



# NRL Safety Education Framework

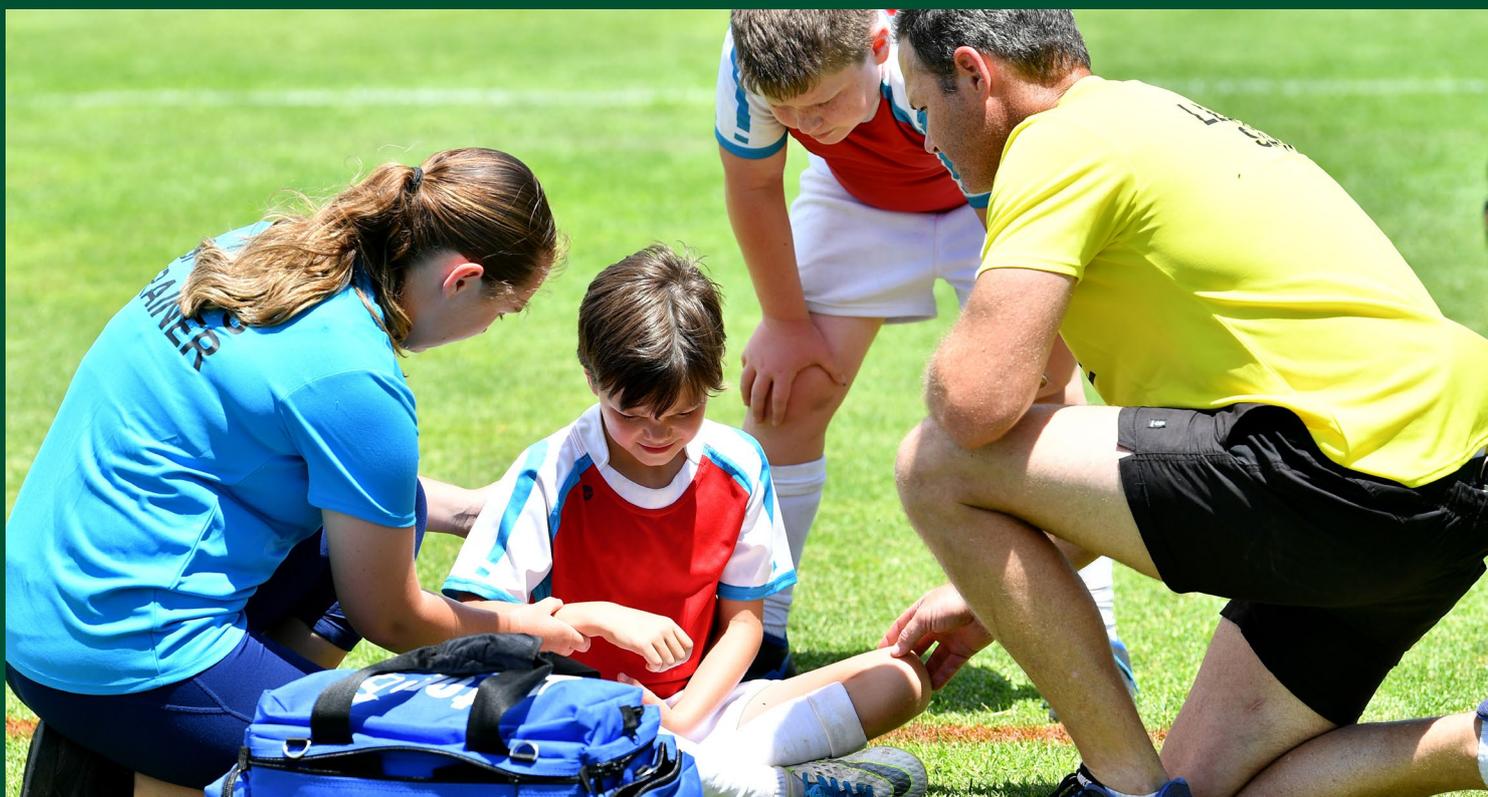
---

2023 CLUB INFORMATION GUIDE



# Overview

This guide is designed to provide clubs with information relating to the NRL's Safety Education Programs so that they can meet the on-field requirements of the game set out in the On-Field Policy.





