

SAFER SPORT COURSE PROSPECTUS



About SMA Safer Sport Program	1
Why choose SMA?	2
Sports Trainer Program	
Level 1 Sports Trainer	3
Level 1 Sports Trainer - Allied Health	4
Level 2 Sports Trainer	5
Level 1 Sports Trainer Reaccreditation	6
Level 2 Sports Trainer Reaccreditation	7
Nationally Recognised Training	
HLTAID009 Provide CPR	8
HLTAID011 Provide First Aid	9
HLTAID012 Provide First Aid in an Education and Care Setting	10
HLTAID015 Provide Advanced Resuscitation and Oxygen Therapy	11
PUAEME007 Provide Emergency Care for Suspected Spinal Injuries	12
Workshops and Short Courses	
Introduction to Sports Taping	13
Advanced Sports Taping	13
Introduction to Sports Massage	14
Concussion Management	14
Considerations for Athletes with a Disability	15

INTRODUCTION

Sport is a foundational element of any strong community and an outlet for all Australians to achieve greater health outcomes through physical activity and exercise.

As Australia's leading multidisciplinary sports medicine body, SMA is acutely focused on assisting these communities through the delivery of the highest quality injury management and prevention education.

SMA's Safer Sport Program is an extensive suite of Industry and Nationally Recognised Training delivered to stakeholders at all levels of sport - from grass roots to elite - across the country.

Our education is developed and delivered by experts actively involved within the industry.

THE RIGHT SMA TRAINING FOR YOU

SMA provides a range of training courses for coaches, players, officials, teachers, volunteers, community sports clubs, schools, sports trainers and healthcare professionals.

- **SMA Safer Sport Courses:** Industry accredited training courses specifically developed and recognised by Sports Medicine Australia.
- **Nationally Recognised Training:** Nationally recognised vocational and education training courses and qualifications that SMA delivers as a Registered Training Organisation (RTO).



Every Australian deserves to compete in sporting competitions or participate in physical activity, within what is fundamentally a safe environment. This is of paramount importance to Sports Medicine Australia.

Our aim is to provide the highest quality education which has a widespread level of accessibility for stakeholders at any levels of sport.

Sports Medicine Australia's Safer Sport Courses have been specifically developed for coaches, players, officials, teachers, volunteers, community sports clubs, schools, sports trainers and healthcare professionals. This suite of education is industry leading and best practice, providing:

- Injury management and prevention content developed by some of Australia's most respected professionals within their chosen fields.
- Nationally Recognised Training with a focus on the sporting environment, ensuring relevance for those attending.
- Completely tailored scheduling for group bookings. SMA can deliver training at a time and location suited to you and your stakeholders.
- Additional benefits exclusive to those engaging in SMA education and training including:
 - Access to SMA's Professional Development calendar
 - SMA Membership, including Sports Trainer membership which provides you with the benefit of insurance to ensure when you step into an on-field role, you are doing so with the coverage required.
 - The opportunity to develop your Sports Trainer skills in a paid capacity through SMA's Sports Trainer Event Coverage Service
 - Access to the latest industry news via SMA exclusive journals and publications.

Sports Medicine Australia is committed to driving education throughout the sporting community, and we look forward to providing programming for you in the future.



OVERVIEW

Sports Medicine Australia's (SMA) Level 1 Sports Trainer course is designed to introduce participants to the basic knowledge and skills required by a Sports Trainer. These skills include the management of specific sporting injuries, sports taping and transporting an injured athlete. This course educates prospective Sports Trainers, teachers, coaches, administrators and parents on the basic principles of sports medicine.

The successful completion of the Level 1 Sports Trainer course provides an opportunity for participants to become an SMA Accredited Sports Trainer. This is the standard requirement to perform the duties of a Sports Trainer in most major Australian sporting codes.

THE COURSE COVERS THE FOLLOWING UNITS:

- Sports Trainer in Action
- Basic Musculoskeletal Anatomy
- Preventing Sports Injuries
- Nutrition and Hydration in Sport
- Drugs in Sport
- Management of the Injured Athlete
- Common Medical Conditions
- Concussion
- Sports Taping (ankle, thumb and finger)
- Transporting the Injured Athlete
- Common Sporting Illness and Injuries

COURSE PREREQUISITES

- HLTAID011 Provide First Aid (completed within 3 years)
- HLTAID009 Provide CPR (completed within 12 months)

CERTIFICATES

Upon successful completion of this course, students will receive a Sports Medicine Australia Level 1 Sports Trainer qualification (valid for 3 years).

