

# Level 1 Sports Trainer Course & Sports Trainer Re-Accreditation

Charlton

February 2019



## Level 1 Sports Trainer Course

Sunday 17th February

9.00am - 5.00pm

Course number: 31908

Cost: \$285 (Inc GST)

\*\*\* Please be aware that the Level 1 Sports Trainer now contains a pre-course online component and must be completed prior to attending.



## Sports Trainer Re-Accreditation (Level 1 & 2)

Sunday 17th February

5.00pm - 9.00pm

Course number: 31906I/L2I

Cost: \$120 (Inc GST)



**Venue:** Charlton Football Club Social Rooms, Charlton Park, Calder Highway, Charlton, 3525.

**Pre-requisites:** A current Provide First Aid certificate HLTAID003 (including current CPR HLTAID001) is to be provided in order to be eligible to attend the course.

For those attending the Level 2 Re-Accreditation, a current PUAEME004A – Provide Emergency Care For Suspected Spinal Injuries must also be provided.

- *Please attend in casual attire understanding that sports taping is a component of the course.*

**Registration & payment:** Please visit [sma.org.au](http://sma.org.au) to register and pay online

**Further information:** email [vic.admin@sma.org.au](mailto:vic.admin@sma.org.au) or phone 03 9674 8777

**MSA Contact:** Rhonda Allan – 0427 780 109

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*Sports Medicine Australia is a multi-disciplinary organisation which works to enhance the health of all Australians through safe participation in sport, recreation and physical activity.*



## Why become an SMA Level 1 Sports Trainer?

The sports trainer plays an important role in ensuring the safety and wellbeing of participants at sporting clubs. Being a Level 1 Sports Trainer provides an opportunity to upskill in the prevention and management of injuries and qualify to become a Sports Trainer Member with SMA. The participant can then advance their skills and progress to a Level 2 Sports Trainer after gaining industry experience.

### Course information

This course will recognise you as an industry accredited sports trainer, providing skills on how to prevent and manage injuries on and off the sporting field. Industry accreditation from this 8-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
- Sports nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical condition

### More information?

Email [vic.admin@sma.org.au](mailto:vic.admin@sma.org.au) or phone **03 9674 8777**

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