

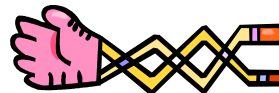
Wimmera Sports Trainer Network News

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Contact: WRSA, PO Box 116 Horsham Vic, 3400 Ph: 53824599



Legal Issues for Trainers

From a presentation by Landers and Rogers



Sports Trainers

Are responsible for athletes and other personnel within their sport/activity

Have an ethical, moral and legal responsibility to exercise due care in carrying out their responsibilities

Within any concept of care there is a corresponding concept of risk. When the risk exceeds the duty or the duty is not met through either action, omission or ability then liability may arise.

In order to minimise these risks, a risk management program should be adopted.

Negligence

For a claim of negligence to be successful four elements must be present:

1. A legal duty of care must be owed by the trainer to the plaintiff
2. The trainer must fail to provide a standard of care expected of a competent trainer who is both reasonable and prudent
3. The plaintiff must suffer some injury

as a result of the breach of care

4. The injury must be reasonably foreseeable

Where to from here?

Liability

As a representative of your club act within the guidelines of your training

Insurance

Minimise risk - personal and club insurance

Volunteerism and Good Samaritans

Paid employees have a higher duty of care

Consumer/stakeholder relations

Keep an ethical and moral standard of care and good communication with clients

Risk Management

- Evaluate athletes for injury, closely supervise and provide advice of injury
- Use safe and up to date equipment
- Keep up to date training, adequate records, practices and conduct



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Sports Trainer Dates 2009

- March 16 Sports Trainer Evening
- VCFL Trainers Course—March 29
- May 3 & 17 - SMA Level 1 Course
- May 3 —Sports Trainer reaccreditation
- May 24 Introductory Sports Massage
- August 2 Spinal Injury Management
- August 2 — Concussion Management

Keeping Records-Risk Management

What records to keep?

Accurate and appropriate record keeping is all about risk management—it is a responsibility of and for your organisation, clients and your personal liability

Typical records to keep are the following:

Player medical information- annually revised, injury assessment, confidentiality and privacy maintained

Injury reports-keep for up to 7 years

Trainer accreditation-kept current, quali-

cations and roles, duty of care and professional development

Equipment and asset inventory- kept up to date, usable, allows forward planning of expenditure and maintenance

Annual budget-getting value for money, audit requirements and financial reports

Record keeping has a responsibility for issues of privacy, confidentiality, accuracy, risk assessment and succession planning



Stop Press!

2009 Victorian Sports Trainers Conference—November 21 - Melbourne Sports & Aquatic Centre



Good Gear to Go for Your Sports Training Needs

Sports Trainer Bag

Need a bag you can just take and have all the essentials—maybe this is for

Sports Trainer Bags—available from Club Warehouse or Wimmera Sports medicine—\$199 plus postage—includes selected first aid equipment and tape



you. Packed ready to go with first aid items, drinker, sports tape. Available through Sports Medicine Australia or Club Warehouse

Elmore Oil

Elmore is a mixture of 4 natural ingredients

- Olive oil
- Tea tree oil
- Eucalyptus oil
- Vanilla

Elmore oil is blended using a process called Triple Maturation which binds the ingredients to the base oil. This creates a product that acts as a circulatory stimulus and allows rapid pain relief into the affected areas.



Elmore Massage oil

Available at your local health care store—10% discount to Clubs at Organic Horsham

Spinal Injuries—from a presentation by Dr David Bolzonello

Our Role

Pass onto the administrators that as the carers of the athletes and officials of the clubs/leagues that we are concerned about the potential for catastrophic injury and reiterate this constantly.

The game will not suffer!

DrABC

Dr—Danger—cease play—check responsiveness off patient / are they conscious

A—Airway – remove anything obstructing airway including mouthguard

B—Breathing -assess they are breathing adequately

C—Check for circulation, always think spine and

Reducing incidence of spinal injuries in rugby

- Awareness programs for players coaches and referees.
- Careful player selection.
- Player fitness and conditioning.
- Amendment of the rules of the game.
- Enforcement of the rules of the game.



On Field Management

Things Required

1. Equipment—a good stretcher/scoop, good spinal collars
2. Practice – good leader, good technique
3. If in Doubt—**Don't—Move**



Sports Taping

Sports injuries cost Australia \$1.65 billion in medical and other health costs and time off work annually.

A recent study found that more injuries occur during recreational activities than organised sports and recommends extra effort should be directed toward injury prevention in mass participation activities, while monitoring traditional game-based sports.

It is estimated that between 30-50% of sports injuries could have been prevented and that preventative taping can reduce the recurrence of injury by as much as two thirds.

“Taping appropriately to prevent or manage an injury is one way to keep people active. But it has to be done correctly to be effective and most people will need a bit of training on how to do this.”

Elastoplast a well known supplier of sports tapes and Sports Medicine Australia have several resources available for the Sports Trainer to learn appropriate taping techniques.

- Muscles and Bones of the Human Body chart
- Sports Taping booklet
- Basic Taping DVD
- Advanced Taping Techniques DVD