

Shepparton - Safer Sport Courses January - July, 2012

Level 1 Sports Trainer

Sunday March 18 & 25

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

Venue: Shepparton North Community Hub

Course Number: 31217 Course Cost: \$220

Sports First Aid (HLTFA301B - Apply First Aid)

Sunday March 4

9:00am - 5:00pm

Venue: Shepparton North Community Hub

Course Number: 31207F Course Cost: \$160

Combined Sports First Aid & Level 1 Sports Trainer

Sunday March 4, 18 & 25

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

Venue: Shepparton North Community Hub

Course Number: 31202C Course Cost: \$325

Sports Trainer Re-Accreditation

Sunday May 6

10:00am - 1:00pm

Venue: Shepparton North Community Hub

Course Number: 31206R Course Cost: \$110

Pre-requisite: To become an accredited Sports Trainer participants must provide a copy of a current first aid or sports first aid certificate to SMA-VIC upon enrolment.

(If this is not possible participants should contact SMA-VIC to discuss alternate options).

All course descriptions and outlines are available on the vic.sma.org.au website.



ENROLMENT FORM

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

Address _____

Suburb _____ P/Code: _____

Contact Phone _____ **First Aid Certificate Attached**

Email _____ Club Name: _____

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 Valleysport)
- Please Invoice my club for \$ _____ (provide below club details & person(s) responsible for payment)

Club Address: _____

Payment Personell: _____

Please send cheque payments to: _____ Phone: 03 5831 8456 Fax: 03 5831 2597
Valleysport Email: dean@valleysport.net.au

Shepparton Sports Stadium, 120 Numurkah Rd
 PO BOX 1361 Shepparton VIC 3632 ABN: 41596795082

Direct Deposit: **Acc Name** - Valley Sport **BSB** - 013 - 805 **Acc Number** - 317161195
 Please use 'surname_course no' as your transaction reference & email the remittance advice to dean@valleysport.net.au

Refund Policy - Refunds are provided in accordance with the SMA Refund Policy. For a copy of the policy contact 03 9674 8777

- How did you hear about SMA courses? SMA-VIC Website Eflash Facebook
 Valley Sport Sporting Club _____



Level 1 Sports Trainer Course Information

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 16 hour course is the standard requirement to work as a sports trainer in many of the country's sporting codes. Topics covered include:

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

Pre-requisite: To become an accredited Sports Trainer participants must provide a copy of a current first aid or sports first aid certificate to SMA-VIC upon enrolment.

(If this is not possible participants should contact SMA-VIC or Valley Sport to discuss alternate options).

Frequently Asked Questions

Why become a 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 advance your skills and become a Level 2 Sports Trainer and qualify as a Sports Medicine Australia Sports Trainer Member.

Are there any pre-requisites?

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-VIC prior to attending the course. (However if this is not possible SMA-VIC should be notified in advance and it may be possible to forward this information after completion of 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.