



Australian Government

SISSSPT302A Provide initial management of sports injuries

Release: 3

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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 provide an immediate response to sports injuries in training or competition situations until the arrival of a health care professional or paramedic. It includes carrying out an initial assessment, managing injuries in line with organisational procedures and best practice and completing reporting requirements.

Application of the Unit

This unit applies to those working in a sport and recreation environment. It applies to sports trainers who are responsible for providing initial management of sports injury 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. Conduct initial assessment of sports injuries.	1.1. Identify <i>details of the incident</i> in consultation with the athlete according to <i>organisational policies and procedures</i>. 1.2. Identify and assess the <i>injury or condition</i> of the athlete according to organisational policies, <i>relevant legislation</i> and <i>current first aid procedures</i>. 1.3. Request assistance from <i>relevant medical personnel</i> as required according to organisational policies and procedures. 1.4. Inform and reassure the injured athlete and other <i>relevant stakeholders</i>, where appropriate, of initial actions to manage the injury using appropriate communication techniques.
2. Manage the injury.	2.1. Assess the need to transport injured athletes and carry out according to <i>best practice guidelines</i> and organisational policies and procedures. 2.2. Consult with injured athlete where appropriate to identify contraindications to treatment according to best practice and organisational policies and procedures. 2.3. Select and apply appropriate <i>first aid techniques</i> to provide initial management of the injury or condition according to best practice and organisational policies and procedures. 2.4. Follow relevant <i>infection control procedures</i>, especially in relation to wound management. 2.5. Operate <i>first aid equipment</i> as required according to manufacturer's instructions and organisational policies and procedures. 2.6. Monitor injured athlete's condition and response to treatment according to organisational policies and procedures. 2.7. Reassess treatment and amend appropriately in

ELEMENT**PERFORMANCE CRITERIA**

- response to ***changes in athlete's condition.***
3. Complete and process reports.
- 3.1. Communicate information about the injury and its management to medical personnel as required according to organisational policies and procedures.
- 3.2. Record ***athlete's injury information*** according to relevant legislation and organisational policies and procedures.
4. Evaluate injury management outcomes.
- 4.1. Review the management of the injury in consultation with appropriate personnel.
- 4.2. Evaluate own performance and identify potential improvements for future initial management of injury.
- 4.3. Make modifications to injury management techniques where required in response to ***feedback from appropriate personnel 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 their condition and establish the presence of contraindications to treatment
 - convey information to athletes about initial management of injuries
 - provide medical personnel with information about the athlete's injury and initial management techniques
- language and literacy skills to document relevant details of the injury and its management
- problem-solving skills to select and apply appropriate first aid management techniques for the injury and adjust in response to athlete's changing condition
- self-management skills to review and reflect on own performance
- teamwork skills to liaise with health personnel and follow instructions.

Required knowledge

- legislation and organisational policies and procedures to enable the effective and safe initial management of sports injuries
- principles of biomechanics to enable the application of appropriate management techniques for sports injuries
- anatomy and physiology to enable an understanding of the impact of sports injuries on the body and the most effective management of these injuries
- first aid techniques and responses to enable initial management of commonly occurring soft and hard tissue sports injuries
- techniques and precautions to enable the safe transportation of injured athletes
- signs and symptoms of shock and its management
- contraindications and precautions for managing sports injuries.

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:

- operates effectively as a sports trainer within own roles and responsibilities and organisational systems and procedures to provide initial management of sports injuries
- interacts with injured athletes and promptly assesses a range of injuries, including spinal and neck injuries, and undertakes initial management of injuries
- selects and applies appropriate first aid techniques for the relevant injury and monitors the response of the athlete within organisational systems and best practice sports trainer principles
- evaluates and reflects on own performance in managing the injury to identify ways in which initial management of the injury can be improved.

Context of and specific resources for assessment

Assessment must ensure assessment and initial management of sports injuries, including spinal and neck injuries, on multiple occasions 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 real or simulated injuries 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 sports 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 applying appropriate assessment and first aid techniques
- observation of interaction with athletes, including eliciting information and providing reassurance
- oral or written questioning to assess knowledge of the principles of biomechanics in relation to the initial

assessment and management of sports injuries

- 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:

- HLTFA301C 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.

Details of the incident may include:

- what happened
- the injured athlete
- visual assessment of scene
- environment
- others at the scene.

Organisational policies and procedures may include:

- occupational health and safety
- roles and responsibilities of a sports trainer
- infection control
- reporting and referral
- emergency procedures.

Injury or condition may include:

- soft tissue injuries
- skin injuries
- hard tissue injuries
- medical conditions:
 - asthma
 - diabetes
 - epilepsy
- spinal injuries
- head injuries
- heat exhaustion
- cramps.

Relevant legislation may include:

- occupational health and safety
- infectious diseases
- duty of care
- privacy.

Current first aid procedures may include:

- DR ABC regime
- RICER regime
- STOP regime
- TOTAPS regime.

Relevant medical personnel may include:

- medical practitioners
- paramedics
- physiotherapists.

Relevant stakeholders may

- coach or coaches
- parents or guardians

include:

- team captain
- team manager
- facility manager
- facility owner.

Best practice guidelines may include:

- Australian Resuscitation Council (ARC) guidelines
- specific sport industry guidelines
- relevant national, state, territory or local organisations' and or associations' code of ethics or code of conduct.

First aid techniques may include:

- resuscitation
- application of pressure
- application of ice packs
- elevation
- stabilisation of head and neck
- application of dressings
- application of splint or sling
- fluid replacement.

Infection control procedures may include:

- application of universal precautions
- disposal of contaminated waste.

First aid equipment may include:

- first aid kit
- personal protective equipment
- stretchers.

Changes in athlete's condition may include:

- improvement
- deterioration
- signs of shock.

Athlete's injury information may include:

- injury sustained
- cause or causes of injury
- treatment applied
- response to treatment
- changes in condition.

Unit Sector(s)

Sport

Competency Field

Sports Trainer