## ON-FIELD POLICY

The purpose of the NRL on-field policy is to ensure that on-field safety personnel possess the theoretical and practical knowledge required to complete their role in keeping players safe in the game of Rugby League.

The policy has two sections, one for the community game and one for the performance game. The main difference between the two sections is that, in the performance game, a doctor must be present for a game to proceed. The community on-field policy provides information on:

- › The two roles on game day, the LeagueSafe Trainer and the First Responder
- › The expectations and limitations of each game day role.
- › The minimum personnel requirements for a game to commence at each age group.

To read the NRL On-Field policy please go to [playrugbyleague.com/policies](https://playrugbyleague.com/policies)

## ROLES ON GAME DAY

There are two (2) safety-based roles on game day.

### 1. The LeagueSafe Trainer

The role of the LeagueSafe trainer during a match is to provide water to players and to assist with the interchange process as required. LeagueSafe Trainers must be at least 14 years of age and have completed the NRL LeagueSafe course.

### 2. The First Responder

The role of the First Responder during a match is to administer first aid and/or offer advice to an injured or ill player. All injuries and illness assessed by the First Responder must be recorded in accordance with the NRL injury reporting guidelines. First Responders must be at least 18 years of age and hold a current relevant NRL accreditation.

The idea is to clearly differentiate between the game day role and the qualification/s required to fulfil that role. The minimum qualification to fulfil the role of a LeagueSafe trainer is the online LeagueSafe course. The minimum qualification to fulfil the role of a First Responder will depend on the age group they are involved with. A summary of the minimum requirements for each age group is below:

AGE	Minimum Personnel Required	Minimum Accreditation Required
<b>U6-7</b>	One (1) x First Responder for up to four (4) matches being played on an International Field.	
<b>U8-9</b>	One (1) x First Responder for up to three (3) matches being played on an International Field.	· League First Aid; or
<b>U10-12</b>	One (1) x First Responder per game	· NRL Level 1 Sports Trainer; or
<b>U13-15</b>	One (1) x First Responder per team for each game	· NRL Level 2 Sports Trainer
<b>U16+</b>	One (1) x First Responder per team for each game	· NRL Level 1 Sports Trainer; or
		· NRL Level 2 Sports Trainer.

# Shirt Colours

On-field personnel will be identified on game day by their shirt colour. Their shirt colour will reflect their level of accreditation and must be clearly labelled on the back of the shirt.

A summary of shirt colours can be found in the table below.

Accreditation	Role on Game Day	Shirt Colour
LeagueSafe Course	LeagueSafe Trainer	A <b>yellow</b> shirt, vest or jumper with 'LeagueSafe' clearly labelled on the back
League First Aid	First Responder	A <b>green</b> shirt, vest or jumper with 'League First Aid' clearly labelled on the back
Level 1 Sports Trainer	First Responder	A <b>blue</b> shirt, vest or jumper with 'Level 1 Sports Trainer' clearly labelled on the back
Level 2 Sports Trainer	First Responder	An <b>orange</b> shirt, vest or jumper with 'Level 2 Sports Trainer' clearly labelled on the back





# Safety Education Framework

There are four (4) accreditation courses in the safety education framework.

- 1. LeagueSafe Course**
- 2. League First Aid**
- 3. Level 1 Sports Trainer**
- 4. Level 2 Sports Trainer**

A breakdown of requirements for each age group can be found below:

NRL		GAME DAY REQUIREMENTS	
<b>6/7s</b>			
10	 A maximum of one (1) LeagueSafe Trainer allowed per team.	 One (1) First Responder for up to four (4) matches being played on an International Field.	 Minimum accreditation to act in the role of a First Responder is League First Aid.
20			20
<b>8/9s</b>			
30	 A maximum of one (1) LeagueSafe Trainer allowed per team.	 One (1) First Responder for up to three (3) matches being played on an International Field.	 Minimum accreditation to act in the role of a First Responder is League First Aid.
40			40
<b>10/11/12s</b>			
50	 A maximum of one (1) LeagueSafe Trainer allowed per team.	 One (1) First Responder per match.	 Minimum accreditation to act in the role of a First Responder is League First Aid.
40			40
<b>13/14/15s</b>			
30	 A maximum of two (2) LeagueSafe Trainers allowed per team.	 One (1) First Responder per team for each match.	 Minimum accreditation to act in the role of a First Responder is League First Aid.
20			20
<b>16s +</b>			
10	 A maximum of two (2) LeagueSafe Trainers allowed per team.	 One (1) First Responder per team for each match.	 Minimum accreditation to act in the role of a First Responder is Level 1 Sports Trainer.
10			10
GAME DAY REQUIREMENTS		NRL	



