

Our Values

SA Sports Medicine Association (SASMA) is the peak body advancing safe sport in SA, through expert care, education and leadership. Our Sports Trainers are committed to enhancing the health and performance of the community, supporting lifelong participation in sport, physical activity and recreation activities.

Purpose

The primary role of a Sports Trainer is to apply their knowledge, skills, and training to help create a safe sporting environment for all participants. This is achieved through:

- Implementing appropriate injury prevention strategies.
- Providing prompt and effective initial injury management.
- Always supporting athlete welfare and safety.
- Referring injured athletes to appropriately qualified healthcare professionals when further assessment, treatment, or management is required.

Professional Responsibilities

Sports Trainers must clearly understand and operate within the scope of their qualifications, training, accreditation, and experience. They have a professional and ethical responsibility not to undertake duties or provide services beyond their level of competence.

If you hold other qualifications (such as nursing, remedial massage therapy, podiatry, physiotherapy, or similar) or you are currently studying a medical, allied health, or other degree but are not yet qualified, it is essential that you perform only the duties of a Sports Trainer while acting in that role.

Your club's insurance coverage applies only to your role as a Sports Trainer.

Where an athlete's condition requires expertise beyond the Sports Trainer's scope of practice, timely referral to a suitably qualified healthcare professional must be made.

Professional Conduct

Sports Trainers must maintain the highest standards of professionalism, integrity, and respect in all interactions with athletes, coaches, officials, parents, spectators, and fellow health professionals.

Sports Trainers will:

- Act in the best interests of athlete health, safety, and wellbeing.
- Treat all individuals with dignity, respect, fairness, and without discrimination.
- Always maintain appropriate professional boundaries.
- Clearly explain any assessment, treatment, or intervention before physical contact occurs, seeking consent according to first aid guidelines.
- Recognise and respond sensitively to any athlete anxiety, apprehension, or concerns.
- Respect confidentiality and protect personal information in accordance with applicable laws and organisational policies.

Remuneration and Scope of Practice

Sports Trainers possess specific skills and knowledge that support sporting clubs, teams, and events. It is appropriate for Sports Trainers to receive remuneration for services provided within their recognised role and scope of practice.

However, Sports Trainers must not present themselves as primary healthcare practitioners, nor provide services or charge fees for treatments that fall outside their qualifications, accreditation, or authorised scope of practice.

Accountability

Any Sports Trainer found to be practising outside their approved scope of practice, breaching this Code of Ethics, or engaging in conduct that may compromise athlete safety or professional standards may be subject to investigation by the South Australian Sports Medicine Association (SASMA).

Such investigation may result in disciplinary action, including suspension or revocation of certification, accreditation, or membership where applicable.