

Sports First Aid

Course Number: 31208F

Sunday March 18

9:00am-5:00pm

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$155

Level 1 Sports Trainer

Course Number: 31208

Sunday March 25 & Sunday April 1

9:00am - 5:00pm (both days)

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$199

Combined Sports First Aid & Level1 Sports Trainer

Course Number: 31208C

Sunday March 18, 25 & Sunday April 1

9:00am - 5:00pm (all days)

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$315

Sports Trainer Re-Accreditation

Course Number: 31210R

Sunday March 18, 5:00pm - 7:30pm

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$90

Are there any prerequisites?

Yes. A current first aid certificate or a current SMA Sports First Aid Accreditation must be provided to SMA in order to receive accreditation as a Level 1 Sports Trainer.

For further information regarding any of the above courses please contact
Sports Medicine Australia on 03 9674 8777 or ssp@vic.sma.org.au

Sports First Aid

The course covers:

- 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 (stretcher carries)

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 from this course 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
 - Sports nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical conditions

Frequently Asked Questions

Why become an SMA Level 1 Sports Trainer?

The Sports Trainer plays an important role in ensuring the safety of participants at sporting clubs. Being a Level 1 Sports Trainer also provides an opportunity to follow a pathway to advanced skills as a Level 2 Sports Trainer and to qualify to become a Sports Medicine Australia Sports Trainer Member.

Are there any prerequisites?

Yes. A current first aid certificate or a current SMA Sports First Aid Accreditation must be provided to SMA in order to receive accreditation as a Level 1 Sports Trainer. These should be sent or faxed to SMA prior to attending the course.

What are the course outcomes?

Successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become a SMA Nationally accredited Sports Trainer. This is the standard required to perform the duties of a sports trainer in most of Australia's major sporting codes.



ENROLMENT FORM

Title (circle) Mr Mrs Miss Ms Dr _____ Name _____

Address _____

Suburb _____ P/Code _____

Contact Phone _____ First Aid Certificate Attached

Email _____

Course Number _____ Course Type _____

Payment Details (all prices include GST)

I will direct deposit \$ _____ on the following date _____

Enclosed is my cheque for \$ _____ (payable to SMA - Victorian Branch)

Please debit \$ _____ From: MasterCard VISA

Card Number _____

Card Expiry Date _____ / _____

Name (as it appears on the card) _____

Signature _____

Please send cheque or credit card payments to: Phone: 03 9674 8777 Fax: 03 9674 8799

Sports Medicine Australia - Victorian Branch Email: ssp@vic.sma.org.au

Sports House, 375 Albert Road, South Melbourne 3205 ABN:13 821 409 176

Direct Deposit: **Acc Name** - Sports Medicine Australia - Victorian Branch **BSB** - 013-030

Acc Number - 1003-58763 please use 'surname_course no' as your transaction reference & email the remittance advice to ssp@vic.sma.org.au

Refund Policy - Refunds will be provided in accordance with the SMA Refund Policy. See SMA VIC Code of Practice below.

How did you hear about SMA courses? SMA-VIC Website Eflash Club/Organisation

Facebook sportspeople.com.au Other _____

Please make cheques payable to
"Sports Medicine Australia"
and send to:

Sports Medicine Australia,
Sports House, 375 Albert Road
South Melbourne, VIC, 3205

Phone: 03 9674 8777

Fax: 03 9674 8799

e: ssp@vic.sma.org.au