



GUIDELINES FOR PROSPECTIVE LEVEL 2 SPORTS TRAINERS



Issued by: Sports Medicine Australia – Victoria / Tasmania Branch

Introduction

On behalf of Sports Medicine Australia (SMA), we welcome you to the Level 2 Sports Trainers program.

The Level 2 Sports Trainers course has been designed as a modular program to provide active sports trainers with a wide variety of educational opportunities to expand their skills and knowledge.

Holding a SMA Accredited Level 2 Sports Trainer means you have skills that go above and beyond a Level 1 Sports Trainer, with specific knowledge and experience in a variety of areas pertinent to injury prevention and management.

Holding this accreditation may provide the link to a further career and development opportunities.

The Level 2 Program is a series of modular courses of which are additionally offered throughout Victoria and Tasmania, these include:

- **Advanced Sports Taping**
- **Emergency Asthma Management in Sport**
- **Introductory Sports Massage**
- **Wound Management**
- **Spinal and Injury Management**
- **Dental Injury Management**
- **Head Injuries and Concussion Management**
- **Sport Specific Conditioning**
- **Anaphylaxis Management**

SMA-VIC also stage two major events each year providing participants an opportunity to acquire knowledge from some of the industries' leading experts, these events include;

- **SMA Victoria Sports Trainers Conference**
- **SMA Victoria State Conference**

These guidelines provide information regarding the Level 2 Sports Trainers program. If you require further details or clarification on any of the information contained within please contact SMA-VIC on ssp@vic.sma.org.au .

Best of luck.

Sports Medicine Australia, Victoria/Tasmania Branch

Section 1 - Requirements

PRE-REQUISITES FOR ENTRY TO LEVEL 2

- 1 Current Sports Medicine Australia Level 1 Sports Trainer;
- 2 A qualified Level 1 Sports Trainer for a minimum of 12 months; and
- 3 50 hours of practical experience as a Level 1 Sports Trainer (with written evidence)
- 4 Completion of Level 2 registration form, payment of \$55 registration fee (registration form on last page of this document)

Evidence of the above needs to be sent to SMA-VIC, along with your registration form.

REQUIREMENTS TO COMPLETE LEVEL 2

- 1 Registration in the Level 2 Sports Trainers program and payment of registration fee
- 2 Successful completion of courses with a total value of 30 points on SMA's Level 2 program scale
 - a. At least 18 points must be obtained through SMA elective module courses (*Details of the elective modules are supplied within this document.*)
 - b. Up to 12 points can be obtained through courses from other providers (these courses must be recognised by SMA).
- 3 Completion of 200 hours of practical experience as a Level 1 Sports Trainer

Section 2 – Level 2 Sports Trainers Program

The Level 2 Sports Trainers program has been designed to allow the Level 1 Sports Trainer to gain new learning experiences. The module program has specific guidelines to be adhered to, but otherwise, will provide you with the opportunity to use previous and current learning experiences that you wish to pursue.

UPON REGISTERING FOR THE LEVEL 2 SPORTS TRAINERS PROGRAM

1. You will receive the ***Guidelines for Prospective Level 2 Sports Trainers***;
2. You are registered within SMA-SSP Victoria for all future Level 2 details;
3. You will be provided with information on upcoming Level 2 Core Module courses and elective modules conducted by SMA

You will continue to receive your national newsletter ***Sports Trainers Digest***, and other relevant sports trainers information.

UPON COMPLETION OF THE COURSE, YOU WILL RECEIVE

1. Three years accreditation as a Level 2 Sports Trainer;
2. Level 2 Sports Trainers ID card & Sports Trainers Certificate
3. Free subscription to national and state sports trainers' information.

Section 3 - Regulations

REGISTRATION IN THE LEVEL 2 SPORTS TRAINER PROGRAM

Upon completion of the registration form, payment of the \$55 Level 2 registration fee, provision of evidence of 50 hours practical experience as a sports trainer* and evidence of your level 1 Sports Trainer Accreditation you become registered in the Level 2 Sports Trainers program. You then have eighteen months to complete all of the requirements.

