

RESPONSIBILITIES AND DUTIES OF A HDJRLFC TRAINER

The primary responsibility of the Club Trainer is to work in conjunction with the coach to ensure all players reach and maintain required fitness levels and ensure they have a safe, healthy and enjoyable training and playing environment.

The Club Trainer is required to have a sound knowledge of technical skills related to physical performance and should aim to achieve and maintain professional accreditation. The trainer should have sound communication skills and should be a good organizer.

It is important that the Club Trainer keeps up to date with the fitness and training techniques and it is necessary for the Club Trainer to have a sound relationship with Club Team Coaches.

GENERAL

- Each team may have a maximum of three (3) trainers inside the playing area during matches (All grades U/6 at A)
- Trainers must registered and be at least 18 years of ages, 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 must wear appropriately coloured trainers' vest or polo shirts.
- Trainers may interchange their tasks at their team coach's discretion.
- Except as indicated below only one trainer is allowed on the field at any one time.
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Duties

One (1) Trainer may enter the field of play to:

- Treat and injured, or obviously distressed, player.
- Convey the coaches message to individual player/s.
- Arrange the interchange of players.
- Take water to players
- Deliver and retrieve kicking tee.

A second Trainer may:

- 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, take water to players.

A third Trainer generally looks after players on the bench and keeps the water bottle filled.

N.B REFEREES HAVE THE POWER TO CAUTION OR REMOVE A TRAINER WHO IS ACTING CONTRARY TO THE RULES.

1. Encourage players to abide by the Rules of the Club and the Parramatta District Junior League.
2. Encourage players to respect and observe the Club's and Parramatta District Junior League Codes of Conduct.
3. Control the warm up and cool down and stretching drills for all players.
4. Assist the coach to assess player injuries sustained during training and matches.
5. Report all injury concerns to coach and notify the club management.
6. Keep up to date with modern methods and techniques.
7. Work in the treatment of and rehabilitation of injured players.
8. Report to the coach on player development and attitude.
9. Ensure that all team first aid equipment is available.
10. Ensure drink bottles are cleaned and available to player.
11. Ensure that all health requirements are being observed for the treatment of players and for the safety of all concerned.
12. Keep accurate records of player injuries.
13. Hold appropriate qualifications as stipulated by the Parramatta District Junior League.
14. Return all training gear and drink bottles after the last game of the season.

NOTE: Trainers are required to complete and submit the necessary Child Protection Forms.