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to the local SMA office (in the state where the course is to be held). This ensures the student has the necessary skills to undertake the training and assessment requirements.

DELIVERY MODE/DURATION

This course is delivered through a combination of pre-course online learning and 9 hours of training (Either 2x 3-hour online classroom delivery and 4 hours of face to face assessment or 9 hours full face to face learning).

ASSESSMENT

Students will be assessed as follows:

- Lecturer observation and practical scenario assessment
- Taping of the ankle, thumb and finger
- Written assessment



OVERVIEW

Sports Medicine Australia's (SMA) Level 1 Sports Trainer Allied Health course is designed to introduce participants to the basic knowledge and skills required by a Sports Trainer. These skills include the management of specific sporting injuries, sports taping and transporting an injured athlete. This course educates prospective Sports Trainers on the basic principles of sports medicine. It has been developed for Allied Health students and professionals.

The successful completion of the Level 1 Sports Trainer Allied Health course provides an opportunity for participants to become an SMA Accredited Sports Trainer. This is the standard requirement to perform the duties of a Sports Trainer in most major Australian sporting codes.

THE COURSE COVERS THE FOLLOWING UNITS:

- Sports Trainer in Action
- Preventing Sports Injuries
- Nutrition and Hydration in Sport
- Drugs in Sport
- Management of the Injured Athlete
- Concussion
- Sports Taping (ankle, thumb and finger)
- Transporting the Injured Athlete
- Common Sporting Illness and Injuries

CERTIFICATES

Upon successful completion of all course requirements, students will receive a Sports Medicine Australia Level 1 Sports Trainer qualification (valid for 3 years).

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA Office (in the region the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

DELIVERY MODE/DURATION

This course is delivered through a combination of pre-course online learning and 9 hours of training (Either 2x 3-hour online classroom delivery and 4 hours of face to face assessment or 9 hours full face to face learning).

This course is a shortened version of the SMA Level 1 Sports Trainer course, due to the prior knowledge and experience of eligible students.

ASSESSMENT

Students will be assessed as follows:

- Lecturer observation and practical scenario assessment
- Taping of the ankle, thumb and finger
- Written assessment

COURSE PREREQUISITES

- Course Prerequisites
- HLTAID011 Provide First Aid (completed within 3 years)
- HLTAID009 Provide CPR (completed within 12 months)
- Academic Transcript (unofficial is acceptable) showing at least 12 months full time study (minimum pass mark in all units) or equivalent, or a completed degree in one of the following Allied Health Fields;
 - Nursing (RN or EN)
 - Bachelor of Science (Physiotherapy)
 - Bachelor of Science (Chiropractic)
 - Bachelor of Science (Osteopathy)
 - Bachelor of Exercise and Sports Science
 - Bachelor of Medicine
 - Bachelor of Human Movement
 - Bachelor of Biomedical Science
 - Bachelor of Occupational Therapy
 - Bachelor of Podiatry
 - Bachelor of Paramedic Science

OVERVIEW

The aim of the Level 2 Sports Trainer program is to further develop the basic knowledge and skills of a Level 1 Sports Trainer that in turn, will improve their ability to contribute to safer sporting events and organisations. It is anticipated that the experience gained since completion of the Level 1 course, will provide participants with sufficient insight to assimilate this higher level of knowledge into their role as a Sports Trainer.

THE COURSE COVERS THE FOLLOWING UNITS:

- Management of Suspected Spinal Injuries
- Role of the Level 2 Sports Trainer
- Injury Prevention Programs
- Concussion Management
- Introduction to Sports Massage
- Wound Management
- Athlete Wellbeing and Mental Health
- Advanced Taping

COURSE PREREQUISITES

- Current accreditation as an SMA Level 1 Sports Trainer
- HLTAID011 Provide First Aid (completed within 3 years)
- HLTAID009 Provide CPR (completed within 12 months)
- Successful completion of the Level 2 Sports Trainer online learning. Please refer to Delivery Mode/Duration for more information on the online learning.
- Letter of industry experience from their employer or club/association detailing at least 50+ hours of work (paid or unpaid) as a Sports Trainer in the last 12 months. Please contact the local SMA Office (in the region the course is to be held) prior to enrolling in the course if you are unable to provide this.

