



POSITION DESCRIPTION

Sports trainer

Training: 5:30pm – 7:30pm Monday, Tuesday, Wednesday, Thursday

Game day: Saturday (Time varies)

Training day duties:

Before:

- Setting up training room - put up massage table and training bag
- Strapping and massage of players

During:

- Learning opportunities e.g. practice/learn strapping, injury prevention/management
- Attend to injuries that occur during training
- Assist with rehab of players (making sure they are completing required exercises and know what they are doing)
- Massage of players as part of rehabilitation process
- Packing of game day equipment for both Roosters and Hens
- Use your initiative to gain the most experience while at training

After:

- Provide ice to players if required
- Cut off strapping
- Massage of required players

Game day duties:

Before:

- Assist in pre-game strapping and massage of players
- Double check water bottles

During:

- Assist in any first aid/strapping/massage for injuries
- Continually be focused on the game to watch for injuries
- Run out to players to check their injuries

After:

- Make ice bags and provide ice to players
- Record any injuries that occurred during the game
- Brief clean of club rooms to bin strapping tape

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