

These Guidelines are provided to assist Trainers to comply with NRL & CRRL policy and guidelines as well as some guidance as to the roles and responsibilities of a Trainer for the Valley Dragons.

- NRL Sports Trainer Policies can be found on the playnrl.com web site – <https://playnrl.com/policies/> - as well as NRL resources - <https://playnrl.com/trainer/>
- CRRL guidelines as well as other resources, can be found on the CRRL web site - http://websites.sportstg.com/assoc_page.cgi?assoc=1084&plD=7 click the More then Useful Information tab. You will find the guidelines under the Rules and Policies tabs.
- Trainers are to follow the NRL Code of Conduct (view match officials section) - <https://playnrl.com/referee/laws-of-the-game/code-of-conduct/>
- Every effort is to be made to ensure that ALL teams have at least one designated qualified NRL Trainer per team, regardless of age group.
- All International games, must have at least one qualified NRL Trainer per team on the sideline before the game can commence. Mini/mod games may go ahead with only one qualified NRL per field, but it is preferable that each team has a NRL qualified trainer on the sideline.
- A Team Trainer is expected to assist their team at both home and away games.
- If a Team Trainer cannot attend a game (due to illness, etc) they are to contact the Club First Aid Coordinator (sportstrainer@valleydragons.com.au or by phone/txt) as soon as possible so that another Trainer can be organised to cover that game.
- CareMonkey is the system used by the CRRL for Medical Advice Cards (CareMonkey profiles) as well as injury reporting. Information contained on this system are to be treated with the upmost confidentiality.
- To comply with NRL policy, Team Trainers should ensure that all CareMonkey profiles are completed before the player's first training/playing commitment.
- If a parent does not want to complete a CareMonkey profile, then a paper Medical Advice Card MUST be completed (contact sportstrainer@valleydragons.com.au for these cards). A "Private Note" can then be added to the CareMonkey profile to say where this information (contained in a sealed envelope) will be kept in case of an emergency (especially if the regular Trainer is unavailable that game).
- Any player who has Asthma, Diabetes, Anaphylaxis or Epilepsy should have appropriate Management Plans completed. Asthma and Anaphylaxis plans should be completed on CareMonkey. Other plans can be obtained by contacting sportstrainer@valleydragons.com.au.
- If you have any concerns about a medical condition of a team player, please contact the Club First Aid Co-ordinator.

- An injury report is to be completed if any player requires treatment. The injury reports are found on CareMonkey (even if a player does not have an active profile). Can you also please inform the Club First Aid Co-ordinator of any serious/potentially serious injuries.
- Trainers are to be aware of the NRL Return to Play policy (https://playnrl.com/media/1943/return-to-play-policy_with-changes1.pdf) and requirements for clearances after injuries/illnesses.
- When a player returns to play Trainers must be handed a Medical Clearance form before the Player can attend training. The Clearance can then be uploaded to the CareMonkey system as an attachment to the initial injury report. (If the injury occurred outside rugby league or is associated with illness, then a copy can be uploaded to the “Private Notes” section of CareMonkey.) The Club First Aid Coordinator is to receive a copy of any clearance (sportstrainer@valleydragons.com.au) before the player returns to competition (to ensure compliance with NRL Guidelines).
- Any player returning to play after a concussion MUST comply with the NRL Head Injury Guidelines - <https://playnrl.com/media/2280/head-injury-guidelines-2.pdf>. (See also the following NRL document - <https://playnrl.com/media/1643/management-of-concussion-in-rl.pdf>). ALL PLAYERS returning after a concussion must follow a Graded Return to Play process as per the above NRL Head Injury Guidelines. Medical Clearances MUST state that the player is returning after a concussion/head injury.
- The Valley Dragons ask that any player (U6 to U16) returning to play after a concussion/suspected concussion MUST forward their Medical Certificate to their Team Trainer **BEFORE commencing Training**. The player then commences a graded return to play process involving at least two supervised training sessions. During this graded return to play timeframe, if any symptoms reoccur, the player may need to take longer before commencing competition or be referred back to the medical provider. (Example – a player cannot turn up on Game Day with a clearance to play – at least two training sessions must be completed before returning to competition.)
- Asthma reliever - “Two strikes, you’re out”. If a player requires reliever medication more than twice during a match (not including use of a reliever prior to commencing play as per management for exercise induced asthma if applicable), then the player is NOT to return to play or training until receiving medical clearance. This is in compliance with the Asthma Foundation guidelines that use of a reliever three times or more per week (except as per management for exercise induced asthma), requires medical evaluation.
- Insurance – all players, volunteers, trainers, etc are covered by insurance. Details can be found on the Canberra Region Rugby League web site under the “More/Useful Information” tabs (http://websites.sportstg.com/assoc_page.cgi?client=7-1084-0-0-0&slD=13489&&news_task=DETAIL&articleID=747816). In the event of a serious injury, it is recommended that advice be given to the player/parents/guardians, etc as to where to find the insurance papers and stress the importance of completing these papers within 30 days. Claims can only be made for non-medicare items so private insurance is also recommended. (This insurance cover for Trainers not only includes injury insurance but profession indemnity insurance.)
- 3 min rule – There is a 3 min injury rule for all mini/mod games (U6 to U12). A longer time may be given if the player is bleeding or has a medical condition requiring a longer time to resolve. Please

note that this rule is there to ensure players who come off injured are not “left and forgotten” on the sideline - not to “hurry up” management of injuries.

- Regular taping should not be required in Junior games (U6 to U16). If a player requests taping, it is up to the individual Trainer to assess. If the player does not have written instructions by a medical provider, and the Trainer considers taping may be beneficial, a “once is OK, twice maybe, third time must be on written instructions by a medical provider” rule should be applied. Tape is to be provided by the player.
- Trainers must sign the official CRRL sign-on sheet before commencing any game.
- Trainers must wear their appropriate identifiable shirt. This shirt is to be visible at all times when performing your duties on the field of play.
- Ensure that change sheds are clean and tidy when you leave. (No strapping tape, etc left lying around)
- NO abuse of referees, officials, players, etc, will be tolerated.
- Trainers are not to be under the influence of drugs or alcohol when performing their duties on game days or at training.
- Trainers should wear appropriate enclosed footwear while on the field of play.
- CRRL has guidelines in the event of Cold Weather (contact sportstrainer@valleydragons.com.au for a copy). These guidelines are there for guidance in the event of exceptionally cold weather.
- Compression garments extending below the elbow or knee (not tracksuits) may be worn by players in the non-competitive age group (U6 to U9). Compression garments worn by players in U10s and upwards, must not extend below the elbow or knee. If players require these garments due to medical reasons, a letter signed by the medical provider, stating that these garments are required, is to be provided to the Trainer.
- Trainers should ensure they have appropriate valid Working With Vulnerable People accreditation.
- Any questions regarding first aid and compliance, can be directed to your Club FAOC (sportstrainer@valleydragons.com.au) or firstaid@raiders.com.au or phone Deb Charman at the CRRL office - 62533515.
- **Remember PLAYERS WELFARE COMES FIRST - ALWAYS**