# Course Summary

A SUMMARY OF ALL COURSES, INCLUDING TIME, COST AND QUALIFICATION RECEIVED CAN BE FOUND BELOW:

Course	Learning Method	Time	Cost	Qualification/s Received	Re-accréditation
<b>LeagueSafe</b>	Online eLearning	30 minutes	Free	NRL LeagueSafe	N/A
<b>League First Aid</b>	Online eLearning Face to face	Up to 2 hours 8 hours	\$90	League First Aid Certificate HLTAID011 Provide First Aid HLTAID009 Provide CPR	Every 3 years
<b>League First Aid (RPL)</b>	Online eLearning Face to Face	4 hours	\$35	League First Aid Certificate	Every 3 years
<b>Level 1 Sports Trainer</b>	Online eLearning Face to face	Up to 4 hours 12 hours	\$180	NRL Level 1 Sports Trainer Certificate HLTAID011 Provide First Aid HLTAID009 Provide CPR	Every 3 years
<b>Level 1 Sports Trainer (RPL)</b>	Online eLearning Face to face	Up to 4 hours 8 hours	\$100	NRL Level 1 Sports Trainer Certificate	Every 3 years
<b>Level 2 Sports Trainer</b>	Online eLearning Face to face	Up to 4 hours 16 hours	\$350	NRL Level 2 Sports Trainer Certificate	Every 3 years
<b>League First Aid, Level 1 or 2 Sports Trainer Re-accréditation</b>	Online eLearning Face to face	Up to 2 hours 6 hours	\$70	League First Aid, NRL Level 1 or 2 Sports Trainer Accreditation HLTAID011 Provide First Aid HLTAID009 Provide CPR	Every 3 years
<b>Online Re-accréditation (League First Aid, Level 1, Level 2)</b>	Online eLearning	Up to 2 hours	\$35	NRL League First Aid, Level 1 or 2 Sports Trainer Accreditation	Every 3 years
<b>CPR Update</b>	Face to face	1.5 hours	\$45	HLTAID009 Provide CPR	Annually



# How to Register and Complete a Course

## LOCATING A COURSE

- › Go to [www.playrugbyleague.com/learn](http://www.playrugbyleague.com/learn) and use the search finder to find a course in your area.
- › Click on the course you are interested in completing for more information.
- › If you have a current HLTAID009 Provide CPR and HLTAID011 Provide First Aid accreditations you can apply for recognition of prior learning.

## REGISTERING FOR A COURSE

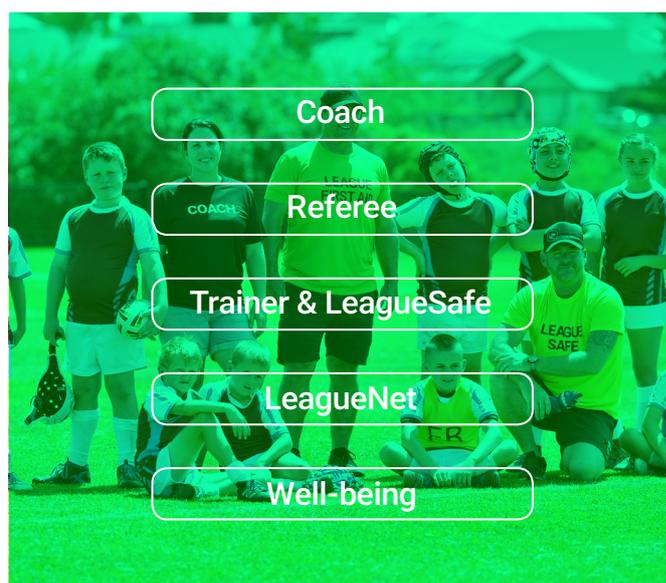
- › To register for a course you will need to login or sign up and fill out the registration form including your USI number. If you do not have a USI visit [www.usi.gov.au](http://www.usi.gov.au) to create one.

