

Level 1 Sports Trainer Course

Sunday June 3 & Sunday June 17, 8:30am - 5:00pm both days

Horsham Fire Station, 35 Hamilton Street, Horsham

Cost: \$185

Course Number: 31215

Sports First Aid HLTF301B (Apply First Aid)

Sunday May 6, 9:00am-5:00pm

Horsham Fire Station, 35 Hamilton Street, Horsham

Cost: \$155

Course Number: 31215F

Sports Trainer Re-Accreditation Course

Sunday March 18, 12:30pm - 3:30pm

Horsham Fire Station, 35 Hamilton Street, Horsham

Cost: \$95

Course Number: 31215R/31215FC

For further information regarding any of the above courses please contact
Wimmera Regional Sports Assembly or Sports Medicine Australia

Course Information

Sports First Aid - HLTA301B - Apply First Aid

Sports First Aid is a one day (8 hour) course designed specifically for the First Aider working in sport. The course will give you a Statement of Attainment for HLTA301B - Apply First Aid and a 3 year SMA Sports First Aid accreditation.

The program includes:

- 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 SMA accredited sports trainer, providing skills on how to prevent and manage injuries on and off the sporting field. SMA accreditation from this 16 hour 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 and nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical conditions

Please note: Successful completion of the Sports First Aid Course or an Accredited First Aid Course is a pre-requisite for the Level 1 Sports Trainer Course and Sports Trainer Reaccreditation.



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 _____

Sports Medicine Australia - Victorian Branch

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

Phone: 03 9674 8777 Fax: 03 9674 8799

Email: ssp@vic.sma.org.au

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](mailto:ssp@vic.sma.org.au)