

Re-accreditation Form Level 2 Sports Trainers

Thank you for applying for re-accreditation.

To complete your re-accreditation you will need to print this form and fill in the details. Please return by:

- scan and email to sportstrainers@sasma.com.au
- post to Sports Trainers, South Australian Sports Medicine Association PO Box 219, Brooklyn Park SA 5032
- fax (08 8234 6352)

prior to the expiry of your current sports trainers' accreditation

South Australian Sports Medicine Association believes in the importance of re-accreditation to ensure a high standard of immediate care is provided by Sports Trainers, hence the need to keep up to date with the latest information. The following information needs to be forwarded to SASMA

- Completed Re-Accreditation Application Form including payment details ([included](#))
- Completed Education Record Form ([included](#))
- Copy of current Provide First Aid (HLTAID003) (With at least 3 months until expiry)
- Signed Practical Competency Form (signed by any of the following: **Accredited Level 2 Sports Trainer with a minimum of 3 years' experience, club Doctor or Physio, Head Trainer (must have equal or higher qualifications), Enrolled/ Registered Nurse**) ([included](#))
- Copy of a current [Play By the Rules](#) Certificate*
- Copy of Current Asthma First Aid Training Certificate (completed in the last 18 months)
- Copy of Assessment Questions
- Signed copy of the Sports Trainers Code of Ethics
- Payment

***Note:** Play By the Rules is an online Child Protection and Discrimination & Harassment training package. This is now a requirement for all Re-accrediting Level 2 Sports Trainers to complete. The training package can be found and completed on the following website: www.playbytherules.net.au. We suggest you complete the following 2 sections

- Discrimination & Harassment
- Child Protection

Cost: Sports Trainer Re-accreditation = \$110.00 (includes GST)

Level 2 Re-accreditation Application Form

Name: _____ DOB: _____

Address: _____

Suburb: _____ State: _____ Postcode: _____

Phone: Mobile: _____

Email: _____

Occupation/Additional Qualifications: _____

Club/Sporting Organisation: _____

Please ensure you have enclosed the following:

- | | |
|--|--|
| <input type="checkbox"/> Signed Practical Competency Form | <input type="checkbox"/> Copy of Asthma Emergency Training Certificate (Completed within past 18 months) |
| <input type="checkbox"/> Completed Education Record Form | <input type="checkbox"/> Copy of Play by the Rule Certificates |
| <input type="checkbox"/> Copy of Assessment Questions | <input type="checkbox"/> Payment |
| <input type="checkbox"/> Copy of Provide First Aid & CPR Certificates (HLTAID003) (Completed within 9 past months) | |

Payment Details

Australian Sports Medicine Federation (SA) ABN: 35 445 122 543

OPTION 1: Credit Card

MasterCard Visa

Card No: _____ - _____ - _____ - _____

Card Expiry Date: __/__/__ **CVC/CVV #** _____

Name: _____

Signature: _____

OPTION 2: Direct Bank Deposit

Account Name:

Australian Sports Medicine Federation (SA Branch) Inc

ANZ Bank: BSB: 015-214

Account No: 4014 50838

Message / Reference: RA Your Name

OPTION 3: Send in Cheque with application form made out to Australian Sports Medicine Federation (SA Branch) Inc

Sports Trainer Re-accreditation \$ 110.00 including GST

PRACTICAL COMPETENCY FORM

(To be completed by any of the following; Accredited Level 2 Sports Trainer with a minimum of 3 years' experience, club Doctor or Physio, Head Trainer (must have equal or higher qualifications), Enrolled/ Registered Nurse with experience in sport)*

Sports Club at which you have carried out duties as a Sports Trainer over the 12 months:

Club Name: _____

Club Contact: _____

Approximately how many hours do you work per month as an Accredited Level 2 Sports Trainer? _____

| | | |
|------------------------|-------------------|----------|
| Does your Club have a: | Doctor ? | Yes / No |
| | Physiotherapist ? | Yes / No |

If YES:

Name of Doctor: _____

Phone / Email: _____

Name of Physiotherapist: _____

Phone: _____

*If you do not have a suitably experienced person at your club to complete your practical competency form please contact SASMA and we will arrange alternate assessment

PRACTICAL COMPETENCY FORM

Sports Trainer Name: _____

has demonstrated competence in the following areas:

| | |
|--|----------|
| Systematic assessment of on-field injuries (TOTAPS) | Yes / No |
| Effective communication with Medical Staff and fellow Sports Trainers | Yes / No |
| Ability to refer for further treatment when indicated | Yes / No |
| Carry out instructions from Medical Staff (eg. Paramedics, Hospital Staff, Physio etc.) and fellow Sports Trainers | Yes / No |
| Taping of the ankle, medial knee, shoulder (AC Joint), plantar fasciitis | Yes / No |
| R.I.C.E.R./ No H.A.R.M Management | Yes / No |
| Management of Hard Tissue Injuries (eg. Fractures, Dislocations) | Yes / No |
| Abides by the Sports Trainers Code of Ethics (available at www.sasma.com.au) | Yes / No |
| Has undertaken a minimum of 50 hours working as an accredited trainer over the last 12 months | Yes / No |
| Effectively transport injured athletes | Yes / No |
| Understanding and working knowledge of club / association concussion policy | Yes / No |
| Cervical collar application | Yes / No |
| Effectively treat a variety of wounds | Yes / No |
| Provided or contributed to leadership on injury prevention and management issues | Yes / No |

I **RECOMMEND** **DO NOT RECOMMEND**

that the above trainer be granted re-accreditation for the next 3 years.