CERTIFICATES

Upon successful completion of all course requirements, students will receive a Sports Medicine Australia Level 2 Sports Trainer qualification (valid for 3 years).

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA state branch (in the state where the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

DELIVERY MODE/DURATION

This course is delivered through a combination of pre-course online learning and 13.5 hours of training (6 hours of online classroom delivery and 7.5 hours of face to face assessment). Please note this course may be delivered over consecutive days, or a longer period. Please contact the local SMA Office (in the region the course is to be held) to clarify the course schedule.

ASSESSMENT

Students will be assessed as follows:

- Lecturer observation and practical scenario assessment
- Taping of shoulder, knee, elbow, Achilles and plantar fascia
- Theory Assessment

OVERVIEW

Sports Medicine Australia's (SMA) Sports Trainer accreditation is valid for 3 years and should be updated before the expiry date. The SMA re-accreditation procedure involves demonstrating competency in the skills of a Level 1 Sports Trainer and provides the opportunity to update your skills and knowledge with the latest techniques and information.

COURSE PREREQUISITES

- Current SMA Level 1 Sports Trainer accreditation or an accreditation which has expired for less than 6 months
- HLTAID011 Provide First Aid (completed within 3 years)
- HLTAID009 Provide CPR (completed within 12 months)
- Letter of industry experience from their employer or club/association detailing at least 50+ hours of work (paid or unpaid) as a Sports Trainer in the last 12 months.

CERTIFICATES

Upon successful completion of all course requirements, students will receive a Sports Medicine Australia Level 1 Sports Trainer Qualification valid for 3 years.

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA Office (in the region the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

DELIVERY MODE/DURATION

SMA now offers two methods for re-accreditation, so you can choose the option that suits you.

OPTION 1 - INTERNAL ACCREDITATION

This option allows sports trainers to attend a 4-hour face to face re-accreditation course.

OPTION 2 - EXTERNAL ACCREDITATION

This option allows sports trainers to re-accredit external to a course by being assessed on a set of competencies by an approved health care professional. Please contact your local SMA Office if you wish to undertake an external re-accreditation.

ASSESSMENT

Students will be assessed as follows:
Lecturer observation and practical assessment.
Written assessment



OVERVIEW

Sports Medicine Australia's (SMA) Sports Trainer accreditation is valid for 3 years and should be updated before the expiry date. The SMA reaccréditation procedure involves demonstrating competency in the skills of a Level 2 Sports Trainer and provides the opportunity to update your skills and knowledge with the latest techniques and information.

COURSE PREREQUISITES

- Current SMA Level 2 Sports Trainer accreditation or an accreditation which has expired for less than 6 months
- HLTAID011 Provide First Aid (completed within 3 years)
- HLTAID009 Provide CPR (completed within 12 months)
- Letter of industry experience from their employer or club/association detailing at least 50+ hours of work (paid or unpaid) as a Sports Trainer in the last 12 months. Please contact the local SMA Office (in the region the course is to be held) prior to enrolling in the course if you are unable to provide this.

CERTIFICATES

Upon completion of this course, students will receive a Sports Medicine Australia Level 2 Sports Trainer Qualification valid for 3 years.

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA Office (in the state where the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

DELIVERY MODE/DURATION

SMA now offers two methods for re-accreditation, so you can choose the options that suits you.

OPTION 1 – INTERNAL ACCREDITATION

This option allows sports trainers to attend a 4-hour face to face re-accreditation course.

OPTION 2 – EXTERNAL ACCREDITATION

This option allows sports trainers to re-accredit external to a course by being assessed on a set of competencies by an approved health care professional. Please contact your local SMA Office if you wish to undertake an external re-accreditation.

