

# Added COURSE benefits

By completing a Safer Sport Program course you will also have access to a variety of additional benefits that SMA can offer:

- Continuing education and training such as an annual national conference, state conference and sports trainer conference
- Sports Trainer Membership including Sports Trainer Professional Indemnity Insurance and access to SMA publications
- Up-to-date and expert information on sports medicine issues
- Regularly updated policy statements and guidelines critical to safe sporting practices
- Information on anti-doping and body image in sport through Sports Medicine Australia's CleanEdge program ([www.cleandge.com.au](http://www.cleandge.com.au))
- Sports injury prevention resources through Sports Medicine Australia's Smartplay program ([www.smartplay.com.au](http://www.smartplay.com.au))



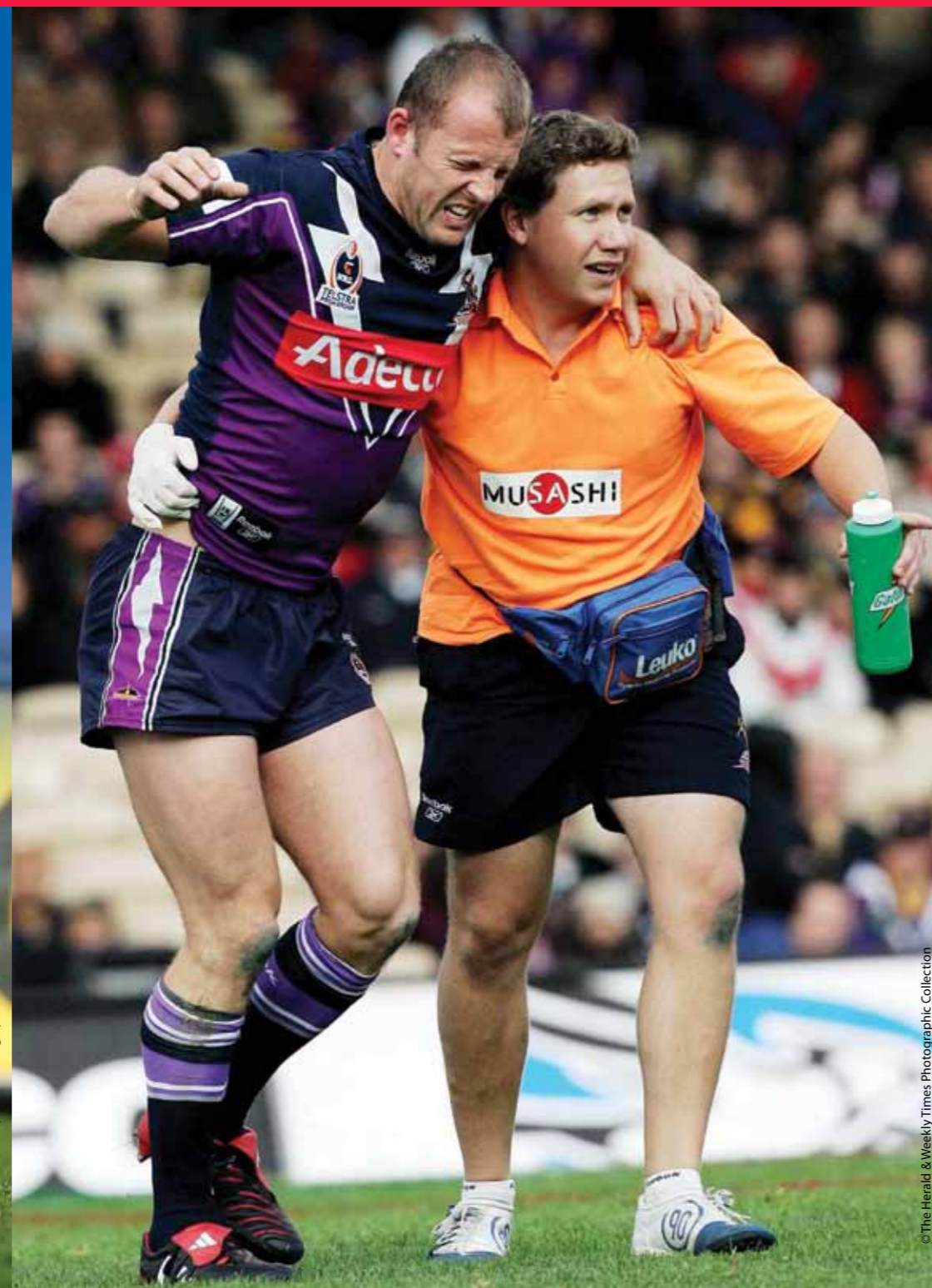
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Sport

