

SPORTS TRAINER LEVEL 1

SISSS00118

Sports Trainer Level 1 provides the skills and knowledge required to make sport safer. Students learn how to implement strategies to prevent sport-specific injuries and manage injuries, illness and medical conditions, including applying taping for ongoing injury prevention and post-injury support.

This course is relevant to anyone working in sports trainer roles in the Australian sport industry, including with sport clubs and organisations, as an employee or a volunteer.

National Course Code

SISSS00118

Course Prerequisites

- ✚ Current Provide First Aid (HLTAID003 or HLTAID011)*
- ✚ Current Provide CRP (HLTAID001 or HLTAID010)*
- ✚ Completion of the pre-classroom workbook
- ✚ Evidence of the prerequisites must be provided prior to course attendance

**Can be completed with ASSIST First Aid prior to the Sports Trainer Level 1 course.*

Course Contents

- ✚ Implement Sport Injury Prevention & Management Strategies (SISSSPT001)
- ✚ Prepare Participants for Sport Competition (SISSSCO15)
- ✚ Managing Asthma & Anaphylaxis
- ✚ Sports Taping:
 - ✚ Contraindications
 - ✚ Fingers & Thumbs
 - ✚ Achilles Tendons
 - ✚ Ankles
 - ✚ Shoulders

Course Delivery & Duration

The course is delivered through a combination of a workbook completed by students before face to face theory & practical training & assessment.

- ✚ Pre-classroom workbook – 3 hours
- ✚ Classroom training:
 - ✚ First Aid / CPR upgrade to Provide First Aid Education & Care Setting (HLTAID012) so student can manage asthma & anaphylaxis – 1 hour
 - ✚ Implement Sport Injury Prevention & Management Strategies (SISSSPT001) – 2 hours
 - ✚ Prepare Participants for Sport Competition (SISSSCO15) - 4 hours

Assessment Methods

- ✚ Multiple choice theory questions
- ✚ Demonstration of techniques including taping
- ✚ Course workbook

Award Issued

- ✚ A nationally recognized Statement of Attainment

Validity

- ✚ Recertification recommended every 3 years

Course Cost

- ✚ \$270 (Negotiable for group bookings)

More information about SISSS00118 is available at www.training.gov.au

Based on Queensland's Sunshine Coast, ASSIST First Aid provides First Aid training to organisations and the public, and first aid / medical services for sporting and community events.

ASSIST Training offer general, sports and workplace First Aid courses and certifications. Our qualified, experienced trainers have a background in sports, events first aid or medicine.

With over 15 years industry experience, ASSIST First Aid's event team, ASSIST Medics, provide professional first aid responder services at sporting, community and corporate events of all sizes, across Australia. We support event organisers' in looking after their community and fulfilling their duty of care.

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 **Assist First Aid**
SPORT + COMMUNITY FIRST AID