

Level 1 Sports Trainer ERC Course

Mildura
August 2019



Level 1 Sports Trainer Course

Date: Sunday 25th August 2019

Time: 9.00am - 5.00pm

Course number: 31953

Cost: \$285 (Inc GST)

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

Please attend in casual attire understanding that sports taping is a component of this course



ERC Course

Date: Wednesday 14th August 2019

Time: 6.30pm – 9.30pm

Course number: 31950ERC

Cost: \$50 (Inc GST)

The Emergency Response Coordinator (ERC) Course, endorsed by the Australian Football League (AFL) is particularly targeted to junior football clubs that may not have a qualified Level 1 Sports Trainer able to attend games.

The course is well suited for someone who is considering becoming a Level 1 Sports Trainer.



Venue: South Mildura FNC Clubrooms, between 11th and 12th Street, Mildura, 3500.

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

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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

Registration & payment: Please visit sma.org.au to register and pay online

Further information: email vic.admin@sma.org.au or phone 03 9674 8777

MSA Contact: Tanya Wild – (03) 5021 3464 / 0417 925 539

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