

# CIRCULAR



PERTH FOOTBALL  
L E A G U E

**Subject:** TRAINER NOMINATION 2024

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**Audience:** Club Committees, Board

<b>Summary:</b>  The 2024 Trainer nomination forms are now available for completion.	<b>Action:</b>  All clubs must submit details of their trainers via the 2024 Trainer Form by 31 March 2024.  Trainer Nominations are a compulsory return. A \$100 fine will apply to forms not submitted by the due date.
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## TRAINERS

### REQUIREMENTS

Please submit details of each team's trainer on the 2024 Trainer Form attached by 31 March 2024. Payment information has been requested for benchmarking purposes.

As required by the Perth Football League By-laws each team must have a suitably qualified Trainer (Level 1 accredited Sports Trainer as a minimum) at all games. Sports Medicine Australia and the WA Football Commission are offering courses free of charge (usually \$299).

#### Upcoming Courses:

Sunday 7 April 2024, Tuart College, Tuart Hill.

[Register here for Tuart Hill on 7 April 2024](#)

Sunday 14 April 2024, Land Group Stadium, Mandurah.

[Register here for Mandurah on 14 April 2024](#)

Sunday 21 April 2024, Tuart College, Tuart Hill.

[Register here for Tuart Hill on 21 April 2024](#)

For more course information, please contact [zeb.pawlowski@sma.org.au](mailto:zeb.pawlowski@sma.org.au) or call 08 6382 0029.

Course flyers are attached.

# Level 1 Sports Trainer

## Course Outline

Sports Medicine Australia's (SMA) Level 1 Sports Trainer course is designed to introduce participants to the basic knowledge and skills required by a Sports Trainer. These skills include the management of specific sporting injuries, sports taping and transporting an injured athlete. This course educates prospective Sports Trainers, teachers, coaches, administrators, and parents on the basic principles of sports medicine.

The successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become an SMA Accredited Sports Trainer. This is the standard requirement to perform the duties of a Sports Trainer in most major Australian sporting codes.

The course covers the following units:

- Sports Trainer in Action
- Basic Musculoskeletal Anatomy
- Preventing Sports Injuries
- Nutrition and Hydration in Sport
- Drugs in Sport
- Management of the Injured Athlete
- Common Medical Conditions
- Concussion
- Sports Taping (ankle, thumb and finger)
- Transporting the Injured Athlete
- Common Sporting Illness and Injuries

## Course Prerequisites

- **HLTAID003 or HLTAID011 Provide First Aid** (completed within 3 years)
- **HLTAID009 Provide CPR** (completed within 12 months)
- Successful completion of the Level 1 Sports Trainer online learning. Please refer to Delivery Mode/Duration for more information on the online learning.

Please note: evidence of the above prerequisites must be provided to SMA prior to attendance at a course. Students who do not provide sufficient evidence of the required prerequisites will have their enrolment deemed incomplete. Students who do not complete the enrolment process within 15 business days of the course start date, will be unenrolled.