



**Australian Government**

# **SISSSPT001 Implement sport injury prevention and management strategies**

**Release: 1**

# SISSSPT001 Implement sport injury prevention and management strategies

## Modification History

Not applicable.

## Application

This unit describes the performance outcomes, skills and knowledge required to make sport safer by implementing strategies to prevent sport-specific injuries and manage injuries, illnesses and medical conditions. This includes applying taping for ongoing injury prevention and post-injury support.

This unit applies to individuals working in sports trainer roles in the Australian sport industry. This includes individuals working and volunteering in sport clubs and organisations.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

## Pre-requisite Unit

HLTAID003 Provide first aid

## Competency Field

Sports Trainer

## Unit Sector

Sports

## Elements and Performance Criteria

### ELEMENTS

*Elements describe the essential outcomes*

1. Maintain knowledge of sport injury prevention and management.

### PERFORMANCE CRITERIA

*Performance criteria describe the performance needed to demonstrate achievement of the element.*

- 1.1. Source and interpret information related to preventing sport-specific injuries and illnesses, and managing injuries, illnesses and medical conditions.
- 1.2. Consult with healthcare professionals and support staff on sport injury prevention and injury, illness and medical condition management strategies.
- 1.3. Apply sport-specific injury prevention and injury, illness and medical condition management strategies within

- scope of own job role.
2. Provide sport injury prevention and management information to participants.
    - 2.1. Consult with sport-specific participants to identify sport injury prevention and management information needs.
    - 2.2. Present sport injury prevention and management information to participants.
    - 2.3. Check and clarify participant understanding of sport injury prevention and management information.
    - 2.4. Encourage participants to access support staff and healthcare professionals for sport injury prevention and management advice outside scope of own job role.
  3. Implement sport-specific injury prevention strategies.
    - 3.1. Assess participants to determine sport-specific injury risks and identify sport-specific injury prevention strategies.
    - 3.2. Implement sport-specific injury prevention strategies to address sport-specific injury risks.
    - 3.3. Assist participants to implement sport-specific injury prevention strategies.
    - 3.4. Monitor and adjust sport-specific injury prevention strategies to support safe participation.
  4. Implement injury, illness and medical condition management strategies.
    - 4.1. Assess participants to identify injury, illness and medical condition management risks and select injury, illness and medical condition management strategies.
    - 4.2. Implement injury, illness and medical condition management strategies to address injury, illness and medical condition risks.
    - 4.3. Assist participants to implement injury, illness and medical condition management strategies.
    - 4.4. Monitor and adjust injury, illness and medical condition management strategies to support safe participation.
  5. Reflect on sport-specific injury prevention management practice.
    - 5.1. Seek feedback from others to identify areas to improve own sport-specific injury prevention and management practice.
    - 5.2. Reflect on own sport-specific injury prevention and management practice to identify areas for improvement.
    - 5.3. Analyse findings and incorporate learnings in future sport-specific injury prevention and management practice.
    - 5.4. Seek opportunities to address identified professional development needs.

## Foundation Skills

*Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.*

SKILLS	DESCRIPTION
Writing skills to:	<ul style="list-style-type: none"><li>complete sport injury prevention and management records in the required detail and format including incident reports, participant screening records and participant profiles.</li></ul>
Oral communication skills to:	<ul style="list-style-type: none"><li>ask open and closed questions and actively listen to determine and meet the needs of participants</li><li>interact with participants, support staff and healthcare professionals in a polite and positive manner.</li></ul>
Numeracy skills to:	<ul style="list-style-type: none"><li>interpret and analyse sport-specific injury prevention and management statistical data</li><li>estimate risk</li><li>record sport-specific injury prevention and management data.</li></ul>
Teamwork skills to:	<ul style="list-style-type: none"><li>work with participants, support staff and healthcare professionals.</li></ul>
Technology skills to:	<ul style="list-style-type: none"><li>access the internet to source sport injury prevention and management information.</li></ul>

## Unit Mapping Information

No equivalent unit

## Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>