



FJFC Trainer Guide 2019

Table of Contents	Page
<i>Trainer Qualifications</i>	1
<i>Trainer Duties</i>	2
<i>Working With Children Checks</i>	2
<i>Practical Approach to the Trainer Role</i>	3
<i>If an Ambulance is Required</i>	3
<i>First-Aid Kits</i>	3
<i>Mouthguards</i>	4
<i>Helmets</i>	4
<i>Concussion</i>	4
<i>Blood Rule</i>	4
<i>Location of Emergency Equipment (incl. AED)</i>	4
<i>Where to Go for Medical Care</i>	5
<i>Player Medical Information</i>	5
<i>Water Bottles/Carriers and Trainers</i>	6
<i>Insurance</i>	6

FJFC Trainer Guide 2019



Welcome to all Trainers for the 2019 season. The club aims to provide a safe environment for boys and girls to enjoy their football and this guide will help you to perform the highly rewarding role of Trainer.

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 teams must be conversant with first aid procedures and able to deal with emergencies so players are well cared for. To do this, each team must ensure that:

1. A person with current first aid qualifications is available at all football games and training sessions.
2. An appropriately and adequately stocked first aid kit is accessible at all training and competition venues.

Trainer Qualifications

The minimum qualification to be a Trainer for a FJFC team is:

up to U/12s	U/13s and older
<ul style="list-style-type: none"> • A current <i>Provide First Aid</i> certificate (HLTAID003) valid for 3 years • Annual CPR update 	<ul style="list-style-type: none"> • A current <i>Provide First Aid</i> certificate (HLTAID003) <u>plus</u> <i>Emergency Response Coordinator</i> (ERC) certificate, both valid for 3 yrs • Annual CPR update

Training courses for the above qualifications are provided by YJFL and FJFC at no cost to Club Volunteers. If you need to use another provider to get dates that suit you, you will be reimbursed by the Club. Registered health care professionals (e.g. medical doctors, paramedics, nurses, physiotherapists) may be able to undertake the Trainer role without undergoing first aid training, depending on their qualifications and experience.

Working With Children Check (WWCC)

All Trainers must have a current Working with Children Check (or have applied for one), endorsed to FJFC. To apply, renew, or link your WWCC to FJFC, go to www.workingwithchildren.vic.gov.au.

Trainer Duties

- Ensure the first-aid kit is well-stocked, tidy, and brought to each game. First-Aid restocking supplies can be requested from headtrainer@fitzroy.com.au
- Be responsible for the venue's stretcher to be readily available and visible at the edge of the ground
- Ensure you have ice or cold packs with your kit. Don't rely on canteens for ice.
- Wear gloves when treating players. It's a good idea to keep a pair of disposable gloves in your pocket for quick access when you need them
- Administer basic first aid to injured players on training/match day, including applying concussion management if necessary (please refer to Concussion Kit). Any player suspected of concussion must be managed accordingly and if sent home with parents, must be sent with the appropriate documentation for parents to monitor the player and to have player signed off by medical professional prior to returning to play.
- Report all concussions, head/spinal injuries, & other serious injuries to the Head Trainer at headtrainer@fitzroyjuniorfc.com.au
- Notify parents/guardians of any injuries/medical issues encountered
- Follow up on player injuries (if necessary)
- **In the event of an injury, the trainer is the ONLY person empowered to return the player to play.**
- **If a player has suspected concussion, that player must not return to play that day and must be given medical clearance in order to return to play in subsequent weeks. This medical clearance must be received by the Head Trainer - headtrainer@fitzroyjuniorfc.com.au**
- **If ice is applied to reduce swelling, the player can not go back on the field.**

Practical Approach to the Trainer Role

The Trainer is not expected to instigate any medical management beyond the provision of basic first-aid. That said, the Trainer may be called upon to make key decisions, such as:

- Is it safe to move the player after injury?
- Should a player continue playing after injury?
- Should I call for help?
- Should I advise parents/guardians to seek medical advice?

Useful Tip: Watch the players and not the ball!

If an Ambulance is Required

Remember to call for an ambulance as soon as you decide medical treatment is required (e.g. unconscious, serious injury). If you suspect spinal cord injury - do NOT move the player.

Know where you are playing each week (i.e. name and number of the oval, Melways reference, and any other important information) so if an ambulance is required, it can reach you easily. Ensure you have completed the Game Day checklist prior to the game.

Have a person waiting to direct the ambulance when it arrives and ensure good access to the patient.

“**Emergency +**” is a terrific phone app which will allow you to call ‘000’ and gives the exact street address and coordinates of your location to give to the call-taker. Download this to your smart phone.

First-Aid Kits

Each team is supplied with a green or blue first-aid kit, which contains a basic supply of useful items. Replacement supplies can be obtained by emailing headtrainer@fitzroyjuniorfc.com.au. Provide details of what you need, your contact details and team name. There is a list of required items inside the lid of your kit.

Saline is the only topical solution Trainers are permitted to use.

Players are requested to supply their own tape and trainers should only use tape if they have attended a recognised taping course. To do so otherwise could cause further injury.

Mouthguards

The wearing of mouthguards is **mandatory** for both training and matches. Players without mouthguards at training will be limited in the activities they can undertake as determined by the coaching staff.

