



## Trainers Manual

2026



## Welcome

Welcome to all Community Rugby League Trainers! Thank you for taking on such a vital role within the league and our competitions. Your contributions on game day are key to ensuring the safety and well-being of the players, and we hope that your experience in this position is both enjoyable and rewarding.

In this manual, you will find all the necessary information to guide you through your responsibilities. If you have any further questions, your first point of contact should be your Club President or Secretary, who can help you prepare your team for the season.

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## What Do I Need to Become a Trainer?

**To be a trainer, there are a few essential requirements:**

### **Age Requirement:**

Under 6 to Under 9: Must be 16 years or older.

Under 10 to Open Age: Must be 18 years or older.

### **Working with Children Check (WWC):**

All volunteers, including trainers, are required to obtain a valid WWC.

### **Trainer Accreditation:**

You must complete the relevant NRL trainer's accreditation for the age group you are working with.

### **Child Safety:**

“Child Safety - Patrons of the Game” This is compulsory online course for any patrons of the game that are working with children under the age of 18.

### **Register as a Trainer:**

All volunteers must register with their club via [playrugbyleague.com](http://playrugbyleague.com). You'll need an active NRL Account to register, upload identification verification documents, and provide a photo.

### **Trainer Shirt:**

Once all the above is completed, you will need to send your **shirt size** to your club to receive an official North Sydney District Junior Rugby League trainer shirt.

## Which Accreditation Do I Need to Obtain?

### Accreditation by Age Group:

#### Under 6 to Under 9:

Minimum: League First Aid

Shirt Colour: Green

#### Under 10 to Under 15 (including Tag):

Minimum: League First Aid

Shirt Colour: Green

#### Under 16 to Open Age:

Minimum: Level 1 Sports Trainer

Shirt Colour: Blue

### Accreditation Courses:

League First Aid: A one-day face-to-face course organized by NRL Game Development. Check with your Club Secretary for course dates.

Level 1 Sports Trainer: A two-day face-to-face course through Sports Medicine Australia (SMA). Check with your Club Secretary for course dates.

For volunteers interested in running water but not becoming an official trainer, the League Safe course is available here.

**Important: All accreditations must be completed before Round 1 to ensure you can take the field on game day.**

Age	Minimum Personnel Required for Contact Rugby League	Minimum Personnel Required for League Tag	Minimum Accreditation Required
U6-7	One (1) x First Responder for up to four (4) matches being played on an International Field.	One (1) x First Responder for up to four (4) matches being played on an International Field.	
U8-9	One (1) x First Responder for up to three (3) matches being played on an International Field.	One (1) x First Responder for up to three (3) matches being played on an International Field.	<ul style="list-style-type: none"><li>• League First Aid; or</li><li>• NRL Level 1 Sports Trainer; or</li><li>• NRL Level 2 Sports Trainer</li></ul>
U10-12	One (1) x First Responder per match	One (1) x First Responder per match	
U13-15	One (1) x First Responder per team for each match.	One (1) x First Responder per team for each match.	
U16+	One (1) x First Responder per team for each match.	One (1) x First Responder per team for each match.	<ul style="list-style-type: none"><li>• NRL Level 1 Sports Trainer; or</li><li>• NRL Level 2 Sports Trainer.</li></ul>

## Trainer's Role on Game Day

### **Age Group Requirements:**

U6 to U12: Home venues must have at least one volunteer with a League First Aid accreditation.

U13 to U15: Every team must have at least one volunteer with League First Aid accreditation.

U16 to Open Age: Every team must have at least one Level 1 Sports Trainer.

### If You Can't Attend:

Contact your Club immediately to ensure a qualified replacement is arranged. Teams without the appropriate trainer will forfeit the match.

## Communication

Ensure you have all necessary contact information for your club's key staff (President, Secretary, Coaching Coordinator). Your Team Manager will create communication channels for your team and their parents.

Please remember that the NRL National Code of Conduct includes guidelines regarding social media and personal messaging. Breaching these guidelines can result in penalties.

## Complaints and Conduct

### **If you have any complaints:**

Behaviour at a Ground: Contact your Club Secretary who will assist with submitting a Code of Conduct Online Report to the NSWRL.

Decisions by the Local League or NSWRL: Contact your Club Secretary to escalate concerns.

