

**2010  
Bendigo-Safer Sport Program  
Sports First Aid - Level 1 Sports Trainer**

**Sports First Aid**

Course Number: 31022F

Sunday February 14th

9:00am-5:00pm

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$155

**Level 1 Sports Trainer**

Course Number: 30124

Saturday February 27th & Sunday February 28th

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

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$185

**Combined Sports First Aid & Level1 Sports Trainer**

Course Number: 31003C

Sunday February 14th, Saturday February 27th & Sunday February 28th

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

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$295

**Sports Trainer Re-Accreditation**

Course Number: 31014R

Sunday February 28th, 5:00pm - 7:30pm

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$90

**Advanced Sports Taping**

Course Number: 31024M

Wednesday March 17th, 6:30pm-9:30pm

Bendigo Umpires Ass. Rooms, Weeroona Oval, Napier St, Bendigo

Cost: \$90

For further information regarding any of the above courses please contact  
Sports Medicine Australia on 03 9674 8777 or [ssp@vic.sma.org.au](mailto:ssp@vic.sma.org.au)

## Sports First Aid

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 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
  - Sports nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical conditions

## Frequently Asked Questions

### Why become an 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 follow a pathway to advanced skills as a Level 2 Sports Trainer and to qualify to become 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 prior to attending 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.



## 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: Phone: 03 9674 8777 Fax: 03 9674 8799

**Sports Medicine Australia - Victorian Branch** Email: [ssp@vic.sma.org.au](mailto: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](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 \_\_\_\_\_

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)