



First Aid/Trainer Guidelines for all Contact Football Programs

All amateur tackle football programs must have a qualified individual present during all practices and games based on the requirements below. The requirements for "trainers" apply to all member and sanctioned tackle programs, leagues, schools, clubs and training camps. Requirements are based on the age of the athletes participating as identified below. The **Athletic First Aider Program (AFAP)** is administered by the Manitoba Athletic Therapist Association (MATA).

Two levels of trainers for the purposes of tackle programming are:

- **TRAINER ONE** – Emergency First Aid/CPR-C/AED
- **TRAINER TWO** – Emergency First Aid/CPR-C/AED plus **MATA AFAP Certificate**

Required Levels by athlete age division:

- U10 and under – TRAINER ONE required
- U12 and older (age 10 and up) - TRAINER TWO required

The Athletic First Aider Program (AFAP) certificate is valid for a period of three years from the certification date. Any certification expiring at any point during the current season must be recertified prior to its expiry.

EXEMPT PROFESSIONS (examples)

Where the AFAP Certification is required (U12 and up) the following professions **are exempt**:

*Athletic Therapist
Physiotherapist
Physician
Physician Assistant
Nurse Practitioner
Paramedic
Sport Chiropractor*

NON-EXEMPT PROFESSIONS (examples)

Where the AFAP Certification is required (U14 and older) the following professions **are not exempt**:

*Nurse
Police Officer
Fire Fighter
Chiropractor
Dentist
Optometrist
Osteopath*

Individuals wishing to fill the role of a trainer must confirm (annually) that their certification is current and does not expire during the season in which they wish to participate. (*Exempt professions excluded from this requirement*)