Internal Club Complaints: Start with your Club President or Secretary.

### **Code of Conduct:**

It's important to be aware of the NRL National Code of Conduct, which ensures a safe and positive environment for everyone involved in the game.

## Community Rugby League Head Injury Procedure

If a player is removed from the field by a Sports Trainer and there is a suspected concussion or head injury, the following process should be followed:

### AT THE GAME

Player removed from the field with a suspected HIA

PLAYER IS NOT ABLE TO RETURN TO THE FIELD UNDER ANY CIRCUMSTANCES

TEAM MANAGER SHOULD MARK HIA NEXT TO THE PLAYERS NAME ON THE SIGN ON SHEET

Sports Trainer should complete the NRL Head Injury Recognition and Referral Form (NRL HIRR Form) <https://prl-cms.nrl.digital/media/15300/nrl-community-medical-clearance-form.pdf>

Sports Trainer should also complete an injury form and submit the injury form to the League Administrator with the Sign on Sheet

All 3 pages of the NRL HIRR Form should be given to the player / parent / carer

The player should be directed to attend a Doctor or a Hospital as soon as possible for further assessment and to determine whether a head injury / concussion has occurred

### AFTER ASSESSMENT – NO CONCUSSIVE EVENT

If the GP / Hospital assesses the player and determines that NO CONCUSSIVE EVENT HAS OCCURRED, the player can be cleared to play. To allow the GP / Doctor to properly assess the player, please ensure that all 3 pages of the NRL HIRR Form are given to the Doctor.

Please have the form completed in full by the GP / Doctor and return the completed form to your Club Secretary

The Club Secretary will then forward the NRL HIRR Form to the League Administrator and the player can be cleared to play

### AFTER ASSESSMENT – CONCUSSION CONFIRMED

If the GP / Hospital assesses the player and determines that A CONCUSSIVE EVENT HAS OCCURRED, the player must be rested for a 19-day period, during which time the player is subject to Graduated Return to Sport (GRTS) Protocols

Once the 19-day rest period / GRTS Protocols have been completed, the player should return to the Doctor for medical clearance to play

Once medical clearance has been given by a doctor the signed clearance form should be returned to your Club Secretary

The Club Secretary will then forward the Medical Clearance to the League Administrator and the player will be cleared to play.

Please ensure that any Medical Clearance is returned to the League Administrator one business day before the player intends to return to play.



# NORTH SYDNEY DISTRICT JUNIOR RUGBY LEAGUE

**REGISTER**



**BECOME A BEAR IN 2025!**

OUR JUNIOR LEAGUE PROVIDES RUGBY LEAGUE COMPETITIONS FOR PLAYERS STARING AT 4 YEARS OLD! MATCHES ARE PLAYED ACROSS THE NORTH SHORE OF SYDNEY AND SURROUNDING DISTRICTS, REGISTER TO YOUR LOCAL CLUB NOW!



**ASQUITH MAGPIES**

Storey Park  
12 Old Berowra Road, Hornsby  
[info@asquithmagpies.com.au](mailto:info@asquithmagpies.com.au)



**BEROWRA WALLABIES**

Warina Street Oval  
65 Hillcrest Road, Berowra  
[secretary@berowrawallabies.com.au](mailto:secretary@berowrawallabies.com.au)



**NORTHWEST HAWKS**

Dural Park  
45 Quarry Road, Dural  
[info@northwesthawksrugbyleague.com.au](mailto:info@northwesthawksrugbyleague.com.au)



**KU-RING-GAI CUBS**

Turramurra Memorial Park  
Eastern Road, Turramurra  
[cubsrugbyleague@gmail.com](mailto:cubsrugbyleague@gmail.com)



**LANE COVE TIGERS**

Tantallon Oval  
Cnr of Tantallon Road & Epping Road,  
Lane Cove North  
[info@lanecovetigers.com.au](mailto:info@lanecovetigers.com.au)



**NORTH SYDNEY BROTHERS**

Tunks Park  
Brothers Avenue, Northbridge  
[president@northandbrothers.com.au](mailto:president@northandbrothers.com.au)



**PENNANT HILLS**

**CHERRYBROOK STAGS**  
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**WILLOUGHBY ROOS**

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