ASSESSMENT

Students will be assessed as follows:

- Lecturer observation and practical assessment.
- Written assessment



OVERVIEW

This course is delivered using blended learning combining pre-course online learning with theoretical and practical tasks. Students are required to participate in all course elements, providing them an opportunity to practice and refine their skills prior to assessment. The course structure involves simulated real life scenarios which could appear in the community, sporting and/or workplace settings. This allows students to demonstrate application of their skills and knowledge. This course includes the following elements.

- DRSABCD and Provide Cardiopulmonary Resuscitation (CPR)
- Practical scenarios for Providing Cardiopulmonary Resuscitation (CPR)
- Injury reporting
- Theory assessment
- Prerequisites

CERTIFICATE

Upon successful completion of all course requirements, students will receive a Statement of Attainment for HLTAID009 Provide Cardiopulmonary Resuscitation within 30 days via PDF and/or hard copy, as per the Australian Skills Quality Authority regulations of successful course completion.



ENTRY

To enrol, students must be a minimum of 14 years of age. Children under 14 may be accepted on a case-by-case basis upon application to their local SMA Office (in the region the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

DELIVERY MODE/COURSE DURATION

This course is delivered through a combination of pre-course online learning and 1.5 hours face to face training. All online learning must be successfully completed prior to attendance at the face to face training.

ASSESSMENT

Students will be assessed individually and in group activities. Students need to display competency in all assessable elements to successfully complete the unit package HLTAID009 accreditation. Assessment is conducted using the following methods:

- Scenario assessment- Students are required to demonstrate the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.
- Demonstration of Provide Cardiopulmonary Resuscitation (CPR) procedures – Students will demonstrate Provide Cardiopulmonary Resuscitation on SMA training manikins – adult, child and infant – in line with the Australian Resuscitation Council (ARC) Guidelines.
- Theory Assessment – Students must complete an online theory assessment with a 100% pass rate required.



OVERVIEW

This course is delivered using blended learning combining pre-course online learning with theoretical and practical tasks. Students are required to participate in all course elements, providing them with an opportunity to practice and refine their skills prior to assessment. The course structure involves simulated real-life scenarios which could appear in the community, sporting and/or workplace settings. This allows students to demonstrate application of their skills and knowledge. This course includes the following elements.

- DRSABCD and Provide Cardiopulmonary Resuscitation (CPR)
- Practical scenarios for Provide Cardiopulmonary Resuscitation (CPR)
- Medical emergencies
- Wound care
- Bites, stings, slings and bandaging
- Fractures and dislocations
- Eye, dental, concussion and neck injuries
- Abdominal and crush injuries
- Injury reporting
- Theory assessment

PREREQUISITES

Students must successfully complete all online learning prior to attending the face to face. Please refer to Delivery Mode/Duration for more information on the online learning.

CERTIFICATE

Upon successful completion of all course requirements, students will receive a Statement of Attainment for HLTAID011 Provide First Aid, incorporating HLTAID009 Provide Cardiopulmonary Resuscitation within 30 days via PDF. Certificates are typically provided to the student within 10 business days of successful completion.

ENTRY

To enrol, students must be a minimum of 14 years of age. Children under 14 may be accepted on a case-by-case basis upon application to their local SMA Office (in the region the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.



DELIVERY MODE/COURSE DURATION

This course is delivered through a combination of pre-course online learning and 5 hours face to face training. All online learning must be successfully completed prior to attendance at the face to face training.

ASSESSMENT

Students will be assessed individually and in group activities. Students need to display competency in all assessable elements to successfully complete the unit package HLTAID011 accreditation. Assessment is conducted using the following methods:

- Scenario assessment – Students are required to demonstrate the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.
- Demonstration of Provide Cardiopulmonary Resuscitation (CPR) procedures – Students will demonstrate Provide Cardiopulmonary Resuscitation on SMA training manikins – adult, child and infant – in line with the Australian Resuscitation Council (ARC) Guidelines.
- Demonstration of various first aid techniques – Students, individually and as a group, are required to demonstrate competency in a range of first aid techniques.
- Theory Assessment – Students must complete an online theory assessment with a 100% pass rate required.