## COMPLETING A COURSE

- › Once you have registered for the course, log into [www.playrugbyleague.com/learn](http://www.playrugbyleague.com/learn) and click the 'My Courses' tab at the top of the screen to access the course room.
- › Complete eLearning. Please note that all eLearning must be completed before you can be accredited as a First Responder
- › For further information on how to complete the course refer to the guide in your course room.
- › Attend all required face to face sessions of the course.

## WHERE TO GET HELP

- › If you are having any problems accessing and completing your course please visit <https://support.playrugbyleague.com/> and submit a request.



# Course Curriculum and Delivery

## LeagueSafe Course



Online eLearning

**Cost:**

**Free**

This is an online safety awareness course, designed to help create a safe, healthy and fun Rugby League environment and outlines the role and responsibilities of the LeagueSafe Trainer during a game. The LeagueSafe course reinforces that the LeagueSafe Trainer is only allowed to provide water to players and to assist with the interchange process. A LeagueSafe Trainer is required to refer the management of all injuries to the First Responder.

The LeagueSafe course is the minimum requirement to enter the field of play during a game, as prescribed in the NRL On-Field Policy.





# League First Aid



Up to 2 Hours Online eLearning



8 hours face to face

**Cost:**

**\$90**

### DO YOU ALREADY HAVE A CPR & FIRST AID CERTIFICATE?

Did you know if you already have a;

- › HLTAID009 Provide CPR certificate completed within the last 12 months AND
- › HLTAID011 Provide First Aid completed in the last 2 years then you can apply for recognition of prior learning at a cost of \$35.

### QUALIFICATIONS RECEIVED:

All candidates will receive a League First Aid certificate and a Statement of Attainment with the following units of competency:

- › HLTAID009 Provide CPR
- › HLTAID011 Provide First Aid

### COURSE MODULES:

eLearning	Topic	Time
<b>Online eLearning</b>	The Role of the First Responder Concussion Management - Community & Participants	Up to 2 hours
Day 1	Topic	Time
<b>Face to Face training</b>	HLTAID009 Provide CPR HLTAID011 Provide First Aid	6 hours
	Injury and Illness Management	2 hours
	Emergency Management	
	Managing Wounds, Fractures, and Dislocations	
	Head and Spinal Injury Management	

### REGISTRATION CLOSURE

Course registrations will close prior to course being run and are subject to maximum number of participants. There may be an opportunity to complete a course if a participant is unregistered, however this is subject to places being available. If the course is full, an unregistered participant will not be able to complete the course.

# Course Curriculum and Delivery

## Level 1 Sports Trainer Course



Up to 4 Hours Online eLearning



12 hours face to face

**Cost:**

**\$180**

### DO YOU ALREADY HAVE A FIRST AID CERTIFICATE

Did you know if you already have a;

- › HLTAID009 Provide CPR certificate completed within the last 12 months AND
- › HLTAID011 Provide First Aid completed in the last 2 years then you can apply for recognition of prior learning at a cost of \$100.

### QUALIFICATIONS RECEIVED:

All candidates will receive an NRL Level 1 Sports Trainer Certificate and a Statement of Attainment with the following units of competency:

- › HLTAID009 Provide CPR
- › HLTAID011 Provide First Aid

### REGISTRATION CLOSURE

Course registrations will close prior to course being run and are subject to maximum number of participants. There may be an opportunity to complete a course if a participant is unregistered, however this is subject to places being available. If the course is full, an unregistered participant will not be able to complete the course.





