



# COMMUNITY EDUCATION SMA-ACT 2011

All courses are held at ACT Sports House, 100 Maitland Street, Hackett unless otherwise indicated.

Reaccreditation for CPR or first aid can be undertaken at any of the first aid dates listed below. Other course dates and details of reaccreditation requirements can be found on the second page.

## Safer Sport Courses

Additional courses are being scheduled from time to time for groups as requested.

For an update on courses in addition to the ones listed below contact our office 02 6247 5115.

### CPR (Perform Cardiopulmonary Resuscitation) HLTCP201A \$50.00

A 3 hour course to cover the unit of competency required to perform Cardiopulmonary Resuscitation (CPR) in line with the Australian Resuscitation Council Guidelines. Course is held at Hackett or we can arrange at course at your workplace (minimum numbers required).

- Feb – Sunday 27<sup>th</sup> 8:30am – 11:30am
- March – Wednesday 23<sup>rd</sup> 6:00pm – 9:00pm
- April – Saturday 9<sup>th</sup> 8:30am – 11:30am
- May – Wednesday 4<sup>th</sup> 6:00pm – 9:00pm
- June – Sunday 26<sup>th</sup> 8:30am – 11:30am
- August – Sunday 7<sup>th</sup> 8:30am – 11:30am
- September – Monday 12<sup>th</sup> 6:00pm – 9:00pm
- October – Sunday 23<sup>rd</sup> 8:30am – 11:30am
- December – Saturday 3<sup>rd</sup> 8:30am – 11:30am

### Sport First Aid (Apply First Aid HLTA301B) \$150.00 Statement of attainment issued upon completion.

Additional courses for sporting or community groups can be conducted upon request (minimum numbers required). Please contact our office for further details. Courses held at CIT, Bruce are not listed.

- February – Sunday 27<sup>th</sup> 8:30am – 5:30pm
- March – Wednesday 23<sup>rd</sup> & 30<sup>th</sup> 6:00pm – 9:00pm
- April – Saturday 9<sup>th</sup> 8:30am – 5:30pm
- May – Wednesday 4<sup>th</sup> & 11<sup>th</sup> 6:00pm – 9:00pm
- June – Sunday 26<sup>th</sup> 8:30am – 5:30pm
- August – Sunday 7<sup>th</sup> 8:30am – 5:30pm
- September – Monday 12<sup>th</sup> & 19<sup>th</sup> 6:00pm – 9:00pm
- October – Sunday 23<sup>rd</sup> 8:30am – 5:30pm
- December – Saturday 3<sup>rd</sup> 8:30am – 5:30pm

### Strap Smart Course \$50.00

- Sunday 20<sup>th</sup> March 2011 11.45am – 3.15pm
- Sunday 22<sup>nd</sup> May 2011 11.45am – 3.15pm
- Sunday 24<sup>th</sup> July 2011 11.45am – 3.15pm
- Sunday 6<sup>th</sup> November 11.45am – 3.15pm

### Level 1 Sports Trainer \$285.00

A pre-requisite of this course is a current first aid certificate.

- March Sun 20<sup>th</sup> & 27<sup>th</sup> 8.30am – 3:00pm
- Monday 28<sup>th</sup> 6:00pm – 9:00pm
- May Sunday 22<sup>nd</sup> & 29<sup>th</sup> 8.30am – 5:00pm
- Monday 30<sup>th</sup> 6:00pm – 9:00pm
- July Sunday 24<sup>th</sup> & 31<sup>st</sup> 8.30am – 5:00pm
- August Monday 1<sup>st</sup> 6:00pm – 9:00pm
- November Sunday 6<sup>th</sup> & 13<sup>th</sup> 8.30am – 5:00pm
- Wednesday 16<sup>th</sup> 6:00pm – 9:00pm

### Level 2 Sports Trainer \$285.00

A pre-requisite of level 1 sports trainer, 50 hours work in field. This course will be run if sufficient numbers are reached.