Within this booklet you will find details of the elective modules, information regarding the elective module point system and the requirements of completing the Level 2 Sports Trainer Course.

SMA will endeavour to offer all elective modules on a regular basis throughout the year allowing all participants the opportunity to satisfy the course requirements.

** Practical experience is to be evidenced by a letter from a club or team official, club doctor, physiotherapist or head trainer. For further information on who can authorise this experience please contact SMA.*

SPECIFIC REGULATIONS RELATING TO SATISFYING THE REQUIREMENTS OF THE LEVEL 2 SPORTS TRAINERS COURSE (ELECTIVE MODULES, PRACTICAL EXPERIENCE ETC)

REGULATION 1

Throughout the registration period you must be able to demonstrate obtaining 200 hours on-going practical experience as a Level 1 Sports Trainer. Details are to be confirmed in writing by a club official, physiotherapist, club doctor or head trainer.

Please note:

The initial 50 hours required for enrolment in the course will not be added towards the 200 hours.

REGULATION 2

Participants must complete elective modules and courses with a total value of 30 points on the SMA-VIC Elective Points scale.

i) From these 30 points at least 18 points must come from SMA-VIC elective modules. These modules and their point values are outlined below.

ii) Complete modules, short courses or tertiary qualifications from external providers to a value of no more than 12 points.

- I. These courses must relate to the field of sports medicine
- II. These courses must be approved by SMA and allocated a point score prior to either
 - a) Enrolling in the course or
 - b) Submitting the Level 2 course for accreditation.

SMA Victoria / Tasmania – Elective Points Scale

Points	Course
4	SMA Advanced Sports Taping
3	SMA Emergency Asthma Management in Sport
6	SMA Introductory Sports Massage
3	SMA Wound Management
6	SMA Spinal Injury Management
3	SMA Dental Injury Management
4	SMA Head Injuries and Concussion
5	SMA Victoria Conference of Science and Medicine in Sport (SMX)
5	SMA Victoria Sports Trainers Conference (STC)
3	Hard Playing Surfaces Workshop
3	Sport Specific Conditioning
3	SMA Anaphylaxis Management
3	Advanced Resuscitation Techniques

Sample point scores for external courses*

Points	Course
12	University Degree in Allied discipline (please see examples below or contact SMA for clarification of which courses will be allocated a point score)
12	University Degree in Sports Science (or working towards it)
12	University Degree in Human Movement (or working towards it)
12	University Degree in Physical Education (or working towards it)
12	Physiotherapy Degree (or working towards it)
12	Osteopathy Degree (or working towards it)
12	Podiatry Degree (or working towards it)
8	Myotherapy (or working towards it)
8	Sports Therapist (or working towards it)
8	Ambulance Officer/Paramedic
5	Level 3 First Aid
4	Certificate 4 in Fitness or equivalent
4	Strength and Conditioning Certificate (ASCTA Approved)
3	Nurse
3	Police, Fire (Emergency Services personnel)
2	Sports Coaching Qualification
2	Sports Dieticians Australia (SDA), Nutrition for Sport and Exercise – Active Course

** Please note that this is only a guide to some of courses that will be considered by SMA when applying for a Level 2 Sports Trainers qualification. Please inform us if you believe your qualifications should be awarded recognition.*

REGULATION 3

Modules may be accumulated prior to registration in the Level 2 Sports Trainers program as long as proof of payment and completion can be shown.

REGULATION 4

Elective modules must be gained in different topic areas.

The elective modules are designed to allow Level 1 Sports Trainers to design their own learning experience and should cover a range of topics. For example, if an elective module has been gained in taping (eg. from attending a taping workshop), then no other elective module may be gained in this area.

