

Added **COURSE** benefits

Students completing a Safer Sport Program course will also have access to a variety of additional benefits that SMA can offer:

- Continuing education and training such as an annual national conference, state conference and sports trainer conference
- Sports Trainer Membership including Sports Trainer Professional Indemnity Insurance and access to SMA publications
- Up-to-date and expert information on sports medicine issues
- Regularly updated policy statements and guidelines critical to safe sporting practices
- Access to the Sports Medicine Australia network and information referral service on general sport and health enquiries
- Injury prevention resources through Sports Medicine Australia's Smartplay program (www.smartplay.com.au)



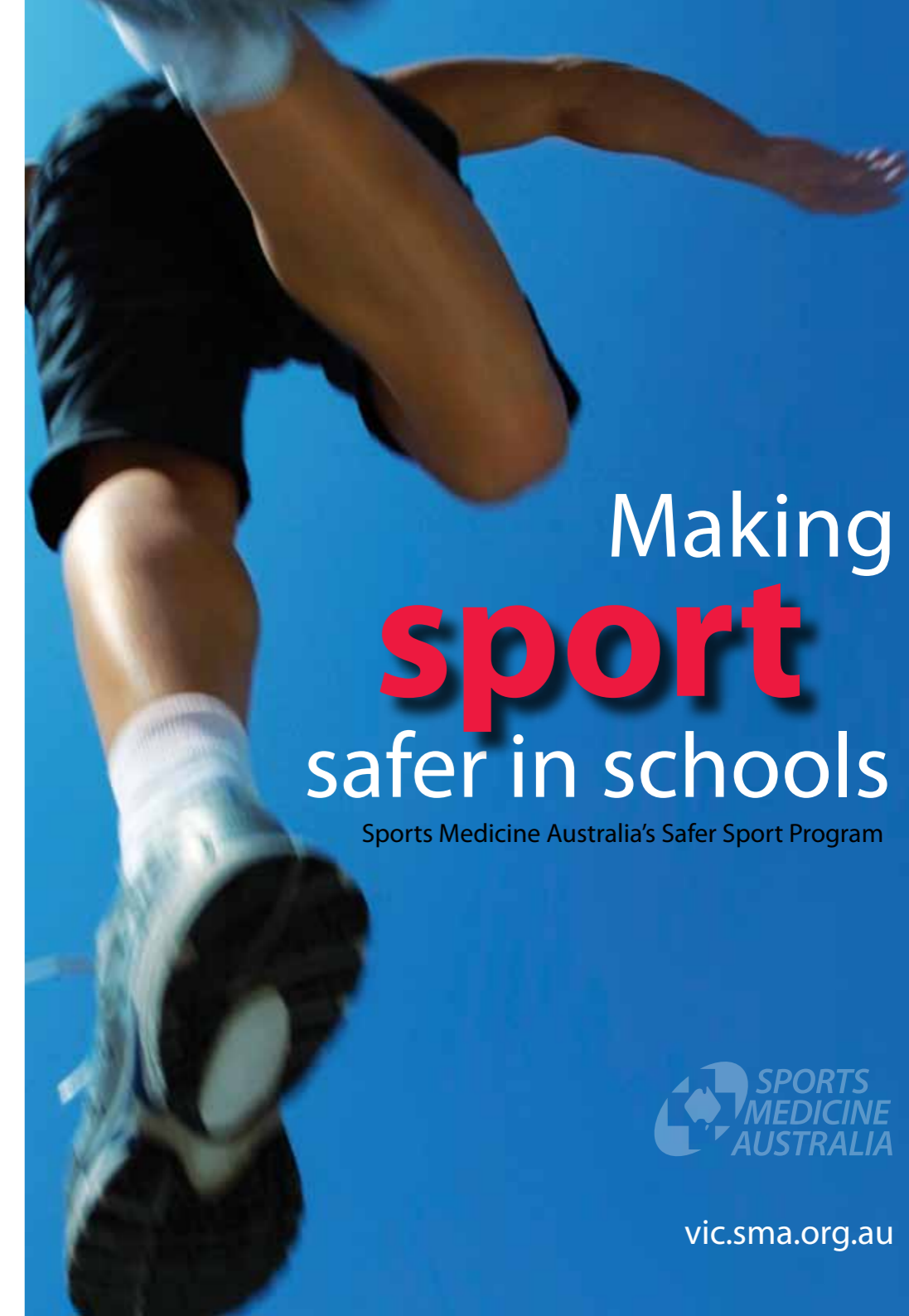
Sports Medicine Australia's Safer Sport Program is supported by Elastoplast and Asics



For more information on the
Safer Sport Program in Schools
visit vic.sma.org.au or contact
Sports Medicine Australia on
p: 03 9674 8777 or
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Making
sport
safer in schools

Sports Medicine Australia's Safer Sport Program



vic.sma.org.au

Provide students with the skills to manage sports injuries, improve sport safety skills, and get ahead of the rest...

Sports First Aid

Level 1 Sports Trainer

CPR

Advanced Sports Taping

Introduction to Sports Massage

Sports Specific Conditioning

Emergency Asthma Management

Reaccreditation - Level 1 & 2 Sports Trainer

"The Sports First Aid and Level 1 Sports Trainer courses fits perfectly into the VET Sport and Recreation Certificate and allowed students to complete all competencies of the "Sports Trainer" (SRSSPT001A). The overall quality of the program was fantastic and students enjoyed the opportunity to participate."