## COURSE MODULES

eLearning	Topic	Time
<b>Online eLearning</b>	Role of the First Responder Management of Concussion in Rugby League Activity for Injury and Illness Prevention Nutrition and Hydration Introduction to Anatomy and Physiology	Up to 4 hours
<b>Day 1</b>	<b>Topic</b>	<b>Time</b>
<b>Face to Face training</b>	HLTAID009 Provide CPR HLTAID011 Provide First Aid	6 hours
	Injury and Illness Management Emergency Management Managing Wounds, Fractures, and Dislocations Head and Spinal Injury Management	2 hours
<b>Day 2</b>	<b>Topic</b>	<b>Time</b>
<b>Face to Face training</b>	Managing Common Soft Tissue Injuries Taping Ankles Taping Thumbs Taping Fingers Taping Knees Taping Shoulders	4 hours



# Course Curriculum and Delivery

## Level 2 Sports Trainer Course



Up to 2 Hours Online eLearning



16 hours face to face

**Cost:**  
**\$350**

### COURSE APPLICATIONS

All candidates for the course must complete an application prior to being accepted to complete the course. There is a series of pre-course checks and pre-requisites that must be met before attending.

### QUALIFICATIONS RECEIVED:

All candidates will receive an NRL Level 2 Sports Trainers Certificate

### PRE-REQUISITES:

Candidates must hold a current NRL Level 1 Sports Trainer qualification. The qualification must be current or expired for less than 12 months. Candidates must also have:

- › HLTAID009 Provide CPR completed in the past 12 months
- › HLTAID011 Provide First Aid completed in the past 2 years





#### **COURSE MODULES: ALL CANDIDATES WILL COMPLETE THE FOLLOWING MODULES:**

<b>eLearning</b>	<b>Topic</b>	<b>Time</b>
<b>Online eLearning</b>	NRL Level 2 Sports Trainer eLearning	Up to 2 hours
	Level 1 Anti-Doping: Sport Integrity Australia	Up to 2 hours
<b>Day 1</b>	<b>Topic</b>	<b>Time</b>
<b>Face to Face training</b>	Activity for Injury Prevention and Recovery	16 hours
	Fueling the Body for Performance	
	Introduction to Sport Massage	
	Anatomy and Physiology	
	Common Injury Management	
	Spinal Injury Management	
	Head Injury and Concussion Management	
	Advanced Taping Techniques	

#### **REGISTRATION CLOSURE**

Course registrations will close prior to the course being run. This is to allow all applications to be received and approved. It is not possible to attend a Level 2 course without completing an application and being accepted on the course.

# Re-accreditations

All accredited sports trainers will need to complete a re-accreditation course prior to their qualification expiring. If the qualification lapses, trainers are not permitted to perform the duties of a First Responder on game day. Any expired qualification will be able to re-accredit up to 12 months after their expiry date, however they can't practice after their expiry date.

## League First Aid and Sports Trainer Re-accreditation



Up to 2 Hours Online eLearning



6 hours face to face

**Cost:**

**\$70**

### DO YOU ALREADY HAVE A FIRST AID CERTIFICATE

Did you know if you already have a;

- › HLTAID009 Provide CPR certificate completed within the last 12 months AND
- › HLTAID011 Provide First Aid completed in the last 2 years then you can apply for online re-accreditation at a cost of \$35

### QUALIFICATIONS RECEIVED:

All candidates will receive a League First Aid, NRL Level 1 or NRL Level 2 Sports Trainers Certificate and a Statement of Attainment with the following units of competency:

- › HLTAID009 Provide CPR
- › HLTAID011 Provide First Aid

### COURSE MODULES: THE COURSE WILL BE CONDUCTED IN THE FOLLOWING ORDER:

eLearning	Topic	Time
<b>Online eLearning</b>	The Role of the First Responder Concussion Management - Community and Participants NRL Re-accreditation Assessment	Up to 3 hours
Day 1	Topic	Time
<b>Face to Face training</b>	HLTAID011 Provide First Aid & HLTAID009 Provide CPR	6 hours

### REGISTRATION CLOSURE

Course registrations will close prior to course being run and are subject to maximum number of participants. There may be an opportunity to complete a course if a participant is unregistered, however this is subject to places being available. If the course is full, an unregistered participant will not be able to complete the course.