OVERVIEW

This course is delivered using blended learning and includes theoretical and practical tasks. Students are required to participate in all course elements, providing them with an opportunity to practice and refine their skills prior to assessment. This course has been designed to equip educators and support staff within an education and care setting with basic skills to respond to a situation where emergency life support or a first aid emergency, including asthma and anaphylaxis management, may be required within an education and care setting.

The course structure involves simulated real-life scenarios which could appear in the community and/or workplace settings. This allows students to demonstrate application of their skills and knowledge. The following outlines the content to be covered in the classroom environment:

- DRSABCD and Provide Cardiopulmonary Resuscitation (CPR)
- Practical scenarios for Provide Cardiopulmonary Resuscitation (CPR)
- Medical emergencies
- Wound care
- Bites, stings, slings and bandaging
- Fractures and dislocations
- Eye, dental, concussion and neck injuries
- Abdominal and crush injuries
- Injury reporting.
- Written assessment.

CERTIFICATE

Upon completion of this training, students will receive a Statement of Attainment for HLTAID012 Provide First Aid in an Education and Care Setting, incorporating HLTAID011 Provide First Aid and incorporating HLTAID009 Provide Cardiopulmonary Resuscitation within 30 days via PDF and/or hard copy, as per the Australian Skills Quality Authority regulations of successful course completion.

ENTRY

To enrol, students must be a minimum of 14 years of age. Children under 14 may be accepted on a case-by-case basis upon application to their local SMA state branch (in the state where the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.



COURSE DURATION

8 hours face-to-face practical workshop.

ASSESSMENT

Students will be assessed individually and in group activities. Students need to display competency in all assessable elements to successfully complete the unit package HLTAID012 accreditation. Assessment is conducted using the following methods:

- Scenario assessment – Students are required to demonstrate the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.
- Demonstration of Provide Cardiopulmonary Resuscitation (CPR) procedures– Students will demonstrate Provide Cardiopulmonary Resuscitation on SMA training manikins – adult, child and infant – as per the Australian Resuscitation Council (ARC) Guidelines.
- Demonstration of various first aid techniques – Students, individually and as a group, are required to demonstrate competency in a range of first aid techniques.
- Written questions – Students must complete a written assessment task, either as a group exercise or individually, with a 100% pass rate required.



OVERVIEW

This course is delivered using blended learning and includes theoretical and practical tasks. Students are required to participate in all course elements, providing them an opportunity to practice and refine their skills prior to assessment. The course structure involves simulated real life scenarios which could appear in the community and/or workplace settings. This allows students to demonstrate application of their skills and knowledge. The following outlines the content to be covered in the classroom environment:

- DRSABCD and CPR
- Practical scenarios for CPR
- Benefits, complications and contraindications of providing oxygen to a casualty
- Administration of oxygen to a conscious/unconscious casualty
- Use of airway adjuncts
- Injury reporting
- Multiple choice assessment

CERTIFICATE

Upon completion of this training, students will receive a Statement of Attainment for HLTAID015, incorporating HLTAID009 Provide Cardiopulmonary Resuscitation within 30 days via PDF and/or hard copy, as per the Australian Skills Quality Authority regulations of successful course completion.

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA state branch (in the state where the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

COURSE DURATION

6 hours face-to-face practical workshop.



ASSESSMENT

Students will be assessed individually and in group activities. Students need to display competency in all assessable elements to successfully complete the unit package HLTAID015 accreditation. Assessment is conducted using the following methods:

- Scenario assessment – Students are required to demonstrate the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.
- Demonstration of CPR procedures – Students will demonstrate CPR on SMA training manikins – adult, child and infant – as per the Australian Resuscitation Council (ARC) Guidelines.
- Demonstration of oxygen resuscitation/oxygen therapy techniques – Students are required, individually and as a group, to demonstrate competency in a range of oxygen resuscitation/oxygen therapy techniques.
- 4 Written questions – Students must complete a multiple choice assessment task, either as a group exercise or individually, with a 100% pass rate required.



OVERVIEW

This course is delivered using blended learning combining pre-course online learning with theoretical and practical tasks. Students are required to participate in all course elements, providing them an opportunity to practice and refine their skills prior to assessment. The course structure involves simulated real life scenarios which could appear in the community, sporting and/or workplace settings. This allows students to demonstrate application of their skills and knowledge. This course includes the following elements.

