

Position Description

Position Title	Sports Trainer
Reports To	(Direct) Head Coach (Indirect) Head of Football
Works with	National Program Operations Manager, Team Manager, Medical and Support Staff, Assistant Coaches, Head of Strength and conditioning

Role Overview:

The Sports Trainer supports the health, safety, and on-field care of players in the National Team. This role involves providing immediate injury assessment and management during training sessions and matches, preparing players for physical activity (including strapping/taping), and assisting the medical team with ongoing injury prevention, recovery, and rehabilitation support. Sports Trainers play a vital frontline role in maintaining athlete wellbeing and ensuring readiness for competition.

Key Responsibilities:

- On-Field Support: Provide immediate first aid and injury management during training sessions, trial games, and international fixtures.
- Strapping & Preparation: Deliver pre-training and pre-game strapping, taping, and preparation based on individual player needs and medical advice.
- Hydration & Recovery: Manage sideline hydration and cooling protocols, and assist with post-session/player recovery needs.
- Injury Assessment & Triage: Support the physiotherapist and doctor in assessing and managing minor injuries, and escalating care as needed.
- Rehabilitation Support: Assist in the delivery of prescribed rehabilitation exercises under guidance from medical staff.
- Equipment & Medical Kit Management: Maintain medical equipment, first aid kits, and consumables; ensure all items are ready for sessions and travel.
- Documentation: Record injuries and treatments in collaboration with the physiotherapist for tracking and reporting.
- Player Welfare & Safety: Monitor players during activity for signs of injury, heat stress, or fatigue, and take appropriate action.
- Compliance: Adhere to USARL and international match-day protocols, concussion management guidelines, and duty-of-care procedures.
- Camp & Tour Participation: Attend training camps, matches, and international tours as required, supporting the team throughout preparation and competition.

Key Attributes for Success:

- Professional Qualifications: Minimum Level 1 Sports Trainer (Certificate Athletic Trainer preferred); Advanced First Aid & CPR, Concussion Awareness Training (Highly Desired)
- Rugby League Experience: Understanding of the physical demands, injury types, and on-field procedures specific to rugby league.
- Communication Skills: Able to communicate clearly with players, coaches, and medical staff under pressure.
- Calm Under Pressure: Able to respond to injuries and emergencies with professionalism, confidence, and care.
- Attention to Detail: Diligent in taping, preparation, injury tracking, and medical kit management.
- Team-Oriented: Works collaboratively with medical and coaching staff, placing athlete welfare first.
- Respect & Discretion: Maintains confidentiality and upholds professional conduct in all environments.
- Commitment to the Game: Passion for rugby league and the development of a high-performance environment.

Duration: This is a voluntary position, initially for a period of 2 years, with the possibility of renewal based on performance and organizational needs.

Performance Reviews: The Video Analyst will undergo an annual performance review, focused on the effectiveness of physical programs, athlete performance outcomes, injury management, and collaboration with team staff.

The USARL Board reserves the right to terminate this position prior to the end of the contract term in the event of a serious breach of duty of care toward players, staff, or board members, performance issues, failure to meet USARL policies, procedures, or failure to meet organizational needs.