- February 26<sup>th</sup> – 28<sup>th</sup> two days one evening
- June 18<sup>th</sup>, 19<sup>th</sup> & 20<sup>th</sup> two days one evening

## Other Courses

**\$120 Members & \$130 Non Members**  
Pre-requisite of level 1 sports trainer course or other equivalent qualifications are required for these courses.  
Extra courses will be run upon request.

### Advanced Taping

- Thursday March 31<sup>st</sup> & April 7<sup>th</sup> 6:30pm – 9:00pm
- June - Thursday June 16<sup>th</sup> & 23<sup>rd</sup> 6:30pm – 9:00pm
- August - Monday 22<sup>nd</sup> & 29<sup>th</sup> August 6.30pm – 9.00pm

### Pre & Post Massage

- April – Sunday 3<sup>rd</sup> 10:00am – 3:30pm
- August – Sunday 14<sup>th</sup> 10.00am – 3.30pm

### Spinal Injury Management

- February – Thursday 24<sup>th</sup> 6:00pm – 9.30pm
- April – Tuesday 5<sup>th</sup> 6.00pm – 9.30pm
- August – Wednesday 10<sup>th</sup> 6.00pm - 9.30pm

## Professional Development

### \$20 Members - \$40 Non-Members

SMA-ACT aim to provide 4 professional development sessions a year to the community. If you have a topic which you would like to hear let us know and we will arrange a suitable speaker. Details of professional development topics will be posted on the website. Visit the website, professional development section for more details.

## Sports Trainers Conference

### Date to be confirmed – October 2011

Aimed at the working sports trainer, this conference offers something for everyone in the sports field with topics drawn from current issues facing sports trainers and best practice for management of athletes. Registration form and further details can be attained by contacting the office or downloaded from our website. A CPR session will run directly after this conference.

## AIS Smart Talk - Free to SMA Members

SMA-ACT joins with the AIS several times a year to host a professional development session on a Monday evening. Please contact our office for further information about topics and dates.

## General information

All first aid courses taught by SMA-ACT are Nationally recognised training and equivalent to senior first aid certificate. You may be eligible within your workplace to help fund this course. Some sporting clubs offer funding assistance towards SMA-ACT courses. Contact your club or our office for further information.

## COURSE REGISTRATION FORM:

Registration form can be found on the last page of this calendar:

To secure your place on a course please:

- Post to Sports Medicine Australia – ACT Branch, ACT Sports House, 100 Maitland Street, Hackett 2602
- Fax: 02 6247 6329 or
- Email: [admin@act.sma.org.au](mailto:admin@act.sma.org.au)

## Safer Sport Course Information

SMA-ACT provides courses and professional development opportunities to its members and the community. All courses are run at ACT Sports House, Hackett unless otherwise indicated. For further information on costs or a registration form for any of our courses, please contact us on (02) 6247 5115 or by email at [admin@act.sma.org.au](mailto:admin@act.sma.org.au)

### **Sport First Aid**

This is a one day course, Workcover approved and equivalent to a senior first aid course. This course is aimed at equipping parents, coaches and first aiders to act as the first responder to any first aid emergency. In addition to the dates listed, **additional courses are available** upon request for any group or club booking and will be delivered at a venue suitable to you. Upon successful completion, a 3 year first aid accreditation, statement of attainment and a 12 month CPR accreditation will be provided.

### **Strap Smart**

This course is aimed at parents, coaches and first aiders who have not completed the Level 1 Sports Trainer's course. It covers basic injury prevention, injury management, and ankle, thumb and finger taping.

### **Level 1 Sports Trainer**

The level 1 Sports Trainer will learn about prevention of injuries and initial sports injury management. ACT Branch runs this course over 21 hours. A pre-requisite of this course is a current first aid certificate. This course is competency based and upon successful completion offers 3 years accreditation.

### **Level 2 Sports Trainer**

This is a progression from the Level 1 Sports Trainer course and has a pre-requisite of one year practical experience as a Level 1 Sports Trainer along with 50 hours practical work with a club or organisation.

