

Courses for Sporting Clubs/Associations

South Australian Sports Medicine Association (SASMA) is the peak multidisciplinary organisation of Sports Medicine and Sports Science Professionals in South Australia. SASMA strongly believes in the education of and offering of a range of services for the general sporting communities.

Outlined below are a range of workshops that SASMA can offer your club / association.

Sideline Help

The Sideline Help Course is approximately 90 minutes and is an introduction to sports injury prevention and management. This course takes a first aid course and makes it sport specific.

Topics covered include:

- Injury Prevention
- Injury Management
- Wound Management
- On Field Assessment of the Injured Athlete
- Transport of the Injured Athlete
- Management of Medical Conditions

This course is tailored to suit the needs of your club/association.

Cost: \$220 + \$16.50 per person (incl. GST)

Sports Taping

SASMA's Sports Taping courses provide participants with practical injury prevention sports taping skills.

These workshops can be tailored to suit the needs of your sport and you can choose which taping techniques you would like covered in the session.

Cost: \$110 per technique + additional cost per person* (incl. GST)

* Additional cost is dependent on taping techniques covered. Contact SASMA for a detailed quote.

Sideline Help and Basic Taping

For a discounted price why not increase the participants skill set and combine the Sideline Help Course with a Basic Thumb and Ankle Taping workshop.

Cost: \$330 + \$16.50 per person (incl. GST)

Emergency Response Coordinators (ERC) Course

This three hour course is aimed at those working with junior clubs and covers the following:

- Role of Emergency Response Coordinator
- Emergency Planning & Response
- Concussion Management
- On Field Assessment of the Injured Athlete
- Transport of the Injured Athlete

Cost: \$550 up to 15 people additional \$22 per person over 15 (incl. GST)

According to the AFL it is a minimum requirement that all teams who have players 13 years & over must have an ERC present at all games and, where practical, training sessions.

Spinal Management

The Spinal Management Workshop is a 3 hour session aimed at sports trainers and others involved with the care of athletes.

This workshop is presented by a current SAAS Intensive Care Paramedic who will cover the following topics:

- Signs and Symptoms of Suspected Spinal Injuries
- Moving an Athlete with Suspected Spinal Injuries
- The Principles of Immobilisation for Spinal Injuries
- Use of Spinal Boards
- Head and Spinal Injury Management

Cost: \$660 for 16 participants additional \$22 per person above 16 (incl. GST)

Concussion

Concussion and its management is one of the most discussed topics in the field of sports medicine. SASMA in conjunction with Sports Physicians and Sports Doctor members have designed a 1 hour presentation that aims to deliver the most up to date knowledge and tips for managing athletes with concussion, from the moment of the incident until their return to training and play.

Presented by a qualified Sports Doctor, this workshop gives community sports clubs and associations the opportunity to gain invaluable insights into the appropriate management strategies to adopt to assist clubs and associations to provide the best possible care to their members.

A whole club/school approach to managing concussion is important for the health and well-being of your athletes and/or students. This workshop is ideal for:

- Players
- Parents
- Coaches
- Team Managers
- Club Administrators
- Sports Trainers & other medical personnel

These workshops can be held at your facility.

Cost: \$440 (incl. GST)

Illicit Drugs

SASMA facilitates workshops that assist sporting clubs and associations with educating their members in the areas of drugs (illicit and performance enhancing), their harm and how to create a culture / community that does not encourage the use of these substances.

These workshops aim to provide athletes, coaches and administrators with practical tools and strategies to make appropriate choices when faced with drugs issues in their sport.

The workshops are tailored to the needs of the club or association and held at your facility.

Cost: \$330 (incl. GST) dependent on what topics are covered and length of session.

For further information please visit www.sasma.com.au or contact us on 8234 6369 or via email admin@sasma.com.au to discuss the needs of your club/association.