



SPORTS TRAINER LEVEL 1

Need first aiders for your club or school sports? Don't hire them, train them.

Learn the basic principles of sports medicine and gain the basic knowledge and skills needed for sports first aid or to be a sports trainer.



Learn the basic principles of sports medicine and first aid



Reduce injuries & Keep your players safe



Save your club money



For coaches, club members parents & administrators

COURSE CONTENTS

- Implementing sport injury prevention
- Sports injury management strategies
- Preparing participants for competition
- First aid including CPR, managing head injuries, asthma & other medical conditions
- Sports taping

COURSE DELIVERY

- Blended Course; 2 hours online learning + 1 day face to face training

PREREQUISITES

- There are no course prerequisites. It's open to everyone.

OUTCOMES

- Nationally recognised Statement of Attainment SISSS00118 Sports Trainer Level 1. Includes HLTAID011 Provide First Aid (includes CPR), SISSSCO015 & SISSSPT001.

DATE: Sat 10 Feb - Sunshine Coast
Sat 17 Feb - Brisbane
Sat 24 Feb - Sunshine Coast
Sat 02 Mar - Brisbane
Sat 16 Mar - Sunshine Coast
Sat 06 Apr - Brisbane
Sat 13 Apr - Sunshine Coast

TIME: 8.30am - 4.30pm

PRICE: \$375-

MORE INFO & BOOKING:

www.assistfirstaid.com.au/sports-courses

BOOK NOW - WWW.ASSISTFIRSTAID.COM.AU/SPORTS-COURSES

www.assistfirstaid.com.au

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 **Assist First Aid**

FIRST AID TRAINING + EVENT MEDICAL