### ONLINE RE-ACCREDITATION:

Participants who already have a current 'HLTAID011 Provide First Aid' and 'HLTAID009 Provide CPR' Statement of Attainments you will only be required to complete the online re-accreditation modules. The cost is \$35 and makes it easier for League First Aid, Level 1 and Level 2 Sports Trainers to maintain their accreditation. The process to complete this is available via <https://playrugbyleague.com/trainer/sports-trainer-online-reaccreditation/> or Scan the QR code





# Updates

## CPR Update



1.5 hours face to face

**Cost:**

**\$45**

### QUALIFICATIONS RECEIVED:

All candidates will receive a Statement of Attainment with the following units of competency:

- ▶ HLTAID009 Provide CPR

### REGISTRATION CLOSURE

Course registrations will close prior to course being run and are subject to maximum number of participants. There may be an opportunity to complete a course if a participant is unregistered, however this is subject to places being available. If the course is full, an unregistered participant will not be able to complete the course.



# Recognition of Prior Learning & Equivalency

## APPLICATION PROCESS

Recognition of Prior Learning (RPL) is available to all candidates and will be assessed on a case by case basis. The application form and information for Recognition of Prior Learning is available at <https://playrugbyleague.com/trainer/rpl/>

Once a person has been approved for Recognition of Prior Learning, they will receive documentation that asks them to register and pay for the RPL. They will also be asked to nominate which course they wish to attend. Once they have provided the required information, their records will be transferred into the course and appear as a participant.

## HOW TO APPLY

### Step 1:

To apply for RPL go to <https://playrugbyleague.com/trainer/rpl/> or scan the below QR code and fill out the form at the bottom of the page.



### Step 2:

Make sure you remember to upload all relevant documents to help make the RPL process quicker.

### Step 3:

Once you've submitted your RPL form you will be contacted by the NRL with information on how to proceed with your application.

## COMMON RPL APPLICATIONS

While the NRL will recognise ASQA qualifications and statement of attainments issued by other RTO's, participants wishing to apply for credit transfer in one or more of the units of a Level 1 or Level 2 Sports Trainer course must still complete all required learning and assessment activities to meet the requirements of the NRL Industry Training. The NRL will only issue a NRL Level 1 Sports Trainer accreditation once participants have completed the online and face-to-face assessment part of the training.

### The most common applications include:

1. HLTAID011 Provide First Aid completed in the past 2 years & HLTAID009 Provide CPR completed in the past 12 months: if a candidate has these qualification's, they will qualify for RPL and will not need to attend the morning of day 1 on most courses. Provide First Aid needs to have been completed in the last 2 years, Provide CPR needs to have been completed in the last 12 months. All candidates must apply for RPL prior to attending a course.
2. SMA Qualifications: SMA Level 1 or Level 2 Sports Trainer qualifications are accepted as equivalent to NRL qualifications. Any SMA qualified trainer will still need to apply for equivalency through the NRL, once this has been checked, they will be required to complete additional eLearning
3. Any other Doctor, Physio, Paramedic, or Nurse will be assessed on a case by case basis.



# **COURSE GUIDES**

**The following one page course guides provide an overview of each course and can be distributed to potential participants to help them understand what is required to complete each course and where to register.**





# LeagueSafe Course

The LeagueSafe course is an online safety awareness course, designed to create a safe, healthy and fun Rugby League environment and outlines the role of the **LeagueSafe Trainer** on game day.



## Who should do this Course?

This course is for anyone who would like to act in the role of a **LeagueSafe Trainer** during a game of Rugby League.

## What's involved in the course?

You will complete an online training course which provides information on the roles and responsibilities of the **LeagueSafe Trainer** during a Rugby League game.

## How do I complete the course?

You can register for the course through **<https://learn.playrugbyleague.com>** and is completed once you've finished the online learning and passed all the required assessments.

## What do I get?

A LeagueSafe Accreditation.

[learn.playrugbyleague.com](https://learn.playrugbyleague.com)

**COST:**  
**Free**



# League First Aid Course

The League First Aid course is the minimum requirement to act in the role of a **First Responder** on game day for U6 to U15's. This course is for anyone who would like to be able to assess and manage injuries during an U6 to U15 Rugby League game.



## What's involved in the course?

The League First Aid Course involves two components. These are:

- up to 2 hours eLearning
- 8 hours face to face learning.

All participants will need to complete the eLearning and the face to face component of a course.

## What do I get?

League First Aid Accreditation which lasts for 3 years.

