



# NRL On-Field Policy.

<b>TYPE OF POLICY</b>	Participation
<b>EFFECTIVE DATE</b>	17th December 2018
<b>LAST REVISED</b>	October 2018
<b>NEXT REVIEW</b>	October 2019
<b>POLICY OWNER</b>	Australian Rugby League Commission
<b>POLICY CONTACT</b>	NRL Participation & Game Development Operations Manager

## A. REASON FOR POLICY

The intent of this policy is for all Community and Performance on-field safety personnel to possess the theoretical and practical knowledge required to complete their role in the keeping of players safe in the game of Rugby League.

## B. POLICY STATEMENT

This policy is designed to ensure that all Community and Performance on-field safety personnel have appropriate training to provide first aid for the matches in which they are involved.

## C. SCOPE

This policy is applicable to all persons fulfilling any on-field safety role for Rugby League and League Tag matches within an affiliated club/competition.





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## D. DEFINITIONS

<b>COMMUNITY LEVEL</b>	All Rugby League competitions not defined as Performance Level by relevant State Leagues
<b>PERFORMANCE LEVEL</b>	State level senior competitions and competitions nominated by State Leagues as Performance Level competitions
<b>LEAGUESAFE TRAINER</b>	Person responsible for providing water and assisting with the interchange process during a match.
<b>FIRST RESPONDER</b>	Person responsible for administering first aid and/or offer advice to an injured or ill player during a match.
<b>LEAGUESAFE COURSE</b>	The minimum qualification to perform role of LeagueSafe Trainer during a match.
<b>LEAGUE FIRST AID</b>	The minimum accreditation to perform role of First Responder during a match.
<b>LEVEL 1 SPORTS TRAINER</b>	The minimum accreditation to perform role of First Responder during a match for the U16's age group and above.
<b>LEVEL 2 SPORTS TRAINER</b>	The highest accreditation allowed to perform role of First Responder during a match.

## E. POLICY HISTORY

<b>PARTICIPATION POLICY IDENTIFICATION NUMBER</b>	<b>VERSION</b>	<b>RELEASE DATE</b>	<b>AUTHOR</b>
P005	3.1	17th December 2018	National Participation Policy Committee





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## 1.0 NATIONAL COMMUNITY POLICY

### 1.1 INTRODUCTION

NRL encourages all stakeholders in the game to provide safe and enjoyable environments on match day. This policy is designed to ensure the appropriate attention to injuries and illness in Rugby League and League Tag matches is available in a timely manner by qualified personnel.

This policy sets out the on-field safety roles required for each match to proceed, the accreditation required by personnel and guidance on how the personnel can operate safely and in the best interest of the players. This policy has a specific focus on providing first aid to injured or ill players during a match.

### 1.2 MINIMUM REQUIREMENTS

No match shall commence under any circumstances until the required on-field safety personnel are available. The minimum accreditation requirements for each age group are summarised below:

AGE	MINIMUM PERSONNEL REQUIRED	MINIMUM ACCREDITATION REQUIRED
U6-7	One (1) x First Responder for up to four (4) matches being played on an International Field.	• League First Aid; or • NRL Level 1 Sports Trainer; or • NRL Level 2 Sports Trainer
U8-9	One (1) x First Responder for up to three (3) matches being played on an International Field.	
U10-12	One (1) x First Responder per match	
U13-15	One (1) x First Responder per team for each match.	• NRL Level 1 Sports Trainer; or • NRL Level 2 Sports Trainer.
U16+	One (1) x First Responder per team for each match.	





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## 1.3 MATCH DAY ROLES

There are two clearly defined match day roles for on-field safety: LeagueSafe Trainer and First Responder. Each role has the primary objective of keeping participants safe.

### 1.3.1 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.

LeagueSafe Trainers must at all times during a match:

- wear a yellow shirt, vest or jumper with the words 'LeagueSafe' clearly labelled on the back; and
- wear appropriate enclosed footwear.

Field of play access for LeagueSafe Trainers during a match varies depending upon the age group:

- U6-12s: maximum of one (1) LeagueSafe Trainer is permitted to access the field of play at the following times only:
  - after a try has been scored;
  - during a timeout called by the referee; and
  - in the event of an injury, a LeagueSafe trainer can attend to the injured player until the First Responder arrives.
- U13s and above: maximum of two (2) LeagueSafe Trainers are permitted to access the field of play at the following times only:
  - after a try has been scored;
  - during a timeout called by the referee; and
  - in the event of an injury, a LeagueSafe trainer can attend to the injured player until the First Responder arrives.
  - when their team is in possession of the football to conduct interchange and to provide water only.

LeagueSafe Trainers must access the field from an onside position and return immediately to their team's bench area as soon as possible after fulfilling their duties.

