



**EASTERN
FOOTBALL
LEAGUE**

2010

Level 1 Sports Trainer & Sports First Aid

Sports First Aid

Course Number: 31010F

Saturday April 17

9:00am- 5:00pm

EFL House, 256 Scoresby Road, Boronia

Cost: \$150

Level 1 Sports Trainer Courses

Course Number: 31010

Saturday May 1 & Saturday May 8

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

EFL House, 256 Scoresby Road, Boronia

Cost: \$220

Combined Sports First Aid & Level 1 Sports Trainer

Course Number: 31005C

Saturday April 17, Saturday May 1 & Saturday May 8

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

EFL House, 256 Scoresby Road, Boronia

Cost: \$320

Level 1 & 2 Re-Accreditation & CPR

Course Number: 31037R/31037FC

Monday May 10th

6:30pm-9:30pm

EFL House, 256 Scoresby Road, Boronia

Cost: \$125

Please note: successful completion of the Sports First Aid Course or an appropriate first aid course is a pre-requisite for the Level 1 Sports Trainer Course.



Sports First Aid

Sports First Aid is a one day (9 hour) plus prior reading course designed specifically for the First Aider working in sport. 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 16 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 and nutrition
- Transporting the injured athlete
- Common sporting illnesses, injuries and medical conditions



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:

Sports Medicine Australia - Victorian Branch

Sports House, 375 Albert Road, South Melbourne 3205

Phone: 03 9674 8777 Fax: 03 9674 8799

Email: ssp@vic.sma.org.au

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

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 Other _____

Please ensure payment is received prior to the course commencement date. Participants turning up on the day without enrolling beforehand may be turned away.

Please make cheques payable to:

**"Sports Medicine Australia
Victoria Branch"**

or fill in credit card details and return to:

Sports Medicine Australia,
375 Albert Road,
South Melbourne, VIC 3205
Email: ssp@vic.sma.org.au