Name of Assessor: _____

Signed: _____ **Date:** _____

Qualification: _____

Contact Phone: _____

EDUCATION RECORD FORM

As Sports Medicine is an ever-changing science and the ways in which we manage injuries is constantly changing, It is necessary for Sports Trainers to continually learn and keep their skills up to date

As an Accredited Sports Trainer you are required to reach a minimum of 8 points from the education sessions you attend over the three years of your current accreditation. Below is a table outlining the number of points assigned to a range of education sessions. Your total can be made up of any combination from the three categories with a maximum of 4 sessions from any one category.

If an education session is not listed please contact SASMA.

| Date: | Session Title/ Description | Signature/Stamp Coordinator |
|-------|----------------------------|-----------------------------|
| | | |
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| | | |
| | | |
| | | |
| | | |

| 3 Points | 2 Points | 1 Point |
|--|---|---|
| SASMA Sports Trainers Conference | SASMA Education Sessions including Advanced Taping, Spinal Management, Introduction to Sports Massage | Office for Recreation & Sport Courses including Coaching Courses |
| Advanced Resuscitation | | Education sessions conducted by like-minded organisations eg: SportsMed SA Wakefield Sports Clinic |
| Facilitator/Presenter at SASMA run course | | SASMA or SMA Education sessions eg. Basic Taping, ERC, sideline help |
| Bronze Medallion | | Club or Association courses: eg football, soccer, basketball, cricket, netball, etc. |
| Relevant workplace professional development sessions for Physiotherapists/nurses/sports scientists | | Level 0 Coaching Certificate |
| Certificate III or IV in Massage | Relevant workplace courses: eg OHS&W, St Johns, etc | Relevant online courses / books / manuals associated with Medicine, Health and Sports Trainers. |
| Certificate III or IV in Fitness | Level 1/2 Coaching Certificate | |

****Please note that completing your Provide First Aid/CPR and Asthma First Aid Training are compulsory components of Level 2 Accreditation and cannot be used as Education Sessions.**

ASSESSMENT QUESTIONS

In order to receive your Level 2 Accreditation, you must achieve 75% or above for the questions below

1. Moist wound management is not the preferred wound management protocol (1 mark) True/False
2. All head injuries need to be assessed by a doctor (1 mark) True/False
3. Ultrasound, lasers, interferential are all not classed as restricted practices in SA (1 mark) True/False
4. To owe a duty of care to another person you must be in some form of relationship & harm needs to be reasonably foreseeable (1 mark) True/False
5. A Sports Trainer should (1 mark)
 - A. Recommend and provide a tablet to take for a headache
 - B. Provide a means for further information on the issue of Drugs in Sport if asked
 - C. Prescribe medication for an athlete
 - D. Inform athletes when they are required to be tested (if applicable)
6. On a Saturday, at an outdoor venue, your athlete sustains a gravel rash to their right knee. You cleaned the injury thoroughly with an antiseptic solution and applied an appropriate dressing. You next see your sports person on Tuesday night, when you notice that there is an area of redness, irregularly shaped approximately 7cm in diameter around the site of the gravel rash. There are a few streaky red lines on the inside of the thigh, and the area is warm to touch and is painful. Your assessment of the injury would be (1 mark):
 - A. A fungal infection eg tinea
 - B. A normal area of inflammation as would be expected following injuries of this type
 - C. An infection spreading in the wound
 - D. The early stages of a contagious infection, such as measles or German measles
7. In the above patient, your management on the Tuesday evening would be to (1 mark):
 - A. Cleanse the wound thoroughly with antiseptic solution, re-dress and arrange to see the person again on Thursday
 - B. Refer the person to their general practitioner
 - C. Rest, ice pack for 20mins, compression bandage, elevate and use of crutches until Thursday evening
 - D. Apply a light dressing, on a daily basis, and to stay away from the club until redness disappears

8. Which one of the following statements is true about a Sports Trainers management of a player who has received a blow to the head and is unconscious for approximately 30 seconds? (1 mark)

- A. Such a player should immediately be transferred to hospital as an emergency either by ambulance or club official's car
- B. This player is suffering concussion and should be referred to a sports medicine clinic for follow up and assessment the following day
- C. Even if there are no complications, the player should be prevented from playing body contact competitive sport for at least one week
- D. If complications are going to arise from such an injury they are likely to occur within the first two hours and be characterised by fitting a rigid neck brace

9. Two players collide with force. When you approach this situation you should FIRST (1 mark):

- a. Check for response
- b. Look for any bleeding
- c. Remove the players from the field immediately
- d. Stop play to protect the injured players from further injury

10. A player in your sport has landed head first after a fall. You are the first on the scene please outline your management of this player from when you first arrive to when you hand over to the necessary medical personnel (5 marks)



Code of Ethics for Sports Trainers

It is the primary role of the Sports Trainer to make sport and recreation safer. This is achieved by implementing appropriate injury prevention regimes.