- Anatomy of the spine
- Mechanism of injury/signs and symptoms
- Management of suspected spinal injuries
- Practical scenarios involving the assessment and management of Suspected Spinal Injuries
- Injury reporting
- Theory Assessment

PREREQUISITES REQUIRED

Students must hold a current qualification in HLTAID011 Provide First Aid (completed within 3 years).

CERTIFICATE

Upon successful completion of all course requirements, students will receive a Statement of Attainment for PUAEME007 within 30 days via PDF and/or hard copy, as per the Australian Skills Quality Authority regulations of successful course completion.

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA Office (in the region the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.



DELIVERY MODE/COURSE DURATION

This course is delivered through a combination of pre-course online learning and 2.5 hours face to face training. All online learning must be successfully completed prior to attendance at the face to face training.

ASSESSMENT

Students will be assessed individually and in group activities. Students need to display competency in all assessable elements to successfully complete the unit package PUAEME00 accreditation. Assessment is conducted using the following methods:

- Scenario assessment – Students are required to demonstrate the essential skills and knowledge to respond to a range of first aid or emergency situations, including scenarios aligned with the performance criteria required for this program.
- Recognition of Suspected Spinal Injury through casualty assessment procedures – Students will recognise anatomy, mechanism of injury and the signs and symptoms of the casualty as per Australian Resuscitation Council (ARC) Guidelines.
- Demonstration of Suspected Spinal Injury Management techniques – Students are required to demonstrate, individually and within a group, competency in several Suspected Spinal Injury scenarios involving conscious and unconscious casualties.
- Theory Assessment – Students must complete an online theory assessment with a 100% pass rate required.

INTRODUCTION TO SPORTS TAPING

\$60 RRP

OVERVIEW

Introduction to Sport Taping offers beginners technical and practical advice for use when taping athletes. This course covers an introduction to taping techniques for ankle, finger & thumb, as well as the principles and application of tape. This is an ideal course for players, parents and first aiders who are taping athletes.

COURSE PREREQUISITES

Nil

CERTIFICATES

Upon completion of this training, students will receive a Certificate of Attendance.

DELIVERY MODE/DURATION

This course is delivered over 2 hours and involves a combination of theoretical and practical instruction.

ASSESSMENT

Students will be assessed as follows:

- Presenter observation and practical assessment

ADVANCED SPORTS TAPING

\$80 RRP

OVERVIEW

Advanced Sports Taping offers intermediate level technical and practical advice for use when taping athletes. This course covers taping techniques of the knee, shoulder, elbow and achilles and is an ideal course for Sports Trainers or First Aiders looking to expand upon their foundational knowledge of Sports Taping.

COURSE PREREQUISITES

Prospective participants must have completed the Level 1 Sports Trainer course, Introduction to Sports Taping, or provide evidence of equivalent experience.

CERTIFICATES

Upon completion of this training, students will receive a Certificate of Attendance.

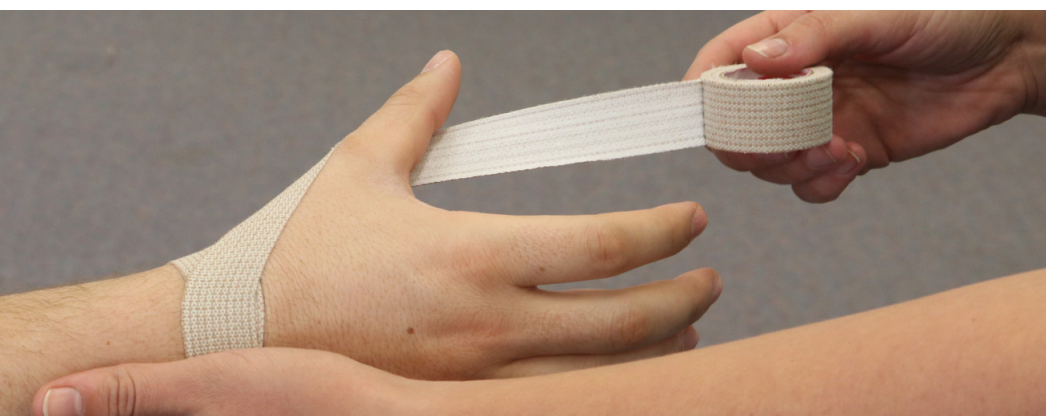
DELIVERY MODE/DURATION

The course is delivered over 4 hours and involves a combination of theoretical and practical instruction.

