#)
 - [Concussion](#)
 - [Inclusion & Vilification](#)
 - [Mental Health](#)
 - [Social Media Usage](#)
 - [Respectful Relationships](#)
- [Concussion Management](#)
- [Helmets & Mouthguards](#)
- [The Management of Injuries and Medical Emergencies in Community Australian Football](#)
- [Stretchers and Cervical Collars](#)
- [Musculoskeletal Screening for Australian Football](#)
- [Growth Related Injuries in Junior Footballers](#)
- [Soft Tissue Injuries](#)
- [Hamstring Strains](#)