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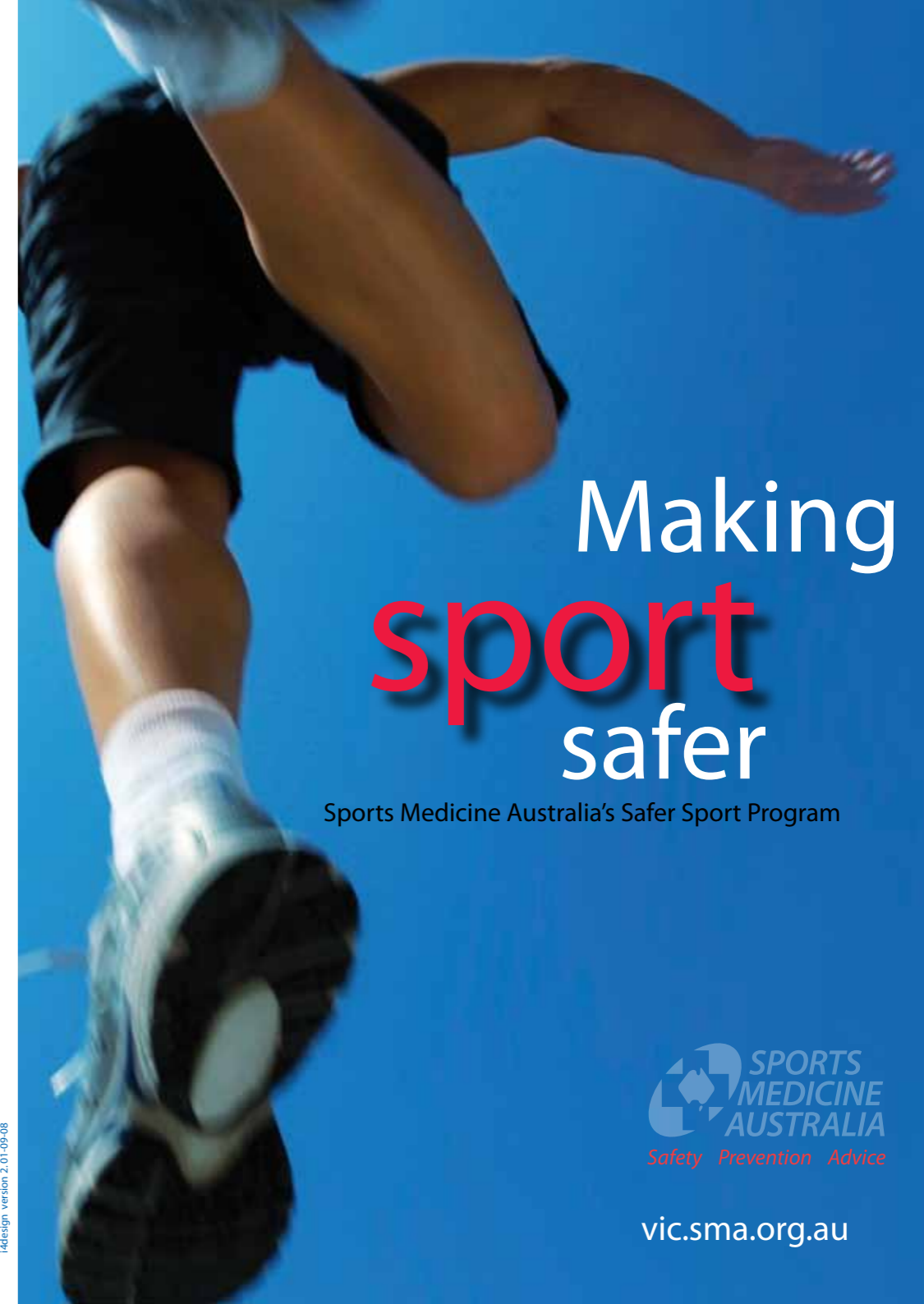
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For more information on the  
Safer Sport Program  
visit [vic.sma.org.au](http://vic.sma.org.au) or contact  
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# Making sport safer

Sports Medicine Australia's Safer Sport Program

SPORTS  
MEDICINE  
AUSTRALIA  
Safety Prevention Advice

[vic.sma.org.au](http://vic.sma.org.au)

Learn to manage sports injuries, build on sport safety skills, and get ahead of the rest...

