



POSITION DESCRIPTION

Position Title:	Team Trainer	Category:	Team Related
Job Description			
<p>The Club Trainer is to assist the coach to ensure all players reach and maintain required fitness levels.</p> <p>The Trainer will ensure the players have a safe, healthy and enjoyable training and game environment.</p> <p>It is important that the Club Trainer keeps up to date with the fitness and training techniques.</p>			
Knowledge & Skills Required			
<ul style="list-style-type: none">• Have the appropriate Trainer accreditation (Minimum Leaguesafe) & current Working with Children check• Sound knowledge of technical skills related to physical performance• Effective motivational, communication and organisational competencies• Good listener, have a sound relationship with the Club Team Coaches and ability to liaise with members of the Club in a friendly and welcoming manner			
Objective			
<ul style="list-style-type: none">• To assist the team Coach and provide fitness and training techniques to the players of the appointed grade or division of competition			
Responsibilities			
<ul style="list-style-type: none">• Have a sound understanding, and encourage players and team support officials to observe, respect and abide by the Club and District Club Rules and Codes at all times• Control the warm up and cool down and stretching drills for all players• Assist the coach to assess player injuries sustained during training and games• Report all injury concerns to the coach and if required notify the Club management• Keep up to date with modern methods and techniques• Work in the treatment of and rehabilitation of injured players• Report to the coach on player development and attitude• Ensure that all team first aid equipment is available• Ensure that water/drink bottles are cleaned and available to the players• Ensure that all health requirements are being observed for the treatment of players and for the safety of all concerned• Keep accurate records of player injuries• Liaise with the coach and return all training gear and drink bottles after the last game of the season• Coaches are required to complete and submit the necessary Child Protection Forms• Be available on game days to help coordinate and run the day			

Hills District JRLFC & TA Inc.

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General Notes			
<ul style="list-style-type: none"> • Each team may have a maximum of three (3) registered trainers inside the playing area during matches (All grades from U/6 to A Grade) • Trainers must be registered and be at least 18 years of age, unless appropriately qualified • Trainers must not act with aggression towards, or abuse/question, a player, referee, official, spectator or unofficial touch judge • Trainers must not enter the field of play if a melee breaks out • Except in case of injury a trainer may only enter the field of play when his/her team is in possession • No interchange is permitted at scrums or drop-outs • Trainers must not remain on field when a specific task has been completed • Trainers are to wear appropriately coloured vests or trainer shirts during games and Club polo shirts or other identifying clothing as required by the club on game days and functions • Trainers may interchange their tasks at their team coaches discretion • Except as indicated below only one trainer is allowed on the field at any one time: <ul style="list-style-type: none"> • One Trainer may enter the field of play to: <ul style="list-style-type: none"> ▪ Treat an injured, or obviously distressed player ▪ Arrange the interchange of players ▪ Take water to players ▪ Deliver and retrieve kicking tee • A second Trainer may: <ul style="list-style-type: none"> ▪ Enter the field of play when the referee signals time-off or after a try is scored ▪ Enter the field of play if a second player is injured or to assist the first trainer with an injured player ▪ Assist with interchange, but cannot enter the field of play ▪ Under extreme weather conditions, with prior agreement of opposition and referee, take water to players • A third Trainer generally looks after players on the bench and keeps the water bottle filled • NOTE. Referees have the power to caution or remove a trainer who is acting contrary to the rules 			
Reviewed By:	Rick Palin	Date:	01 November, 2013
Approved By:	Glenn Starr	Date:	07 December, 2016
Last Updated By:	Rick Palin	Date/Time:	25/11/2016 10:30AM
Trainer:		Team/Year:	
Signature:		Date:	