

Safer Sport Program

Sports First Aid Course



Outline

This document has been developed for SMA SSP learners, administrators, trainers, and assessors. It describes how training and assessment will be delivered for the Safer Sports Program **Sports First Aid** course. The course includes the nationally recognised unit of competence HLTF301B Apply First Aid and incorporating HLTCPR201A Perform CPR.

Outcomes

This course has been designed to equip people involved in the sport industry as first aid officers (or working in a related role) with the practical skills and knowledge to prevent and manage injuries common in a sporting environment. Upon successful completion of all assessment tasks participants will receive the SMA Sports First Aid Accreditation, and a statement of attainment for HLTF301B Apply First Aid, incorporating HLTCPR201A Perform CPR.

Entry	Participants must be a minimum of 14 years old to enrol in this course.
Enrolment	Fill out the application form and return it to ssp@vic.sma.org.au . SMA will make contact by return email to confirm your enrolment.
Duration	The Sports First Aid course will be delivered over 1 day from 8.30 am to 5.00pm (including a 30 minutes lunch break).
Pre course work	There is no pre course work.
Content	The course covers topics such as crisis management, including basic life support, immediate injury management, environmental issues, and the transport of the injured athlete.
Delivery	The Sports First Aid course is delivered in a classroom setting and training activities include a range of theoretical and practical tasks. Learners are required to participate in all elements of the course, providing them with the opportunity to practice and refine their skills prior to assessment.
Assessment	Learner assessment is conducted throughout the course. Assessment activities include practical sessions, workbook activities, scenario sessions including oral questions and a multiple-choice written assessment. Learners will need to display competency in all assessable elements to successfully complete the course. HLTF301B Apply First Aid and HLTCPR201A Perform CPR will be assessed together (holistically).
Learner Support	Sports Medicine Australia can provide support to students with a literacy and/or numeracy impairment through assistance or modification to training and assessment for this course. Learners should contact SMA to discuss their specific requirements prior to enrolling in the course. See SMA's Access and Equity Policy for further information.

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Resources Learners enrolled in the course will be provided with a copy of Sports Medicine Australia Sports First Aid Manual to support the development of theoretical knowledge. Little Anne Resuscitation Manikins, Bandages, and other common first aid equipment will be provided to enable learners to develop and demonstrate practical skills.

Schedule

Times*	Topic	Prac Assess
8.30am	Welcome and Administration	
9.00am	Crisis Management - Basic Life Support	DRSABCD CPR
12.00pm	Lunch	
12.45pm	Immediate Injury Management - Approach - Soft Tissue Injuries - Hard Tissue Injuries	STOP RICER TOTAPS SLINGS
2.45pm	Environmental Injuries	
3.15pm	Transport of Injured Athlete	TRANSPORT
3.45pm	Workbook, Scenario (practical) and Multiple Choice Assessment	
4.30pm	Assessor marking of Workbook and Multiple Choice	
5.00pm	Close of Day	

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Trainers and Assessors	SMA draws on its network of professional sports trainers, sports doctors, physiotherapists, and other health care professionals to deliver and assess Safer Sport Program courses.
RPL	All applications for RPL must be submitted in writing with supporting documentation to the State Safer Sport/Education Manager. All candidates must satisfy the competencies of the specific accreditation in which RPL is being sought. RPL assessments will be conducted in accordance to SMA-VIC training protocols. RPL Cost for CPR is \$30
Post course work	There is no post course work to be completed.
Certificates	<p>Successful participants will receive a Statement of Attainment with the HLTF301B Apply First Aid unit of competency that incorporates HLTCPR201A Perform CPR.</p> <p>Learners should expect to receive Statements of Attainment within four weeks of successful course completion.</p>
Accreditation	Participant will receive 3 year SMA Sports First Aid accreditation.
Further Accreditation	<p>Participants are welcome to attend future SMA courses such as:</p> <ul style="list-style-type: none">• Level One Sports Trainer<ul style="list-style-type: none">○ Specific issues of prevention, assessment, management of and recovery from sports injury○ Examine how the extent and intensity of sports participation relates to the incidence of sports injuries○ Explore the range of technical and scientific approaches for maintaining the wellbeing of athletes• Other SMA courses include:<ul style="list-style-type: none">○ Introduction to Taping – Ankles, Thumbs and Fingers○ Advanced Taping – Shoulder and Knee etc○ Level Two Sports Trainer○ Introduction to Sports Massage○ Spinal Injury Management○ Concussion Management○ Wound Management
Dress	Please wear comfortable clothing, as you will be expected to participate in practical activities throughout the course.

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- What to Bring** Pens and notepaper. Manuals and workbooks will be supplied where required.
- Medical Conditions** If you have a medical condition that may limit your performance in any of the practical activities, please inform the instructor so that any practical sessions can be modified.
- Policies** Please ensure that you have read and are familiar with all our policies. These can be found on the registration form and the Sports Medicine Australia website: <http://sma.org.au/sports-trainers/st-policies/>
- Behaviour Expectations** Sports Medicine Australia endeavours to provide a learning environment, which is supportive of group and individual learning. This requires support from all students, presenters and course convenors. It is therefore expected that students will behave in a manner, which is respectful of fellow students and Sports medicine Staff.

Contact SMA-VIC on 9674 8777 or via ssp@vic.sma.org.au if you have any questions.