Sports First Aid

Level 1 Sports Trainer

CPR

Level 2 Sports Trainer

Advanced Sports Taping

Introduction to Sports Massage

Spinal Injury Management

Sports Specific Conditioning

Emergency Asthma Management

Reaccreditation- Level 1 & 2 Sports Trainer



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### Sports Medicine Australia's Safer Sport Program

Sports Medicine Australia (SMA) is a national multi-disciplinary organisation committed to enhancing the health of all Australians.

SMA does this by promoting safe participation in sport and physical activity. One of the programs through which this is achieved is the Safer Sport Program, an education program on the prevention, assessment, management and referral of sporting injuries.

“Sports Medicine Australia are the leading providers of sport safety courses in Australia. For those serious about sport safety, Sports Medicine Australia's Safer Sport Program provides the most up-to-date information on how to manage sporting injuries.”

Dr Peter Larkins

Sports and exercise physician, media commentator

### Why be involved?

Sports injuries are costly. Not only are they detrimental to health but they are also expensive. Injuries mean more sidelined players, lengthy rehabilitation and often poor team performance. It is therefore crucial not to underestimate the importance of sport safety.

Sport safety personnel (including sports trainers and sports first aiders) are an integral part of all sports. They play a key role in keeping sport safe. Through their knowledge, skills and involvement, injuries are minimised, keeping players in action, which contributes to sporting success.

So don't wait until it's too late. Learn the skills to make sport safer. Enrol in industry leading courses that are acknowledged throughout the Australian sporting community.

# Safer Sport Program COURSES

Safer Sport Program courses aim to provide practical skills on injury prevention and immediate injury management.

Courses are hands-on in assessment through the demonstration of skills and knowledge learnt during the course.

### Sports First Aid

Learn how to deal with common acute injuries that occur on the sporting field in this industry leading course.

Topics covered include:

- 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

Duration: 8hrs

### 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 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

Prerequisite:

Sports First Aid or Level Two First Aid Certificate

Duration: 16hrs

### CPR

All sports trainers are required to have a current CPR certificate. This practical course provides the knowledge and skills necessary to sustain or restore breathing and circulation in an adult, child or infant.

This course covers the topics of:

- Emergency assessment and basic life support priorities
- Resuscitation techniques
- Managing the unconscious victim
- Mouth to mask technique

Duration: 3hrs

### Level 2 Sports Trainer

Designed to build upon the skills learnt in the Level 1 Sports Trainer course. Coupled with industry experience, the Level 2 Sports Trainer course involves a number of short courses (as follows) that aim to improve trainers' skills and knowledge of the provision of first aid and sports medicine services.

### Advanced Sports Taping

Gain hands-on experience of advanced taping/strapping techniques from some of the leading physiotherapists and taping experts working in Australian sport.

This course builds on the basic taping skills learnt in the Level 1 Sports Trainer course.

Duration: 4hrs

### Introduction to Sports Massage

This course provides an introduction to the theory and practical application of sports and remedial massage.

This course covers:

- Massage benefits and techniques
- Benefits of massage in athletic preparation and recovery
- Injury management and rehabilitation

Duration: 5hrs

“Safety in Australian football is of great importance. Having safety personnel such as sports trainers on the sidelines is a key part of providing a safe environment, to preventing injuries, and limiting the impact of injuries on players and their clubs.”

Lawrie Woodman  
National Coaching and  
Volunteers Manager,  
Australian Football League

### Spinal Injury Management

This course will teach the acute management of spinal injuries. Experts in the field will cover the following topics in a theoretical and practical setting:

- Background to spinal cord injury
- Neurological evaluation
- Treatment of spinal cord injury
- Spinal injuries in the aquatic environment
- Transporting the spinal patient
- Spinal transport equipment

Duration: 4hrs

### Sports Specific Conditioning

This course provides students with a better understanding of the roles and responsibilities of staff in fitness and conditioning related positions.

This course covers:

- The who, what, where, when and why regarding the latest fitness techniques and methods
- Explains why adaptations occur to training programs depending on the sport, gender and composition of the athlete

Duration: 4hrs



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### Emergency Asthma Management

Delivered together with the Asthma Foundation of Victoria, this course will increase your knowledge of asthma management within the sporting environment. The course will cover:

- The standardised emergency management protocols for treating an asthma attack
- Asthma medication and sport
- The Bronchodilator Accreditation Number (BAN) system
- Developing and implementing an emergency 4x4x4 first aid plan

Duration: 3hrs

Contact SMA for details on other short courses offered as part of the Level 2 Sports Trainer course.

### Reaccreditation- Level 1 & 2 Sports Trainer

Course certificates can be updated through SMA's formal reaccreditation process.

Contact SMA for details on how to reaccredit your Level 1 or Level 2 Sports Trainer Accreditation.  
Duration: 3hrs