### **Advanced Taping**

This is a practical five hour course run over two nights. It has a pre-requisite of Level 1 Sports Trainer accreditation. SMA-ACT advanced taping covers:

- Achilles tendon; Plantar fascia; Patella tendon; Patellofemoral taping; Medial ligament of the knee; Posterior Cruciate Ligament of the knee and Posterolateral corner of the knee
- Pelvic taping; Traction periostiti; AC joint; Shoulder; Elbow; Wrist and Postural taping for lower back and thoracic spine

### **Spinal Management**

Taught in conjunction with Royal Surf Life Saving Society, this course teaches the first responder how to assess and manage a potential spinal cord injury. Participants are taken through the application of Cervical Collars, Spine boards and Headbeds. A pre-requisite to this course is a Level 1 Sports Trainer qualification or other relevant experience.

## Re-Accreditation 2011

<b>Re-Accreditation</b>	<b>\$95.00</b>
<b>CPR Accreditation</b>	<b>\$50.00</b>

Re-accreditation is offered for SFA, CPR, Level 1 and Level 2 Sports Trainer. A re-accreditation night/day for first aid can be attended with SMA-ACT even if your current qualifications are with another organisation.

Re-Accreditation for SFA or CPR can be completed at any of the SFA courses listed above.

Level 1 re-accreditation is held on the last day of the Level 1 Sports Trainer course dates noted above.

Contact our office to discuss a date which suits your needs.

Level 2 Sports Trainers need to undertake 3 professional development sessions to qualify for reaccreditation. Contact our office for further details and an application form.

Level 1 and 2 Sports Trainers can apply for reaccreditation if attending the full day of the Sports Trainer's Conference in October 2010.

### **For further information on any of our courses, contact our office - details below.**

Payment is required prior to the start of the course and if your club or organisation is paying for this course, it is advisable to submit club details at least 4 week prior to the date of commencement to allow sufficient time for payment to be received.

Refund Policy: All cancellations will incur an administration fee of \$20.00. Cancellations within 5 working days notice will not be eligible for a refund but may be eligible for a course transfer.



Sports Medicine Australia – ACT Branch (SMA-ACT)  
ACT Sports House  
100 Maitland Street  
Hackett ACT 2602  
Phone: (02) 6247 5115  
Fax: (02) 6247 6329  
email [admin@act.sma.org.au](mailto:admin@act.sma.org.au)  
Web: <http://act.sma.org.au>

Sponsored by:



# SPORTS MEDICINE AUSTRALIA - ACT BRANCH SAFER SPORT COURSES



## Registration Form 2011

COURSE: \_\_\_\_\_ Venue: \_\_\_\_\_

COURSE DATE: \_\_\_\_\_

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

STATE: \_\_\_\_\_ POSTCODE: \_\_\_\_\_ PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

HOW DID YOU HEAR ABOUT THE COURSE: \_\_\_\_\_

SPORTS or activity involved with i.e. Fitness, dance. \_\_\_\_\_

**INVOICE DETAILS:** If your club or organisation is paying for this course, invoice details must be submitted 4 week prior to the date of commencement to ensure payment is received prior to the start of the course.

Organisation Name: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_

Email address for account: \_\_\_\_\_

### PAYMENT DETAILS:

CHEQUE  MONEY ORDER  CASH

VISA  MASTERCARD

CREDIT CARD NUMBER: \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_

EXPIRY DATE: \_\_\_\_\_ AMOUNT: \_\_\_\_\_

CARDHOLDERS NAME: \_\_\_\_\_

SIGNATURE: \_\_\_\_\_

Refund Policy: All cancellations will incur an administration fee of \$20.00. Cancellations within 5 working days notice will not be eligible for a refund. Consideration is given to special circumstance.

Completed forms and payment can be sent to:  
Sports Medicine Australia - ACT Branch 100 Maitland Street, Hackett, ACT 2602 Fax: 02 6247 6329  
Email: [admin@act.sma.org.au](mailto:admin@act.sma.org.au)

### OFFICE USE ONLY

Date Received: \_\_\_\_\_ Processed date: \_\_\_\_\_ Invoice Number: \_\_\_\_\_ Manual: \_\_\_\_\_