You will also receive:

- HLTAID011 Provide First Aid
- HLTAID009 Provide CPR

## How do I complete the course?

You can register for the course through <https://learn.playrugbyleague.com> and follow the guides to complete the course requirements.

## Did you know?

If you already have a current HLTAID003 or HLTAID011 Provide First Aid certificate you can apply for recognition of prior learning. You will only need to complete 3 hours Face to Face at a cost of \$35.

[learn.playrugbyleague.com](https://learn.playrugbyleague.com)

**COST:**

**\$90**



# Level 1 Sports Trainer Course

The Level 1 Sports Trainer course will allow you to act in the role of a **First Responder** for any age group but is the minimum requirement to act in the role of a **First Responder** on game day for U16's and above. This course is for anyone who would like to be able to assess and manage injuries at any community Rugby League game.



## What's involved in the course?

The course involves self-directed eLearning and 12 hours face to face learning. The online learning and face to face learning must be completed.

## What do I get?

Level 1 Sports Trainer Accreditation which lasts for 3 years.

You will also receive:

- HLTAID011 Provide First Aid
- HLTAID009 Provide CPR

## How do I complete the course?

You can register for the course through <https://learn.playrugbyleague.com> and is completed once you have finished the online and face to face components and passed all the required assessments.

## Did you know?

If you already have a current HLTAID003 or HLTAID011 Provide First Aid certificate you can apply for recognition of prior learning. You will only need to complete 8 hours Face to Face at a cost of \$100.

[learn.playrugbyleague.com](https://learn.playrugbyleague.com)

**COST:**

**\$180**



# Level 2 Sports Trainer Course

The Level 2 Sports Trainer course will allow you to act in the role of **First Responder** for any age group and is ideal for experienced Level 1 Sports Trainers to further develop their skills and knowledge to improve their ability to contribute to a safer Rugby League environment.



## Who should do this Course?

The Level 2 Sports Trainer course is designed for anyone who wants to further their Sports Trainer education in order to deal with higher level injuries and can be used at all levels of the game.

## What's involved in the course?

This course involves self-directed eLearning and 16 hours face to face learning.

## How do I complete the course?

You can register for the course through <https://learn.playrugbyleague.com> and is completed once you have finished the online and face to face components and passed all the required assessments.

## What do I get?

Level 2 NRL Sports Trainer Accreditation which lasts for 3 years.

To be eligible to complete this course you will need to complete an application and meet all pre-course requirement.

[learn.playrugbyleague.com](https://learn.playrugbyleague.com)

**COST:**  
**\$350**



# League First Aid and Sports Trainer Re-accreditation

This League First Aid and Sports Trainer re-accreditation courses are designed as an easy and effective way of maintaining your accreditation. This course is for anyone who has a current accreditation which will expire in less than 6 months. A grace period will be granted to anyone whose accreditation has been expired for less than 12 months.



## What's involved in the course?

This course can be completed either face to face or online.

## How do I complete the course?

You can register for the course through <https://learn.playrugbyleague.com> and is completed once you have finished the online and face to face components and passed all the required assessments.

## What do I get?

League First Aid, Level 1 or 2 Sports Trainer Reaccreditation which lasts for 3 years. You will also receive:

- HLTAID011 Provide First Aid
- HLTAID009 Provide CPR

## Did you know?

If you already have a current HLTAID003 or HLTAID011 Provide First Aid and HLTAID001 or HLTAID009 Provide CPR certificate, you can apply for recognition of prior learning.

[learn.playrugbyleague.com](https://learn.playrugbyleague.com)

**COST:**

**\$70**



# CPR

This is a nationally recognised qualification which teaches the participant how to effectively apply CPR. In accordance with the Australian Resuscitation Council guidelines this course needs to be completed annually.



## Who should do this Course?

Anyone who needs to obtain or update their CPR qualification.

## What's involved in the course?

This course involves 2 hours face to face learning.

## How do I complete the course?

You can register for the course through <https://learn.playrugbyleague.com> and is completed once you have finished the online and face to face components and passed all the required assessments.

## What do I get?

HLTAID009 Provide CPR Accreditation which lasts for 12 months.

[learn.playrugbyleague.com](https://learn.playrugbyleague.com)

**COST:**

**\$45**