ASSESSMENT

Students will be assessed as follows:

- Presenter observation and practical assessment



INTRODUCTION TO SPORTS MESSAGE - \$100 RRP

OVERVIEW

This course offers an introduction to Sports Massage techniques and is a great skill to have to assist athletes in preparation for competition and recovery from competition.

COURSE PREREQUISITES

Nil

CERTIFICATES

Upon completion of this training, students will receive a Certificate of Attendance.

DELIVERY MODE/DURATION

This course is delivered over 4 hours and involves a combination of theoretical and practical instruction.

ASSESSMENT

Students will be assessed as follows:

- Presenter observation and practical assessment

CONCUSSION MANAGEMENT \$40 RRP

OVERVIEW

This course offers an introduction to concussion recognition and management. An enhanced understanding of this sporting injury assists medical practitioners, coaches, athletes, parents, officials, clubs and schools to manage player well-being in competition and return to play. Content within the program covers:

- What is concussion?
- What are the signs and symptoms of concussion?
- How to identify a concussed athlete?
- Management of a suspected concussion.
- Return to Play considerations.

COURSE PREREQUISITES

Nil

CERTIFICATES

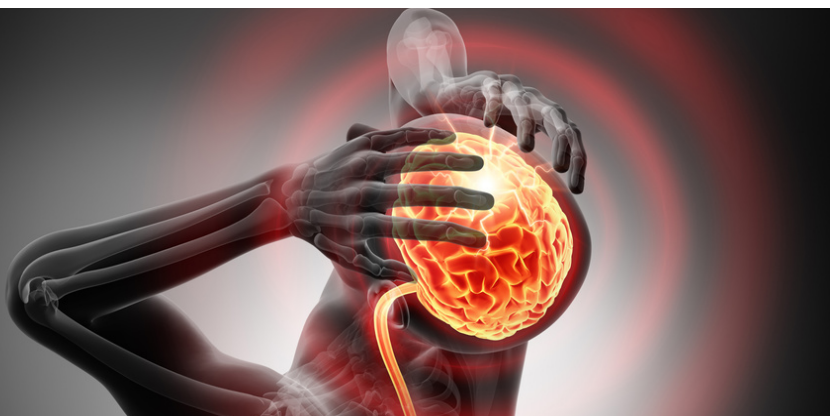
Upon completion of this training, students will receive Certificate of Attendance.

DELIVERY MODE/DURATION

The course is delivered over 1 hour.

ASSESSMENT

Nil



CONSIDERATIONS FOR ATHLETES WITH A DISABILITY - \$40 RRP

OVERVIEW

Around 4.4 million Australians have a disability and face a multitude of barriers that prevent individuals enjoying the benefits associated with participation in sport.

This workshop will focus on a range of considerations that should be made when working with athletes with a disability, both universal and specific for those with a physical, intellectual or sensory disability, including:

- Initial relationship building and rapport
- Establishing awareness and understanding of the role of the first responder
- Athlete pre-screening
- Environmental considerations such as venue accessibility, lighting etc.
- Different styles of communication

COURSE PREREQUISITES

Nil

CERTIFICATES

Upon completion of this training, students will receive a Certificate of Attendance.

ENTRY

To enrol, students must be a minimum of 16 years of age. Children under 16 may be accepted on a case-by-case basis upon application to their local SMA Office (in the region the course is to be held). This ensures the student has the necessary skills to undertake training and assessment requirements.

DELIVERY MODE/DURATION

This course is delivered over 1.5 hours via a live online classroom.

ASSESSMENT

Nil





To view and enrol in an upcoming Safer Sport course, scan the QR code or click [HERE](#).

To organise a group booking, please email safersport@sma.org.au or call 1300 711 211.



Sports Medicine Australia ABN: 54 002 794 998
State Netball and Hockey Centre - Parkville, 10 Brens Drive, Parkville VIC 3052
Phone 1300 711 211 | sma.org.au