



**Australian Government**

# **SISSSPT306A Deal with medical conditions in a sport setting**

**Release: 3**

## SISSSPT306A Deal with medical conditions in a sport setting

### Modification History

The release details of this endorsed unit of competency set are in the table below. The latest information is at the top.

| Release | Comments  |
|---------|---|
| 3       | Updated imported unit in Guidance information for assessment. |

### Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to deal with known or common medical conditions such as asthma, epilepsy and diabetes in a sport setting.

### Application of the Unit

This unit applies to sports trainers who are responsible for providing initial management of common medical conditions for athletes in a sport-specific training or competition setting such as on the playing field, court or open or enclosed areas at sporting events.

### Licensing/Regulatory Information

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### Pre-Requisites

Nil

### Employability Skills Information

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

- |  |   |
|--|---|
| 1. Research common medical conditions. | <p>1.1. Source and access <b><i>information</i></b> for a range of <b><i>common medical conditions</i></b> and their impact on sporting performance.</p> <p>1.2. Recognise <b><i>symptoms and signs</i></b> of a range of common medical conditions in a <b><i>sports setting</i></b>.</p> <p>1.3. Identify <b><i>contraindications</i></b> for a range of common medical conditions and advise affected athletes and other <b><i>relevant stakeholders</i></b> according to <b><i>relevant legislation</i></b> and <b><i>organisational policies and procedures</i></b>.</p>   |
| 2. Manage existing medical conditions. | <p>2.1. Identify athletes with common medical conditions according to relevant legislation and organisational policies and procedures.</p> <p>2.2. Advise athletes on <b><i>strategies</i></b> to minimise the impact of known existing medical conditions on sporting performance.</p> <p>2.3. <b><i>Monitor and respond to athletes who display signs of common medical conditions during sporting activity according to organisational policies and procedures.</i></b></p> <p>2.4. Manage athletes with common medical conditions according to <b><i>best practice</i></b> and organisational policies and procedures.</p> <p>2.5. Refer athletes to a medical practitioner or relevant <b><i>health professional</i></b> where required.</p> <p>2.6. Document treatment of medical conditions according to organisational policies and procedures.</p> <p>2.7. Implement an ongoing <b><i>education program</i></b> for athletes to manage common medical conditions in sporting settings according to organisational policies and procedures.</p> |
| 3. Evaluate                            | <p>3.1. Review the management of the condition in</p>   |

**ELEMENT**

management of  
medical conditions.

**PERFORMANCE CRITERIA**

- consultation with appropriate personnel.
- 3.2. Evaluate own performance and identify potential improvements for future management of common medical conditions.
- 3.3. Make modifications to education programs to manage common medical conditions where required in response to *feedback* from athletes and own self-reflection outcomes.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills to:
  - consult with athletes to identify common medical conditions and establish the presence of contraindications to participation
  - advise athletes of strategies to minimise the effects of medical conditions on sporting performance and initial management of common medical conditions
  - refer athletes to health professionals as appropriate
- language and literacy skills to:
  - source and interpret information about common medical conditions affecting athlete performance
  - document relevant details of the medical condition and its management
- problem-solving skills to:
  - identify and respond to signs and symptoms of deteriorating common medical conditions
  - select and apply appropriate management techniques to common medical conditions
  - adjust in response to athlete's changing condition
- self management skills to review and reflect on own performance
- teamwork skills to refer athletes to health personnel.

### Required knowledge

- legislation and organisational policies and procedures to enable effective response and management of common medical conditions during sporting activities
- first aid techniques such as Danger, Response, Airway, Breathing, Circulation (DR ABC) regime and responses to enable initial management of common medical conditions
- contraindications and precautions for managing sports injuries
- signs and symptoms of common medical conditions to enable prompt response
- sources of information on common medical conditions to maintain currency of knowledge
- strategies to reduce the impact of common medical conditions on sporting performance.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- utilises knowledge of common medical conditions and their impact on sporting performance to determine contraindications to sporting participation and conveys information about the condition to the athlete and coaching staff
- selects and applies appropriate techniques to manage the relevant condition and monitors the response of the athlete within organisational systems and best practice sports trainer principles and assesses the need to refer the athlete to appropriate health professionals where appropriate
- evaluates and reflects on own performance in managing the condition to identify ways in which initial management of the condition can be improved to maximise performance.

#### Context of and specific resources for assessment

Assessment must ensure operation within own roles and responsibilities and organisational systems and procedures when implementing strategies to manage common medical conditions to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- a sport training or competition setting or environment relevant to the specific sport or environment in which the candidate operates or intends to operate
- athletes with common medical conditions relevant to the specific sport or environment in which the candidate operates or intends to operate
- first aid equipment and facilities to provide management of common medical conditions.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of applying appropriate management and first aid techniques to a range of common medical conditions in a sports setting
- observation of interaction with athletes, including

eliciting information and providing reassurance

- oral or written questioning to assess knowledge of the signs and symptoms of a range of common medical conditions and their impact on sporting performance
- third-party reports from a supervisor detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- HLTF301C Apply first aid.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

- Information*** may include:
- description of the condition
  - symptoms of the condition
  - management of the condition.
- Common medical conditions*** may include:
- asthma, and in particular, exercise induced asthma
  - epilepsy
  - diabetes.
- Symptoms and signs*** may include:
- asthma:
    - difficulty breathing
    - difficulty speaking
    - shortness of breath
    - quiet and slow response
  - epilepsy:
    - convulsions
    - muscle spasms
    - loss of consciousness
  - diabetes:
    - dizziness
    - loss of concentration
    - confusion or disorientation.
- Sports setting*** may include:
- on the playing field
  - change rooms
  - open or enclosed areas at sporting events
  - accommodation venues
  - in transit.
- Contraindications*** may include:
- wheezing
  - chest infection
  - hypoglycaemia.
- Relevant stakeholders*** may include:
- the client
  - coach or coaches
  - health professionals
  - parents or guardians.
- Relevant legislation*** may include:
- occupational health and safety



- infectious diseases
  - duty of care
  - privacy.
- Organisational policies and procedures*** may include:
- occupational health and safety
  - roles and responsibilities of a sports trainer
  - infection control
  - reporting and referral
  - emergency procedures.
- Strategies*** may include:
- pre-exercise advice
  - post-exercise advice
  - avoiding known triggers
  - performing warm-up and cool-down.
- Best practice*** may include:
- Australian Resuscitation Council (ARC) guidelines
- relevant national, state or territory or local organisations' and or associations' Code of Ethics or Code of Conduct.
- Health professionals*** may include:
- medical practitioners
  - paramedics.
- Education program*** may include:
- information about the condition
  - signs and symptoms of the condition
  - strategies to manage the condition in a sports setting
  - preventative medications where applicable.

## **Unit Sector(s)**

Sport

## **Competency Field**

Sports Trainer