

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

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 th & Sunday 4 th March	8:30am – 5:00pm
May	Sun 20 th , Mon 21 st & Sun 27 th	8:30am – 5:00pm
July	Sun 29 th , Mon 30 th & Sun 5 th August	8:30am – 5:00pm
September	Sun 9 th , Mon 10 th & Sun 16 th	8:30am – 5:00pm
November	Sun 11 th , Mon 12 th & Sun 18 th	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 th	8:30am – 5:00pm
	Sunday 11 th	8:30am – 2:00pm
	Mon 12 th	6:00pm – 9:00pm

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 th	10:00am – 3:00pm
June	Sunday 17 th	10:00am – 3:00pm
November	Sunday 25 th	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 st	10:00am – 3:00pm
August	Sunday 19 th	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 th	6:00pm – 9:30pm
June	Wednesday 6 th	6:00pm – 9:30pm
September	Wednesday 5 th	6:00pm – 9:30pm

2012 SMA-ACT Sports Trainers Conference Sunday 28th 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: 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.