

SPORT SAFETY WEEKEND

14 & 15 NOVEMBER 2015

Sport and Recreation deliver a range of support and services in NSW that promote a healthy and active life-style. From participation and training programs to workshops, we work closely with individuals, sporting clubs and associations, community groups and local government to build strong, inclusive and active communities.

The Sports Safety Weekend is ideal for those involved in sport who would like to obtain a:

- First Aid Certificate (HLTAID003) + CPR certificate (HLTAID001) AND/OR
- Sports Trainer National Accreditation plus Sports Medicine Australia (SMA) ID card.



- Venue: Borambola Sport and Recreation Centre (27km East of Wagga Wagga)
- Website: dsr.nsw.gov.au
- Phone: 13 13 02
- Email: southern@sport.nsw.gov.au



**Office
of Sport**
Sport & Recreation

Provide First Aid & CPR course

Date: Saturday 14 November 2015

Time: 8am to 2pm

Cost: \$140

Program number: 0073539

A comprehensive yet simple course that applies to any environment; home, work, sport, and everyday situations.

Provide First Aid is the minimum qualification required for the workplace first aider and for those providing first aid in sport. This course also provides a learning pathway to becoming an SMA Sports Trainer.

This first aid course is ideal as an introduction or refresher.

Course content

- DRSABCD action plan
- Managing the unconscious, breathing casualty
- Cardiopulmonary resuscitation (CPR)
- Choking
- Wounds and bleeding
- Burns
- Management of medical emergencies
- Shock
- Temperature related illness
- Safety and risk management
- Strains, sprains, dislocations and fractures
- Head, neck and spinal injuries
- Chest and abdominal injuries
- Facial and eye injuries
- Poisons
- Bites and stings
- Legal issues
- Infection control
- Defibrillation
- First aid kits.

Assessment

Participants are to complete a written exam, and practical assessment including CPR, case studies and role plays.

Certifications

A Statement of Attainment will be issued upon successful completion of the course for HLTAID003 Provide First Aid and HLTAID001 CPR.

Level 1 Sports Trainer course

Date: Saturday 14 and 15 November 2015

Time: 2pm to 6pm (Saturday) + 8am to 6pm (Sunday)

Cost: \$285

Program number: 0073550

Sports trainers play a vital role in the prevention of injury.

This course educates prospective sports trainers, teachers, coaches, administrators and parents on the basic principles of sports medicine.

This course also introduces participants to basic practical skills required by a sports trainer including correct management and taping of specific sporting injuries and transporting injured athletes.

Pre-requisites

- Current Sports First Aid Certificate and/or Provide First Aid Certificate
- Current CPR Certificate
- Minimum age 16 years.

Course content

- Roles and responsibilities and code of ethics
- Record keeping and communication
- Common sporting illnesses and injuries
- Injury management theory and practical techniques
- Structure and function of the musculoskeletal system
- Warm-up, cool down and stretching techniques
- Drugs in sport
- Nutrition
- Responding to temperature-related illness
- Dealing with common medical conditions
- Techniques for moving injured athletes and responding to spinal injuries.
- Sports taping techniques for feet and hands.

Assessment

- Taping of ankle and thumb
- Practical scenario
- Multiple choice exam
- Workbook (filled-in throughout the course).

Certification

At the successful completion of the Level 1 Sports Trainer course, participants will be accredited for three years and provided with a Sports Medicine Australia ID Card and Certificate of Accreditation.

Combined course (Provide First Aid & CPR course + Level 1 Sports Trainer course)

Date: Saturday 14 and 15 November 2015

Time: 8am to 6pm (both days)

Cost: \$360 (save \$65)

Program number: 0073551

Get the best of both worlds - enrol in the **Provide First Aid & CPR course** AND **Sports Trainer course** for just \$360.

Certifications

- First Aid Certificate (HLTAID003)
- CPR certificate (HLTAID001)
- Sports Trainer National Accreditation plus Sports Medicine Australia (SMA) ID card.

**To make a booking,
please call
13 13 02.**

Level 1 Sports Trainer – Re-accreditation course

Date: Sunday 15 November

Time: 3pm to 6pm

Cost: \$135

Program number: 0073552

The Level 1 Sports Trainer certification is valid for 3 years and should be updated before the expiry date.

Sports trainers, however, do have a six-month 'grace period' to re-accredit. Participants who fail to re-accredit by this time will be required to complete the full course again.

The SMA re-accreditation procedure involves demonstrating that you are competent and provides the opportunity to update your skills and knowledge with the latest techniques and information.

Prerequisites

To attend the re-accreditation course, participants must have either a Level 1 Sports Trainer or Level 2 Sports Trainer accreditation in addition to:

- Current First Aid Qualification (HLTFA311A Apply First Aid or HLTAID003 Provide First Aid)
- Current CPR Qualification (HLTCPR211A Perform CPR or HLTAID001 Provide CPR)

Certification

On successful completion of the re-accreditation course, participants will receive a three-year National accreditation and Sports Medicine Australia ID Card.



ADD ACCOMMODATION AND/OR MEALS (OPTIONAL)

In addition to participating in training, you are welcome to stay on site and/or have your meals catered.

Staying on site at Borambola Sport and Recreation Centre will provide a networking opportunity with participants from other sporting clubs and associations.

Accommodation and meals

Option 1 – Friday 13 November 2015

- Meals: Friday dinner, plus Saturday breakfast and lunch
- Cost: \$95

Option 2 – Saturday 14 November 2015

- Includes: Saturday dinner, plus Sunday breakfast and lunch
- Cost: \$95

Option 3 – Friday 13 November 2015 and Saturday 14 November 2015

- Includes: Friday dinner, all meals Saturday, plus Sunday breakfast and lunch
- Cost: \$190

Notes:

- Price is per person per bed in a room with shared amenities.
- BYO linen and towels.
- Some of our accommodation is specifically designed to meet the accessibility needs of people with a disability. Please let us know when you book if you have any special requirements.
- Breakfast style is continental. Lunch is warm. Dinner is a two-course meal.
- Sport and Recreation endeavours to provide safe, healthy meals to all clients, including those with special dietary needs or food allergies (including anaphylaxis).

Lunch only

Option 4 – Saturday 14 November 2015

- Cost: \$16 per person

Option 5 – Sunday 15 November 2015

- Cost: \$16 per person

Option 6 – Saturday 14 November 2015 and Sunday 15 November 2015

- Cost: \$32 per person

Note:

- Lunch is warm.
- Sport and Recreation endeavours to provide safe, healthy meals to all clients, including those with special dietary needs or food allergies (including anaphylaxis).

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