LeagueSafe Trainers acting in an official capacity are bound by the NRL's On-Field policy and Code of Conduct.





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## 1.3.2 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 minimum accreditation to perform role of a First Responder on match day is:

- U6-15s: League First Aid; and
- U16s and above: NRL Level 1 Sports Trainer.

First Responders must at all times during a match:

- wear the designated coloured shirt, vest or jumper with the words 'League First Aid' or 'Level 1 Sports Trainer' or 'Level 2 Sports Trainer' clearly labelled on the back; and
- wear appropriate enclosed footwear.

First Responders must at all times during a match be in a position to respond quickly and access the field of play:

- to attend an injured or ill player;
- after a try has been scored; and
- during a timeout called by the referee.

First Responders shall determine (in their absolute discretion) whether a player should continue in a match and, if so, when it is appropriate to resume playing. First Responders acting in an official capacity are bound by the NRL's On-Field policy and Code of Conduct.

## SUMMARY OF SHIRT COLOURS FOR LEAGUESAFE TRAINERS & FIRST RESPONDERS:

ACCREDITATION	SHIRT, VEST OR JUMPER COLOUR DESIGNATION
LeagueSafe Trainer	Yellow with 'League Safe Trainer' clearly labelled on the back
League First Aid	Green with 'League First Aid' clearly labelled on the back
Level 1 Sports Trainer	Blue with 'Level 1 Sports Trainer' clearly labelled on the back
Level 2 Sports Trainer	Orange with 'Level 2 Sports Trainer' clearly labelled on the back





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## 2.0 NATIONAL PERFORMANCE ON-FIELD POLICY

There is a need to differentiate between the “community levels” and “performance/elite levels” of Rugby League.

The current distinction between the “community level” and the “performance/elite level” on-field policies is that the NRL has determined that Paramedics, Nurses, Doctors and Physiotherapists may perform the role of Head Trainer at the “performance/elite level” provided:

- their Paramedic/Nurse/Doctor/Physiotherapy qualifications are current, they are registered with their appropriate professional accreditation body and they have appropriate medical indemnity insurance; and
- they undertake mandatory annual training in NRL approved Spinal Injury Management, Concussion, Advanced Resuscitation and CPR.

A Medical Practitioner (Doctor) must be in attendance at each of the “performance/elite level” matches for this policy to apply. This is in addition to any Medical Practitioner (Doctor) performing role of a Head Trainer.

All trainers at the “performance/elite level”, which include Head Trainers, Assistant Medical and Water Runners, are expected to undertake annual training depending on their role, including NRL/ SMA Level 1 and Level 2 Sports Trainers acting in these roles. This additional training is outlined in the table below.

The NRL Elite Competition must adhere to the Performance On-Field Policy, however State Leagues will determine which of their elite competitions they wish to apply to the performance on-field policy to. Any competition that does not operate under the performance on-field policy must operate under the community on-field policy.





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ROLE	QUALIFICATIONS REQUIRED	ANNUAL TRAINING REQUIRED
<b>HEAD TRAINER</b> Identified by an Orange Shirt	<ul style="list-style-type: none"><li>• NRL Level 2 Sports Trainer or</li><li>• Physiotherapists</li><li>• Paramedics</li><li>• Doctors</li><li>• Nurses</li></ul> <p>Note: Current annual registration with respective professional bodies is required for these professions. They are also required to be currently practicing with full sports insurance coverage.</p> <p>* Clubs must ensure that all Head Trainers have appropriate Rugby League-specific skills when undertaking this role (e.g. taping, wound management etc.) as not all medical professionals are necessarily equipped for these specific on-field roles; these are currently included as part of the NRL/SMA Level 2 Sports Trainer Course.</p>	<ul style="list-style-type: none"><li>• Provide Emergency Care for a Suspected Spinal Injury (PUAEME004A)</li><li>• Provide Advanced Resuscitation (HLTAID007)</li><li>• CPR (HLTAID001)</li><li>• NRL Elite Head Injury and Concussion Protocols eLearning Module (provided by the NRL)</li></ul>
<b>ASSISTANT MEDICAL</b> Identified by a Yellow Shirt	NRL Level 1 Sports Trainer	<ul style="list-style-type: none"><li>• Provide Emergency Care for a Suspected Spinal Injury (PUAEME004A)</li><li>• CPR (HLTAID001)</li><li>• NRL Elite Head Injury and Concussion Protocols eLearning Module (provided by the NRL)</li></ul>
<b>MESSAGE AND WATER RUNNER</b> Identified by a Blue Shirt	NRL Level 1 Sports Trainer	<ul style="list-style-type: none"><li>• CPR Training (HLTAID001)</li></ul>

