



## JOB DESCRIPTION: Sports Trainer

### PURPOSE OF ROLE:

- To help deliver sport-specific First Aid and Strapping that fits the needs of players.

### PRINCIPAL DUTIES:

- Monitor and Deliver First Aid and occurrence of injury treatment at all games.
- Strap players for prevention of injury and stability prior to games.
- Monitor players during games with regards to potential injuries or occurrence of injuries and initial treatment of.
- Assess, record and document players' injuries that occur in games.

### EXPECTATIONS/TASKS:

- Arrive at an appropriate time. This will be determined by the Head Coach
- Assess players who are injured during games and give initial treatment.
- Assist with the preparation of players in terms of strapping and first aid prior to the Game Day warm-up.
- Assist with the delivery of water (hydration)/First Aid treatment) on match day.

### EXPERIENCE AND KNOWLEDGE FOR ROLE:

- FAO Level 1 minimum-FAO Level 2 preferred.
- Positive attitude to achieve in potentially difficult circumstances.
- Excellent communication skills with both players and staff

### STANDARDS OF BEHAVIOUR AND RESPONSIBILITIES:

- Good organisational and time management skills.
- Ability to work in a team and multi-skill environment.
- Self-motivated and an ability to motivate others.
- Professional appearance suitable for the relevant environment

### REVIEW AND PERFORMANCE IN ROLE:

- You will receive feedback from the Head Coach and Representative Coordinator before, during and after the competition season.