Players without mouthguards at matches are **NOT** permitted to play.

Helmets

Currently there is no evidence to support the wearing of helmets in junior football.

Concussion

FJFC follows the AFL guidelines for the recognition and management of concussion. In the event of a suspected concussion, the Trainer should provide appropriate management and complete the Head Injury Assessment form. The player may not return to training or play until medical clearance is granted.

The AFL Management of Concussion in Australian Football guidelines are in your First Aid Kit, or can be viewed at http://www.aflcommunityclub.com.au/fileadmin/user_upload/Health_Fitness/2017_Community_Concussion_Guidelines.pdf. You are encouraged to read them. A Concussion Recognition Tool card is also included in your kit. The Parent Concussion Information sheet should be given to any parent/carer of a player who has suffered suspected concussion so they can correctly monitor for changes in condition.

The ***Headcheck*** app is a very useful app. for smart phones which assists in the recognition of concussion in children and gives advice on action to take. It has been developed by the Murdoch and Children's Research Institute and has been endorsed by the AFL. This may be used in conjunction with the Pocket Tool.

All head injuries should be assessed immediately and the player removed from the field, if safe to do so.

Remember : players can and do develop concussion symptoms in the hours and days proceeding the initial injury.

Blood Rule

The “**blood rule**” will be enforced by all umpires in YJFL games. Remember to use gloves when managing injuries.

Location of Emergency Equipment (incl. AED)

The club has a stretcher and an AED (automatic external defibrillator) at the Brunswick Street Oval (BSO), Alfred Crescent, and Ramsden Street Pavilion. Please check the exact locations. There are AED stickers located on doors entering into the room the AED is located. Stretchers are located in the following locations:

- BSO - with other ground equipment under the scoreboard building.
- Alfred Cres and Ramsden St - in first aid room
- Vic Park - in the first umpire's room

- Olney - in the first aid room

Trainers for the first game of the day are to place stretchers visibly by the edge of the ground and trainers for the final game of the day must return it to its housing location. Collars are not provided by the club. It is advised to wait for Ambulance Paramedics if you suspect spinal injury.

Where to go for Medical Care?

Not all hospital emergency departments are able to treat children. The Royal Children's Hospital is the closest public emergency departments to the FJFC. The Epworth has a private emergency department for those with private health cover (please note: there are still out-of-pocket fees despite private health care).

For "away" games, depending on location, either the Austin Hospital or the Northern Hospital may be the closest paediatric emergency department to grounds in the north-western suburbs.

For emergency dental care, the nearest public dental emergency care is at RCH (24 hours) or the Royal Dental Hospital (9341 1000). You can also try emergency dental clinics.

If an ambulance is called and the player requires transport to hospital, the Ambulance Paramedics will make the decision re. destination. From the age of 16, children are usually transported to an adult emergency department, such as The Royal Melbourne Hospital or The Alfred, as their anatomy more closely resembles an adult.

For more minor injuries, there are after-hours medical clinics in our areas.

Player Medical Information

It is a YJFL requirement that all players provide details of medical conditions and pre-existing injuries that may put them at risk while training or playing matches. Parents and guardians are asked to provide details of medical conditions, allergies and regular medications that may be required. It is recommended that the phone numbers of each player's parents/guardians are available and that relevant medical conditions of players are known.

Team managers are expected to collect this information and make this available to trainers.

The two most common medical conditions are **asthma** and **allergy**. Parents/guardians are asked to ensure that players have their usual medication at training and on match days. The consent of a parent / guardian is required before any medications can be administered, including antiseptic.

Trainers are under no obligation to administer medication for allergy or asthma. **This is a parental/guardian responsibility.** However, in the event of an emergency (e.g. severe asthma or anaphylaxis), and you are appropriately trained, you may administer the player's medication (e.g. Ventolin, Epi-pen).

Water Bottles/Carriers and Trainers

Each team has a number of water bottles for shared use by players. Ensure water bottles are clean and filled with fresh water for every game.

On game day, YJFL discourages Trainers' presence on the ground during play, unless assessing an injury, or providing first aid. There is ample time for rehydration at the end of each quarter. A Trainer may, however, carry water when attending an injured player.

YJFL rules do permit each team to have 2 Water Carriers. All Water Carriers are to be positioned inside the boundary fence, with one Water Carrier each being positioned at a point where the 40/50 metre arc line intersects with the boundary line. Water Carriers are only permitted to enter the playing arena during a substantial break in play (e.g. when a goal is kicked). Water Carriers must wear approved League apparel and must not engage in any interaction with players.

Insurance

All FJFC players and volunteers are covered for personal injury through the club's insurance policy with JLT Sport - www.jltsport.com.au

The policy provides cover for accidental injuries that occur during club sanctioned, football related activities. By law, this policy can only cover medical costs that are not covered by Medicare.

The following are *not covered*: doctors' fees, X-rays, pathology, anaesthetists' fees - as these are covered by Medicare and private health cover.

Any Question?

Please do not hesitate to contact the Head Trainer via headtrainer@fitzroyjuniorfc.com.au or our Safety & Wellbeing Officer via safety@fitzroyjuniorfc.com.au if you have any questions. We are here to support you in any way we can.

Being a Trainer is a great way to be involved in junior footy - Go Roys!