

Sports Injury Prevention & Management Workshops



About SASMA

SA Sports Medicine Association (SASMA) has been the leading organisation in South Australia dedicated to providing the sport, physical activity and recreation community with expert information, training and advice for over fifty years.

Through our multidisciplinary membership we provide advice on a diverse range of sport and exercise medicine issues. In the areas of prevention, management and education SASMA strives to excel.

SASMA focuses on:

- **Increasing injury prevention**
- **Increasing health and safety**
- **Increasing performance**
- **Decreasing injury and illness**
- **Increasing participation and enjoyment in physical activity**

Our Mission

SASMA is the peak multidisciplinary organisation of Sport Sciences and Sports Medicine Professionals in South Australia dedicated to enhancing the health and performance of the community through safe participation in sport and physical activity.

SASMA aims to offer workshops that provide learning experiences and professional development for those involved in your sporting clubs and associations.

It is:

- a multidisciplinary organisation inclusive of all medical and allied professionals with an interest in sport and recreation
- a non-profit health and safety promotion organisation
- a community education and industry service provider.

Sideline Help

\$315 (20 People)

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
- On Field Assessment of the Injured Athlete
- Injury Management including concussion
- Management of Medical Conditions
- Wound Management

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

Clubs and Associations often combine this course with a Basic Taping course. The cost of these courses combined is \$495 + \$16.50 for every person over 20 (incl.GST).



Emergency Response Coordinator Course

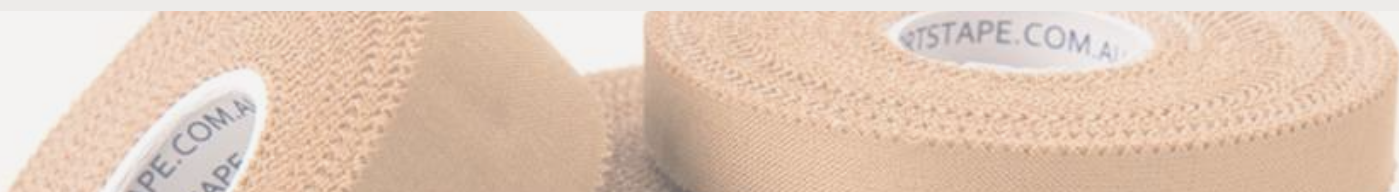
\$550 + \$11.00 per person over 15 people

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

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

All attendees who hold a current Provide First Aid and CPR certificate will receive a Nationally Recognised Accreditation..

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.



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:

Basic Taping - \$250 + \$11 per extra person over 20

Intermediate Taping - \$500 + \$22 per extra person over 20

Advanced Taping - \$600 + \$33 per extra person over 20

Concussion Management

\$440.00



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.

Spinal Management

\$550 (20 People)

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



SASMA also offers a range of other courses & workshops

- Level 1 Sports Trainer Course
- Level 2 Sports Trainer Course
- Sports Nutrition
- Sports Psychology
- Spinal Management
- Introduction to Sports Massage

For more information on any of the above mentioned workshops & courses please contact the SASMA office on (08) 8234 6369 or admin@sasma.com.au