

# Sports Safety Training 2010

Sports First Aid - Level 1 Sports Trainer - Re-Accreditation

## Sports First Aid Course

Course Number: 31017F

Sunday February 27th, 9am-5pm

Footscray YMCA, Essex Street, West Footscray

Cost \$150

## Level 1 Sports Trainer Course

Course Number: 31012

Sunday March 14th & 21st, 9am-5pm (both days)

Footscray YMCA, Essex Street, West Footscray

Cost \$220

## Combined Level 1 Sports Trainer & Sports First Aid Course

Course Number: 31002C

Sunday February 27th, March 14th & 21st, 9am-5pm (all days)

Footscray YMCA, Essex Street, West Footscray

Cost \$320

## Level 1 & 2 Sports Trainer Re-Accreditation & CPR

Course Number: 31027R

Sunday March 21st

4pm-7pm

Footscray YMCA, Essex Street, West Footscray

Cost \$110

## CPR

Course Number: 31027FC

Sunday March 21st, 4pm - 5:30pm

Footscray YMCA, Essex Street, West Footscray

Cost \$50

**To avoid disappointment please enrol in a course at least a week prior to commencement.**

**If you require any further information regarding any of these courses please contact Steve Oosterhof at Sports Medicine Australia on 9674 8777 or email [steven@vic.sma.org.au](mailto:steven@vic.sma.org.au)**

# Course Information

## Sports First Aid

Sports First Aid is a one day (9 hour) plus prior reading course designed specifically for the First Aider working in sport. The course covers:

- 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 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. 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 is a pre-requisite for the Level 1 Sports Trainer Course.

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)



## ENROLMENT FORM

Title (circle) Mr Mrs Miss Ms Dr Name

Address

Suburb P/Code

Contact Phone

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

Please send cheque or credit card payments to:

**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](mailto: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](mailto: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](http://sportspeople.com.au) ☐ Other \_\_\_\_\_