

Wimmera Sports Trainer Network News

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What's On This Year - Sports Trainer Education 2010



- VCFL Trainers Course—March 20 contact Steve McQueen—Wimmera Football Hub Fire-brace St Horsham Ph 53810134
- March 28 & April 11 SMA Level 1 Sports Trainer Course—Horsham Fire Station 9:00-5:00 pm both days Cost \$185 - Sports Trainers will need to have a current first aid qualification to do the course or complete a first aid course within 6 months to become qualified
- April 11 —SMA Sports Trainer reaccreditation—Horsham Fire Station 5:00-6:30 pm Cost \$90 or \$140 for VCFL trainers—need a current first aid qualification
- May 2—Spinal Injury Management—Horsham Fire Station 9:00 am—1:00 pm Cost \$110
- May 2—Concussion Management Horsham Fire Station 1:30—3:00 pm Cost \$45
- May 2 — CPR—Horsham Fire Station 3:00-5:00 pm Cost \$50
- May 2 SMA Sports Trainer reaccreditation—Horsham Fire Station 5:00-6:30 pm Cost \$90

or \$140 for VCFL trainers—need a current first aid qualification

- June 16 Beiersdorf/Club Warehouse Sports Trainer Evening - Horsham Football Netball Club Social Rooms—6:30 - 9:00 pm—no cost —Bookings to Bill Khan at Wimmera Sport Medicine Supplies Ph 0400903635
- June 20 SMX 2010 Victorian Conference of Science and Medicine in Sport and Exercise Mercure Hotel Ballarat—see www.vic.sma.org.au
- June 21—Asthma Management - Horsham Fire Station—5:30-8:30 pm Cost \$55
- November 13 STC 2010 Victorian Sports Trainers Conference Melbourne—see www.vic.sma.org.au



Contact Wimmera Regional Sports Assembly for any information regarding the Sports Trainer education dates for 2010. Ph 53824599

Player Welfare—a Trainers Perspective

1. Fit to play—is the athlete fit to play? This is a basic issue. Injury, illness or personal issues. Every player should be played on their merits
2. Ambulance—every player should have ambulance cover—\$70 a year subscription—not even a night out for many players but could save \$1000s
3. Private Health—guarantee that you get the treatment you require when you need it-singles plans for hospital cover start from \$20-25 a week
4. JLT Insurance—required by players in netball, football and etc as part of registration but the cover is basic
5. Player Accident / Income Protection Insurance—for many self employed people this is your protection as Work Cover will be unavailable to you
6. Accreditation of Administrators, Coaches, Trainers - club risk management



Quadriceps contusion—corkie

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Sports Trainer Dates

- VCFL Trainers Course— March 20
- March 28 & April 11 SMA Level 1 Course
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- May 2 - Concussion Management
- May 2 — CPR
- May 2—Reaccredit
- June 16 Sports Trainer Evening
- June 21—Asthma Management

Stop Press!

New Sports Trainer uniforms to be supplied by Western Vic Football uniform grant.



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

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



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

Grape Seed Massage Oil

Grapeseed oil is used as a base oil for many creams and lotions and is the preferred carrier oil for many massage therapists because of its light, satin like finish.

It also has some astringent qualities and is good for oily, acne prone skin. It is a golden yellow colour with a hearty green tone and best of all it is odourless. Grapeseed oil is one of the lightest carrier oils available and therefore is easily absorbed by the skin.



Grapeseed oil is used as a base oil

Cold compressed oils are best and maybe available through your local supermarket

Asthma Management

What is Asthma?

1. People with asthma have sensitive lung airways
2. These narrow when exposed to triggers, causing difficulty breathing
3. It's there but not always happening
4. Asthma can be managed

What are the Signs and Symptoms

1. Coughing or
2. Wheezing
3. Feeling tired
4. Difficulty breathing or breathless
5. Feeling scared or upset
6. Chest tightness



Asthma Plans

1. People with asthma will have an asthma plan. Be aware of who has asthma and if they have a particular asthma plan
2. There is always a first time asthma attack

What are some triggers?

1. Dust, dust mites, pollens, flowers, smoke, colds, crying and emotions, animals, pets and etc

2. Sport and exercise

• How to treat—4x4 Asthma Treatment

1. Shake your puffer or reliever
2. Take 4 separate puffs shaking reliever between each
3. Wait 4 minutes
4. If there are still symptoms take 4 puffs again
5. No relief get an ambulance and report an asthma attack



Hygiene—such a simple thing but the team and all your Club depend on it

A quick check list of dos and don'ts

- Personal - washing hands—such a basic thing but many men/boys don't wash hands after going to the toilet or before eating or drinking. Trainers need to wash hands between players—use a waterless product such as Aquim Gel
- Drink bottles - players should keep mouth contact away from drink bottles- meningococcal can be spread this way
- Illness - colds, diarrhea, flu, skin conditions, virus—players should not play/train when unwell—think of the team—the same goes for trainers and officials
- Gloves - use once only and dispose of safely
- Infectious waste - disposal - blood bins have these available for both teams—dispose of infectious waste be double wrapping or burning
- Clubrooms - showers, towels, toiletries should be clean every week—make players aware that their own personal hygiene is important for family, friends and loved ones
- Opposition change room standards— look after them
- Blood Rules OK pamphlet and video—a great resource