Please note, this is particularly relevant for massage, whereby many people choose to study a number of styles of massage. Only one elective module can be gained in the topic massage.

Section 4 - Recording of Components

Please gather evidence of all relevant elective modules or courses completed to a value of 30 points on the SMA scale (refer to Level 2 course requirements and regulations for more information) and a letter confirming your completion of 200 hours from your sporting club, association etc.

When you have appropriate evidence for all requirements of your Level 2 Sports Trainers program, please forward this information to:

Sports Medicine Australia – Safer Sport Program
375 Albert Road
South Melbourne
VIC 3205
Phone: 9674 8777
Fax: 9674 8799

Should you have any further enquiries please contact SMA-VIC Branch by phone on 9674 8777 or email at ssp@vic.sma.org.au

Best Regards,

Sports Medicine Australia, Victoria / Tasmania Branch



ENROLMENT FORM

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

Address _____

Suburb _____ P/Code _____

Contact Phone _____

Email _____

Course Number _____ Course Type _____ Level 2 Sports Trainer

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 Facebook
 sportspeople.com.au Sporting Club _____

SMA VIC Code of Practice

Privacy Policy - SMA-VIC abides by the National Privacy Principles of the Privacy Act 1988 and respects your privacy. Personal information may be used by Sports Medicine Australia for external auditing purposes and to send you information about our various products, services or workshops.

Legislation - SMA-VIC complies with Commonwealth and State legislation including Occupational Health and Safety; Workplace Harassment; Anti-discrimination; Vocational Education Training and Employment Act 2000; Privacy (staff and students) and Child Protection.

Access & Equity - SMA-VIC encourages the participation of a cross section of the community. Therefore participants with literacy and/or numeracy impairment may seek support throughout the course and during assessment. Please contact SMA-VIC if assistance is required.

Assessment - The assessment process is holistic and may include group work, practical applications, and oral and/or written theory tests. Assessment will be conducted to meet relevant competency standards for the individual course and successful participants will receive the appropriate certification.

Recognition of Prior Learning (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 Sports First Aid is \$125.

Mutual Recognition - SMA-VIC agrees to recognise AQTF qualifications and Statements of Attainments issued by other Registered Training Organisations throughout Australia.

Behaviour Expectations - Sports Medicine Australia endeavors to provide a learning environment that is supportive of group and individual learning. This requires support from all students, presenters and course conveners. It is therefore expected that students will respect the rights of other students and Sports Medicine Australia staff and refrain from behaviour that is disruptive. On occasion where an individual's behaviour impacts on group learning and harmony the course convener or the presenter has the right to issue a verbal warning and if the behaviour continues the student may be asked to leave.

Appeals - SMA-VIC is committed to providing a learning environment in which complaints and appeals are responded to promptly, with minimum distress and maximum protection to all parties. Appeals against results and/or the process need to be made in writing, within 14 days of results being issued.

Grievances - Should a participant feel that they have been treated unfairly, they have the right to lodge a grievance. SMA-VIC has a formal grievance procedure available on the SMA-VIC website.

Refund Policy - A full refund of fees will be given when SMA-VIC cancels a course. Where a participant cancels, in writing, a minimum of 15 days prior to commencement of a course, 75% of the course fees paid will be refunded. Where a participant cancels, in writing, between 8-14 days prior to the commencement of a course, 50% of the course fees paid will be refunded. In both situations participants have the alternative of transferring to another course. There will be no refund or course transfer when a participant withdraws if written notification is received by SMA-VIC less than 7 days prior to commencement of the course. These conditions may be varied in cases of extreme circumstances.

Student Records - In accordance with the National Privacy Principles all information held by SMA about course participants is treated as confidential. Students with proof of identity can make applications for copies of student records or statements of attainment.

For further information regarding the Sports First Aid course or to conduct a course at your club, association or workplace please contact SMA-VIC on 03 9674 8777 or email ssp@vic.sma.org.au