The Sports Trainer must clearly understand their defined roles and responsibilities and has a moral responsibility to work within the limits of their qualifications, and hence not assume roles outside of those predetermined ones. In keeping within the limits of their qualifications the Sports Trainer must, if appropriate, refer to a physician, physical therapist, or other allied health professional for further advice, treatment and management.

As members of the SA Sports Medicine Association (SASMA), Sports Trainers have an ethical responsibility to their clients, society and other health professionals. The following ethical foundations for Sports Trainers in the field of Sports First Aider/Trainer serve as a Code of Ethics for practicing professionals. The Code implements many of these foundations in the form of rules of ethical conduct. Noncompliance with the Code may affect an individual's initial or continuing status as a recognised certified Sports Trainer by SASMA, and this could lead to the possibility of having their certification/accreditation revoked.

Ethical Foundations

- 1. Sports Trainer – Client (athlete) relationship:** The welfare of the athlete is central to all considerations in the *Sports Trainer – Client (athlete)* relationship. This includes the obligation of the Sports Trainer to respect the rights of athletes, colleagues and other health professionals, and to communicate only factual information and not to misrepresent competency on any level. In the case of injury, applying appropriate initial management procedures, and referring injuries as necessary. Ensure that both athletes and Sports Trainer's actions are at all times unambiguously professional, and appreciate the importance of seeking to defuse anxiety and apprehension before physically touching an athlete by means of verbal explanation of the Sports Trainer's intention.
- 2. Sports Trainer conduct and practice:** The Sports Trainer should deal honestly with athletes and colleagues. This includes not misrepresenting him/herself through any form of communication. Maintenance of professional competence is an obligation of the practising Sports Trainer. This can be achieved by complying with re-accreditation requirements. Sports Trainers are trained to provide definite skills and knowledge (as outlined in roles and responsibilities document) to sport clubs/sporting events, and it is acceptable to receive remuneration for their time involvement with that club/event. It is, however, clearly inappropriate and outside of the role of the Sports First Aider/Trainer to offer him/herself as a primary health care practitioner and charge on a fee-for-service basis. If a Sports Trainer is found to be acting outside of the above ethical foundations they will be investigated by SASMA and possibly have their certification/accreditation revoked.
- 3. Professional relations:** The Sports Trainer should respect and co-operate with other Sports Trainers and allied health professionals. Sports Trainers should not represent themselves qualified to perform roles which are outside the scope of SASMA's Sports Trainers Roles and Responsibilities.
- 4. Societal responsibilities:** As a recognised certified Sports Trainer of SASMA, Sports Trainers are required to uphold the dignity and honour of the profession and comply with professional standards of practice. Commercial promotions of injury prevention and treatment products and services may generate bias unrelated to product/treatment merit. The Sports Trainer should be aware of this potential conflict of interest and offer advice that is evidence based and accurate, without bias.

Code of Conduct

Client (athlete) – Sports Trainer Relationship

1. The Sports Trainer should serve their athletes by exercising all reasonable means to ensure that the most appropriate injury prevention methods and recommendations are provided to the client/s.
2. The Athlete – Sports Trainer relationship is built on confidentiality, trust and honesty. The Sports Trainer must adhere to all applicable legal and/or contractual constraints whilst in the ‘Athlete – Sports Trainer’ relationship.
3. It is not ethical to recommend, refer, prescribe, provide or seek compensation for treatment or products that are of no benefit to the athlete.
4. The Sports Trainer should not discriminate against athletes based on race, colour, national origin, religion or any other basis that would constitute illegal discrimination.
5. Sexual misconduct on the part of the Sports Trainer is an abuse of professional power and a violation of athlete trust.
6. The Sports Trainer should not practice or attempt to provide professional services to an athlete while impaired by alcohol, drugs of any kind, or physical or mental disability. If a Sports Trainer experiences any of these above mentioned problems they should seek appropriate assistance to address them and limit his/her professional practice until the impairment no longer affects the quality of the athlete service.

Respect and education are vital in any successful attempt to promote the role of the Sports Trainer in making sport and recreation safer in an ethical context.

I certify that I have read the *SASMA Code of Ethics for Sports Trainers*. I agree to comply with this code in its entirety.

I understand my responsibility to promptly report any incident of misconduct or perceived misconduct that I may witness or experience.

By signing this acknowledgement I am indicating that I have read and will abide by *SASMA's Code of Ethics for Sports Trainers*.

Signature of Sports Trainer

Sports Trainer name (printed)

Date

SASMA Copy

Sports Trainers Copy