



## Match Day Trainer Roles – What You Can and Can't Do

### 1. LEAGUESAFE TRAINER (YELLOW SHIRT)

#### Primary Role

LeagueSafe Trainers are not medical staff. Their role is limited to:

- Providing water to players
- Assisting with interchange
- Initial support to an injured player only until the First Responder arrives

LeagueSafe Trainers must have completed the NRL LeagueSafe course and wear the yellow LeagueSafe shirt at all times.

#### ✔ What LeagueSafe Trainers CAN DO

- Enter the field:
  - After a try is scored
  - During a referee-called timeout (not a scrum)
  - When assisting an injured player until the First Responder arrives
- Provide water only at permitted stoppages
- Run out and collect the kicking tee
- Assist the referee with interchange procedures, and access the field from an onside position only, then return immediately to the team bench

#### ✘ What LeagueSafe Trainers CANNOT DO

- Provide medical treatment or assess injuries
- Decide whether a player can stay on the field
- Enter the field during general play
- Argue with referees, trainers, ground managers or officials

### 2. FIRST RESPONDER (Green / Blue / Orange Shirt)

First Responders are the only people authorised to assess and manage injuries and visible clues of concussion on game day.

They must be at least 18 years old and hold one of the following accreditations:

- Green Shirt – League First Aid
- Blue Shirt – NRL Level 1 Sports Trainer
- Orange Shirt – NRL Level 2 Sports Trainer

Only one (1) designated First Responder per team may perform on-field medical duties during a match.

## ✔ What First Responders CAN DO

- Enter the field to:
  - Attend an injured or ill player
  - After a try is scored (only if not attending to an injured or ill player)
  - During a referee-called timeout (only if not attending to an injured or ill player)
- Assess injuries and illness
- Remove players from the field where required
- Make the final decision on whether a player:
  - Can continue playing, or
  - Must be removed from the match
- Enforce mandatory removal for suspected concussion (“If in doubt, sit them out”)
- Record injuries and concussions in line with PJRL / NRL requirements

## ⚠ Water Carrying – First Responders

- First Responders may carry water only incidentally
- This can occur only when already entering the field for:
  - An injury
    - Maximum two bottles
    - No stopping, loitering or interacting with multiple players
  - A try
  - A timeout (not a scrum)

## ✘ What First Responders CANNOT DO

- Act as team runners
- Deliver coaching messages
- Run repeated or structured water
- Delay injury assessment to perform other duties
- Leave an injured player unattended to perform non-medical tasks
- Be influenced by:
  - Coaches
  - Parents
  - Players
  - Match situation or scoreline

### **3. Concussion – Absolute Rules**

If a player shows any visible signs of concussion, they must be removed immediately by the First Responder.

This decision:

- Is non-negotiable
- Overrides coaches, parents and players
- Is based on player welfare only

A concussed or suspected concussed player:

- Must not return in the same match
- Requires medical assessment
- Must follow mandated return-to-play timeframes

#### **Final Reminder**

- LeagueSafe Trainers and First Responders have different roles
- Wearing the correct shirt matters
- Field access is limited and controlled
- Player welfare always comes first
- Misuse of these roles may result in PJRL sanctions