



Australian Government

SISSSPT001 Implement sport injury prevention and management strategies

Release: 2

SISSSPT001 Implement sport injury prevention and management strategies

Modification History

	Minor changes. Equivalent outcome.
Release 2.	Prerequisite unit updated: Superseded unit HLTAID003 replaced with current unit HLTAID011.
Release 1.	No equivalent unit.

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

HLTAID011 Provide first aid

Competency Field

Sports Trainer

Unit Sector

Sports

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Maintain knowledge

PERFORMANCE CRITERIA

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

1.1. Source and interpret information related to preventing

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| of sport injury prevention and management. | 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:	complete sport injury prevention and management records in the required detail and format including incident reports, participant screening records and participant profiles.
Oral communication skills to:	- ask open and closed questions and actively listen to determine and meet the needs of participants - interact with participants, support staff and healthcare professionals in a polite and positive manner.
Numeracy skills to:	- interpret and analyse sport-specific injury prevention and management statistical data - estimate risk - record sport-specific injury prevention and management data.
Teamwork skills to:	work with participants, support staff and healthcare professionals.
Technology skills to:	access the internet to source sport injury prevention and management information.

Unit Mapping Information

	Minor changes. Equivalent outcome.
Release 2.	Prerequisite unit updated: Superseded unit HLTAID003 replaced with current unit HLTAID011.
Release 1.	No equivalent unit.

Links

Companion Volume Implementation Guides -

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

Assessment Requirements for SISSSPT001 Implement sport injury prevention and management strategies

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Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- implement sport injury prevention and management strategies that involves:
 - warm-up
 - cool-down
 - applying taping to:
 - the thumb
 - the ankle
 - the finger
 - the elbow
 - applying taping to two of the following:
 - the full shoulder
 - the knee
 - the Achilles tendon
 - assessing one injured participant and one ill participant using:
 - DRSABCD (Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillator) principles
 - STOP (Stop, Talk, Observe, Prevent) principles
 - TOTAPS (Talk, Observe, Touch, Active movement, Passive movement, Skills test) principles
 - managing one participant with a sport-specific injury or illness
 - managing one participant with a medical condition.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational policies and procedures applicable to implementing sport injury prevention and management strategies
- roles and responsibilities of sports trainers, participants, coaches, support staff and healthcare professionals applicable to implementing sport injury prevention and management strategies
- limitations of role in relation to advising on injuries, illnesses, medical conditions, medications, injury prevention and management, nutrition and hydration
- types, causes, impacts on participation, symptoms and management of typical sport injuries and illnesses
- types, impacts on participation and management of medical conditions:
 - asthma
 - diabetes
 - epilepsy
 - cardiovascular conditions
 - infections
- sources and types of data on sport injuries and illnesses:
 - incidence
 - severity
 - prevalence
 - cause
 - types of injuries
- major muscle actions and joint mechanics relevant to movement in sport
- types of sport injury risks:
 - environmental conditions
 - equipment
 - other participants
 - participant mismatch
 - poor officiating
 - unsafe participant behaviours
 - training regime
 - previous injuries
 - fitness levels
- purpose and application of assessment strategies:
 - DRSABCD principles
 - STOP principles
 - TOTAPS principles
- purpose and application of sport injury prevention strategies:

- screening
- training and physical conditioning:
 - strengthening exercises
 - stretching exercises
- protective equipment
- basic hydration and nutrition
- taping
- warm-up
- cool-down
- purpose and application of injury, illness and medical management strategies:
 - RICER (Rest, Ice, Compression, Elevation, Referral)
 - NO HARM (Heat, Alcohol, Running, Massage)
 - first aid
 - universal precautions
 - basic hydration and nutrition
 - taping
 - warm-up
 - cool-down
 - transport
- taping techniques:
 - purpose of taping
 - contraindications and precautions for taping
 - pre-taping and post-taping requirements
 - types, qualities and functions of taping products including tapes, adherents, removers and barriers
 - types, functions and safe use of taping equipment
 - techniques for taping ankles, thumbs, fingers, elbows, full shoulder, knees and Achilles tendon
 - ergonomic taping practices
- sport injury prevention and management terminology.

Assessment Conditions

Skills must be demonstrated in:

- a community based sport environment. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit

- organisational policies and procedures applicable to implementing sport injury prevention and management strategies.

Assessment must ensure use of:

- taping equipment and products
- participants.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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