

# 2012 COMMUNITY EDUCATION- SAFER SPORT PROGRAMS



## CPR (HLTCPR201A)

CPR can be completed on any of the dates of the Sports First Aid Course. Attendance is only required for the first 3 hours of the course. The CPR Course is aligned to the National Competency – Perform CPR HLTCPR201A.

## Sports First Aid (HLTFA301B)

This course is equivalent to senior first aid and aligned to the National Competency – Apply First Aid HLTFA301B.

February	Sunday 19 <sup>th</sup>	8:30am – 5:00pm
March	Monday 19 <sup>th</sup> & 26 <sup>th</sup>	6:00pm – 9:00pm
May	Sunday 6 <sup>th</sup>	8:30am – 5:00pm
June	Sunday 24 <sup>th</sup>	8:30am – 5:00pm
August	Sunday 12 <sup>th</sup>	8:30am – 5:00pm
September	Monday 10 <sup>th</sup> & 17 <sup>th</sup>	6:00pm – 9:00pm
October	Sunday 28 <sup>th</sup>	8:30am – 5:00pm
December	Sunday 2 <sup>nd</sup>	8:30am – 9:00pm

## Strap Smart Course

This course offers the beginner technical and practical advice for use when taping athletes. This course covers the introduction to taping techniques for ankle, finger & thumb as well as the principles and application of taping.

March	Sunday 4 <sup>th</sup>	9:30am – 12:30pm
May	Sunday 27 <sup>th</sup>	9:30am – 12:30pm
August	Sunday 5 <sup>th</sup>	9:30am – 12:30pm
November	Sunday 18 <sup>th</sup>	9:30am – 12:30pm

## Level 1 Sports Trainer Course

This course provides participants with the necessary skills to assist in improving athletic performance, making sport safer for all.

*Pre-Requisite – Current First Aid Certificate*

February	Sunday 26 <sup>th</sup> & Sunday 4 <sup>th</sup> March	8:30am – 5:00pm
May	Sunday 20 <sup>th</sup> & 27 <sup>th</sup>	8:30am – 5:00pm
July	Sunday 29 <sup>th</sup> & Sunday 5 <sup>th</sup> August	8:30am – 5:00pm
September	Sunday 11 <sup>th</sup> & 18 <sup>th</sup>	8:30am – 5:00pm
November	Sunday 11 <sup>th</sup> & 18 <sup>th</sup>	8:30am – 5:00pm

## Level 2 Sports Trainer Course

The core unit is designed to increase the sports trainers knowledge of how the general principles of sports medicine relates to sport, as well introducing topics such as psychology of injury, advanced taping, medical conditions, sports trainers role in rehabilitation of injury and advanced crisis management.

*Pre-Requisite – Level 1 Sports Trainer Certificate & 50 hours of practical sports trainer experience*

March	Saturday 10 <sup>th</sup> Sunday 11 <sup>th</sup> Mon 12 <sup>th</sup>	8:30am – 5:00pm 8:30am – 2:00pm 6:00pm – 9:00pm
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## Advanced Taping

This is an advanced taping course, including taping techniques for the knee, shoulder, and advanced anatomy.  
*Pre-Requisite – Level 1 Sports Trainer Certificate or Advanced Anatomy*

April	Sunday 29 <sup>th</sup>	10:00am – 3:00pm
June	Sunday 17 <sup>th</sup>	10:00am – 3:00pm
November	Sunday 25 <sup>th</sup>	10:00am – 3:00pm

## Pre and Post Event Massage

This course is designed to give participants an understanding of pre and post event massage and focuses on assisting athletes in preparation and recovery for competition.

April	Sunday 1 <sup>st</sup>	10:00am – 3:00pm
August	Sunday 19 <sup>th</sup>	10:00am – 3:00pm

## Spinal Injury Management

The course will have a specific emphasis on the management of spinal injuries in contact sports.

February	Wednesday 29 <sup>th</sup>	6:00pm – 9:30pm
June	Wednesday 6 <sup>th</sup>	6:00pm – 9:30pm
September	Wednesday 5 <sup>th</sup>	6:00pm – 9:30pm

## 2012 SMA-ACT Sports Trainers Conference Sunday 21<sup>st</sup> October 2012

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.

## COURSE REGISTRATION

To register for any of the SMA-ACT Safer Sport Programs, please complete the Registration Form and return to SMA-ACT by:

**Post:** Sports Medicine Australia- ACT Branch  
ACT Sports House  
100 Maitland Street, Hackett ACT 2602  
**Fax:** 02 6230 6676  
**Email:** [ssp@act.sma.org.au](mailto:ssp@act.sma.org.au)

For Further course information, please contact SMA-ACT on 02 6247 5115, or visit our website at [act.sma.org.au](http://act.sma.org.au).