Ms Roslyn Jones

Sports and Physical Education Coordinator, Craigieburn Secondary College



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Sports Medicine Australia's Safer Sport Program

Sports Medicine Australia (SMA) is a national multi-disciplinary organisation committed to enhancing the health of all Australians.

SMA does this by promoting safe participation in sport and physical activity. One of the programs through which this is achieved is the Safer Sport Program, an education program on the prevention, assessment, management and referral of sporting injuries.

"Sports Medicine Australia are the leading providers of sport safety courses in Australia. For those serious about sport safety, Sports Medicine Australia's Safer Sport Program provides the most up-to-date information on how to manage sporting injuries."

Dr Peter Larkins

Sports and exercise physician, media commentator

Why should your school be involved?

Sport safety personnel (including sports trainers and sports first aiders) are an integral part of all sports. They play a key role in keeping sport safe. Through their knowledge, skills and involvement, injuries are minimised, keeping players in action, which contributes to sporting success.

Developing your student's skills and knowledge in sports medicine provides them with the qualifications required to develop a career within the sports industry and/or progress with further study as a sports medicine professional.

So don't wait until it's too late. Learn the skills to make sport safer. Enrol in industry leading courses that are acknowledged throughout the Australian sporting community.

Safer Sport Program COURSES and RESOURCES

Safer Sport Program courses aim to provide practical skills on injury prevention and immediate injury management.

Courses are hands-on in assessment through the demonstration of skills and knowledge learnt during the course.

Sports First Aid

Learn how to deal with common acute injuries that occur on the sporting field in this industry leading course.

Topics covered include:

- Crisis management, including CPR
- Management of hard and soft tissue injuries
- Fracture management and skin injuries
- Immediate management and referral of sports injuries (STOP and RICER)
- Control of external bleeding
- Moving the injured athlete

Duration: 8hrs

Level 1 Sports Trainer

This course will recognise you as a nationally accredited sports trainer, providing skills on how to prevent and manage injuries on and off the sporting field. National accreditation is the standard requirement to work as a sports trainer in many of the country's sporting codes.

Learn from skilled presenters on the topics of:

- Preventing sports injuries
- Principles of injury management
- Sports taping and nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical conditions

Prerequisite: Sports First Aid or Level Two First Aid Certificate or equivalent

Duration: 16hrs

CPR

All sports trainers are required to have a current CPR certificate. This practical course provides students with the ability to update their skills and maintain a valid First Aid certification.

This course covers the topics of:

- Emergency assessment and basic life support priorities
- Assessing the accident victim
- Resuscitation techniques
- Managing the unconscious victim
- Personal hygiene techniques
- Mouth to mask technique

Duration: 3hrs

Level 2 Sports Trainer

Designed to build upon the skills learnt in the Level 1 Sports Trainer course. Level 2 Sports Trainer involves a number of short courses (as follows) that aim to improve skills and knowledge of the provision of first aid and sports medicine services.

Advanced Sports Taping

Gain hands-on experience of advanced taping/strapping techniques from some of the leading physiotherapists and taping experts working in Australian sport. This course builds on the basic taping skills learnt in the Level 1 Sports Trainer course.

Duration: 4hrs

Introduction to Sports Massage

This course provides an introduction to the theory and practical application of sports and remedial massage.

This course covers:

- Massage benefits and techniques
- Benefits of massage in athletic preparation and recovery
- Injury management and rehabilitation

Duration: 5hrs

Sports Specific Conditioning

This course provides students with a better understanding of the roles and responsibilities of staff in fitness and conditioning related positions.

This course covers:

- The who, what, where, when and why regarding the latest fitness techniques and methods
- Explains why adaptations occur to training programs depending on the sport, gender and composition of the athlete

Duration: 5hrs

Emergency Asthma Management

Delivered together with the Asthma Foundation of Victoria, this course will increase your knowledge of asthma management within the sporting environment. The course will cover:

- The standardised emergency management protocols for treating an asthma attack
- Asthma medication and sport
- The Bronchodilator Accreditation Number (BAN) system
- Developing and implementing an emergency 4x4x4 first aid plan

Duration: 3hrs

Reaccreditation- Level 1 & 2 Sports Trainer

Course certificates can be updated through SMA's formal reaccreditation process. Contact SMA for details on how to reaccredit your Level 1 or Level 2 Sports Trainer Accreditation.

Duration: 3hrs

Contact SMA for details on other short courses offered as part of the Level 2 Sports Trainer course.

Curriculum Resources

Sports Medicine Australia (SMA) has a range of resources available for schools and universities. Class sets or individual copies of manuals can be purchased.

Sports First Aid Manual

This book provides a quick summary of first aid for a range of every day emergencies whether at work, in sport or recreation or at home. It provides advice on what to do in the first few minutes after the onset for sudden illness or an accident.



Sports Medicine for Sports Trainers - 9th Edition

Introduces the basic principles of sports medicine and is suitable for people of all sporting backgrounds and interests. The new edition provides practical knowledge students require to help athletes prevent injuries, reduce the severity of injuries and prevent injuries re-occurring.



Athletic Taping and Bracing 2nd Edition

Athletic Taping and Bracing integrates the science of anatomy and injury mechanisms with the practice of athletic taping and bracing. Detailed anatomical descriptions and illustrations clearly highlight the mechanisms of injury that are crucial for understanding effective taping and bracing.

