



Australian Government

Department of Education, Employment and Workplace Relations

SISSSPT305A Support sports injury management

Release: 2

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Modification History

Not Applicable

Unit Descriptor

This unit describes the performance outcomes, skills and knowledge required to assist health care professionals with the ongoing management of injured athletes. It also covers the provision of ongoing monitoring of relatively minor injuries such as cuts and abrasions where a professional diagnosis is not indicated.

Application of the Unit

This unit applies to those working in a sport environment. It applies to sports trainers who are responsible for providing sports trainer support in a sport 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. Assist health care professionals with injury management programs.

- 1.1. Identify the aims of the injury management program in consultation with the *athlete*.
- 1.2. Monitor athlete response to *injury management program* and adjust on advice from relevant *health care professionals*.
- 1.3. Provide *feedback* regarding the progress of the ongoing injury management program to relevant health care professionals as required.
- 1.4. Implement an *ongoing injury management program* according to instructions of relevant *health care professionals*.
- 1.5. Document problems that arise in the implementation of the injury management program.
- 1.6. Liaise with *health care professionals* in relation to issues that arise during the implementation of the *injury management program*.

2. *Monitor minor injuries.*

- 2.1. Treat and monitor athletes with *minor injuries* where a professional diagnosis is not indicated according to the *basic principles of biomechanics, relevant legislation and organisational policies and procedures*.
- 2.2. Apply *universal precautions* according to relevant legislation and organisational policies and procedures.
- 2.3. Identify signs of delayed healing and refer athletes to health care professional and inform *other relevant stakeholders* as required.
- 2.4. *Complete relevant documentation for injuries treated.*

Required Skills and Knowledge

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

Required skills

- communication skills to provide clear information to healthcare professionals regarding the athlete's progress, follow instructions to implement an injury management program, report any problems with the injury management program and refer athletes to healthcare professionals
- problem-solving skills to identify problems in relation to the implementation of the injury management program and take appropriate action to address these problems
- teamwork skills to work with healthcare professionals and other relevant stakeholders to assist the athlete with sport injuries
- literacy skills to document problems associated with the injury management program.

Required knowledge

- principles of biomechanics and human anatomy and physiology to enable the safe implementation of the injury management program
- terminology related to sports injuries to enable clear and accurate communication with health care professionals
- organisational policies and procedures to enable the safe implementation and monitoring roles and responsibilities of a sports trainer
- relevant legislation to enable sports injuries to be managed professionally and safely
- phases of healing and causes and signs of delayed healing to enable problems to be identified and reported promptly
- techniques to manage minor injuries
- aims and goals of sport injury management programs to enable understanding to support healthcare professionals.

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:

- works within own area of responsibility to assist in the ongoing management of sports injuries and interacts with health professionals, athletes and other relevant stakeholders to communicate progress as required
- works under the direction of health care professionals to implement and monitor ongoing injury management programs
- treats minor injuries and makes judgements within area of responsibility to refer athletes to health professionals to obtain a more detailed assessment of their condition
- applies effective contingency management techniques to deal with a range of issues that may affect the responses of athletes.

Context of and specific resources for assessment

Assessment must ensure treatment of multiple minor injuries relevant to the candidate's current or intended work environment 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 participating in sport or physical activity
- athletes with real or simulated sporting injuries
- health professionals and the athlete's injury management program
- relevant legislation and organisational policies and procedures impacting on assisting with the management of sport injuries.

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 implementation and monitoring of an injury management program

- observation of interaction with healthcare professionals and athletes
- oral or written questioning to assess knowledge of the causes and signs of delayed healing
- 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:

- SISSSPT302A Provide initial management of sports injuries.

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.

- Athlete*** may include:
- beginner through to high performance level competitors
 - athletes under 16 years of age who require parent or guardian consent
 - female or male athletes
 - athletes with a disability or special needs.
- Injury management program*** may include:
- a sequence of events or treatments leading to a desired outcome negotiated between the health care professional and the athlete.
- Health care professionals*** may include:
- medical practitioners
 - physiotherapists
 - chiropractors
 - osteopaths
 - paramedics
 - massage therapists.
- Feedback*** may include:
- achievement of program objectives
 - information pertinent to technical adjustments.
- Minor injuries*** may include:
- cuts
 - abrasions
 - minor surface bruising.
- Basic principles of biomechanics*** may include:
- major muscle actions
 - joint mechanics.
- Relevant legislation*** may include:
- occupational health and safety
 - infectious diseases
 - duty of care
 - Sports trainer associations guidelines
 - Industry Code of Ethics or Code of Conduct regulations and guidelines.
- Organisational policies and procedures*** may include:
- occupational health and safety
 - roles and responsibilities of a sports trainer
 - infection control
 - reporting
 - code of conduct.

- Universal precautions*** include:
- use of personal protective equipment
 - presumption that all blood and body fluids are infectious
 - covering exposed cuts and abrasions with waterproof coverings prior to commencing work
 - immediate treatment of puncture wounds or abrasions
 - use of protective clothing when cleaning spillage of body fluids.
- Other relevant stakeholders*** may include:
- coach or coaches
 - health professionals
 - parents or guardians.

Unit Sector(s)

Sport

Competency Field

Sports Trainer