

The AFL mandates Emergency Response Coordinator courses as the minimum level of competency for all trainers in Community Level Football. Additionally, the EDFL recommend that any trainer participating in matches where players are U16 or older, that the minimum requirement should be a Level 1 Sports Trainer Certification.

## Emergency Response Coordinator (ERC)

*Who?* Everyone who may participate as a trainer during season 2020 must have this qualification in addition to the pre-requisites.

*What?* Basic Emergency Response training, with an emphasis on football related procedures.

Includes:

- Roles and Responsibilities of a Sports Trainer and Rules and Regulations applicable to the EDFL
- Concussion and Head Injuries
- Unconscious Casualties
- Neck and Spinal Injuries
- Stretcher – Practical Session Demonstration and Participation
- Emergency Planning
- Communication
- Injury Assessment and Basic Management Plan
- Basic Legal Requirements (Record Keeping)
- First Aid Kit / and Facilities

*When?* 4 courses available:

- Wednesday, February 26<sup>th</sup> (3.5hr – 6.00pm – 9.30pm)
- Saturday, March 14<sup>th</sup> (3.5hr – 9.00am – 12.30pm)
- Wednesday, April 1<sup>st</sup> (3.5hr – 6.00pm – 9.30pm)
- Monday, April 20<sup>th</sup> (3.5hr – 6.00pm – 9.30pm)

*Pre-requisites* – HLTAID003 (First Aid & CPR).

*Exemptions* – There is none. Every trainer who participates in any match in the 2020 season must have this qualification as a minimum. This includes doctors, nurses, paramedics, physio's etc.

*Cost* – Registered club members are FREE. \$90pp for non-members.

## ERC Extension

*Who?* Current ERC accredited persons who would like to upgrade to Level 1 Sports Trainer status.

*What?* Extension of ERC qualification (must have previously completed ERC).

Includes:

- Medical Conditions, including Asthma, Diabetes, Severe Allergic Reactions (Anaphylaxis), Heat Related Conditions, Hypothermia, Heart / Stroke
- More practical sessions on Soft Tissue Injury Management, understanding and rehabilitation
- Taping Techniques applicable to football. ie knee ligaments, fingers and wrist, ankles (as per AFL guidelines)  
(Please note additional strapping techniques including shoulder, achilles, knee, plantar fasciitis, shin pain and other areas of the body are offered in an advanced strapping workshop. This may include K-taping.)

*When?* 2 courses available:

- Sunday, March 15<sup>th</sup> (3.5hr – 1.30pm – 5.00pm)
- Thursday, March 26<sup>th</sup> (3.5hr – 6.00pm – 9.30pm)

*Pre-requisites* – HLTAID003 (First Aid & CPR) **& ERC**

*Cost* - Registered club members are FREE. \$90pp for non-members.

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## Level 1 Sports Trainer

*Who?* Highly recommended as a minimum for Trainers who will be looking after U16's and above but is open to anyone wanting to obtain their qualification.

*What?* Combined ERC + ERC Extended.

- Roles and Responsibilities of a Sports Trainer and Rules and Regulations applicable to the EDFL
- Concussion and Head Injuries
- Unconscious Casualties
- Neck and Spinal Injuries
- Stretcher – Practical Session Demonstration and Participation
- Emergency Planning
- Communication
- Injury Assessment and Basic Management Plan
- Basic Legal Requirements (Record Keeping)
- First Aid Kit / and Facilities
- Medical Conditions, including Asthma, Diabetes, Severe Allergic Reactions (Anaphylaxis), Heat Related Conditions, Hypothermia, Heart / Stroke
- More practical sessions on Soft Tissue Injury Management, understanding and rehabilitation
- Taping Techniques applicable to football. ie knee ligaments, fingers and wrist, ankles (as per AFL guidelines)  
(Please note additional strapping techniques including shoulder, achilles, knee, plantar fasciitis, shin pain and other areas of the body are offered in an advanced strapping workshop. This may include K-taping.)

*When?* 2 courses available:

- Full Day – Sunday, March 15<sup>th</sup> (7hr – 9.00am-12.30pm – Lunch – 1.30pm-5.00pm)
- Split Night – Tuesday, March 26<sup>th</sup> & Thursday, March 28<sup>th</sup> (3.5hr – 6.00pm – 9.30pm)

*Pre-requisites* – HLTAID003 (First Aid & CPR).

*Cost* - Registered club members are FREE. \$145pp for non-members.

## Strapping

*Who?* Anyone wanting to learn basic strapping techniques. Particularly of interest for trainers.

*What?* A mixture of basic and advanced strapping techniques.

- Lower limbs, including knees, achilles, ankle, plantar fascia and shins
- Upper body, including fingers, wrists, shoulders
- Basic k-tape techniques

*When?* 2 courses available:

- Monday, March 30<sup>th</sup> (3.5hr – 6.00pm – 9.30pm)
- Tuesday, April 21<sup>st</sup> (3.5hr – 6.00pm – 9.30pm)

*Pre-requisites* – None.

*Cost* - Registered club members are FREE. \$90pp for non-members.

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## Registration

Registration for all EDFL courses can be found via the below JotForm link.

<https://form.jotform.co/90349011258857>

Please only register for courses you are committed to attending, as clubs will be charged a non-attendance fee for any person who fails to participate on the day/night.

Note that additional dates may be made available depending on demand. These dates will be communicated to club Secretaries if/when they become available.

As attendance is free for club members, you will need to input your Footyweb Number upon registration. If you do not know your number, please request it from your club prior to completing the registration form. Non-members will need to pay via cash or card on the day/night.

Each course also requires the pre-requisite of First Aid/CPR, therefore, providing a copy of your current certificates will be made mandatory when registering. The EDFL will be offering First Aid and CPR courses to assist with qualification, however, we are still in the process of locking in dates and prices with our selected provider. Alternatively, there are many providers in Melbourne that you or your club can utilise, some options are listed below:

<https://sma.org.au/>

<https://www.australiawidefirstaid.com.au/courses/first-aid/>

<https://lifesavingfirstaid.com.au/>

<https://accreditedfirstaidcourses.com.au/>

<https://www.firstaidmanagement.com.au/courses/hltaid003-first-aid.html>