



Training Information

Current as of December 2011

Course/Seminar/Workshop	Summary	Venue/Details	Cost / Time*	Contact
First Aid				
Sports First Aid Course	Basic life support (CPR), crisis management, common sporting injuries, environmental injuries and transport of the injured athlete. Prerequisite: Minimum 14 years of age and Get SMART (online) course completion.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	\$160.00 1 day 4 times per year	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Level 1 Sports Trainer	Management of specific sporting injuries, warm up, stretching and cool down, common medical conditions, common sporting illnesses and injuries, nutrition, drugs in sport and sports taping. Prerequisite: Current First Aid qualification.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	\$250.00 2 days 4 times per year	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Combined Sports First Aid and Level 1 Sports Trainer	Management of specific sporting injuries, warm up, stretching and cool down, common medical conditions, common sporting illnesses and injuries, nutrition, drugs in sport and sports taping. Prerequisite: Minimum 16 years and Get SMART (online) course completion.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	\$390.00 3 days 4 times per year	Sports Medicine Australia T: 9285 8033 wa.sma.org.au info@smawa.asn.au
Level 2 Sports Trainer	Dental injuries, advanced crisis management, rehabilitation, psychology of sport injuries, special population, introduction to sports massage, advanced sports taping, spinal management, advanced resuscitation. Prerequisite: Level 1 Sports Trainer	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	\$310.00 2 days plus 3 x 3 hours 2 times per year	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Sports Trainer Re-accreditation	Theory and practical units. Prerequisites: Level 1 or 2 Sports Trainer Accreditation and current First Aid qualification.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	\$110.00 1 day 3 times per year	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Spinal management	Alleviate concerns surrounding potential spinal injuries in sport, recognise signs, symptoms and how to manage suspected spinal injuries. Prerequisite: Current First Aid qualification.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Oxygen therapy	How to use oxygen and airway management equipment Prerequisite: Current basic life support (CPR) qualification.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia 9285 8033 info@smawa.asn.au wa.sma.org.au

Course/Seminar/Workshop	Summary	Venue/Details	Cost / Time*	Contact
Wound management	Manage skin and wound injuries on the sporting field, blood rules, infectious disease control and practical wound management scenarios.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Basic life support - CPR	CPR training.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Advanced Resuscitation	Advanced life support.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Get SMART On-line Course	The course is divided into six modules: Module 1. Warm Up and Cool Down Module 2. Approaches to Injury Prevention Module 3. Immediate Management of Injuries Module 4. Environmental Conditions Module 5. Infectious Diseases and Infection Control Module 6. Medical Conditions	ONLINE Approx 30 mins to complete	\$33.00pp Groups of 6-10 \$25.00pp Groups of 11-20 \$22.00pp	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Basic Life Support - CPR	Hands-on basic life support (CPR) including how to use a defibrillator All participants receive a statement of Attainment in HLTCP201A Perform CPR	Held at your club or your choice of venue at a time convenient to you.	3hr \$40.00 Min 10 people Max 20 people	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
First Aid Training	Basic Resuscitation through to Advanced Resuscitation.	Various training centres or St John's can come to you.	\$79.00-\$200.00	St John's Ambulance T: 9334 1233 www.stjohnambulance.com.au
Clicktosave Online Course	Basic knowledge to do something before the ambulance arrives.	ONLINE	FREE	St John's Ambulance T: 9334 1233 www.stjohnambulance.com.au
First Aid Training	Senior First Aid.	FATE – First Aid and Training Education held at centres or at location of your choice.	\$155.00	Driver Training & Education T: 1300 136 701 www.rac.com.au
First Aid Training	Basic CPR through to Advanced Senior First Aid.	Various training centres	\$60.00-\$165.00	Royal Life Saving T: 9225 5122 perth@tcptraining.com www.tcptraining.com

Course/Seminar/Workshop	Summary	Venue/Details	Cost / Time*	Contact
Athlete Health				
Nutrition & Hydration	Best food to eat pre, during and post exercise for optimum performance and recovery.	Held at your club or your choice of venue at a time convenient to you.	1 hr \$250.00 Max 30 people	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Nutrition	Identify different energy sources, energy expenditure, dehydration, fluid replacement and before-during-after physical activity nutrition.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Drugs in Sport	Consequences of drugs in sport and their effects on sporting performance. Awareness of the impact of recreation drugs on sport performance and doping control in sport.	ONLINE Group bookings can be made by contacting SMA.	\$25.00pp Groups of 6-10 \$22.00 pp Groups of 11-20 \$16.50pp	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Introduction to Sports Massage	Massage techniques introduction.	Barry Harwood Study Centre, Herdsman Pde, WEMBLEY	SMA Member \$60.00 Non Member \$70.00 3 hours	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Massage techniques for common sporting injuries	Massage techniques for common sporting injuries.	Barry Harwood Study Centre, Herdsman Pde, WEMBLEY	SMA Member \$60.00 Non Member \$70.00 3 hours	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Sports Nutrition Online Course	Basic aspects of nutrition and hydration to help individuals optimise their performance in physical activity and sport.	ONLINE Group bookings can be made by contacting SMA.	\$25.00pp Groups of 6-10 \$22.00pp Groups of 11-20 \$16.50pp	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Injury Prevention & Management	Preventing sports injuries, warm-up, stretching & cool down, sports specific injuries, immediate injury management.	Held at your club or your choice of venue at a time convenient to you.	1 hr \$200.00 2 hr \$300.00 Max 30 people	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Sports Taping				
Sports Taping	Prevent and manage common sporting injuries and taping techniques.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au

Course/Seminar/Workshop	Summary	Venue/Details	Cost / Time*	Contact
Taping for Sport Online Module	Basic taping techniques for the ankle, fingers and thumb.	ONLINE Group bookings can be made by contacting SMA.	\$25.00pp Groups of 6-10 \$22.00pp Groups of 11-20 \$16.50pp	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Sports Taping	Specific taping techniques to help athletes return to play safely. Joints include ankle, knee or shoulder.	Held at your club or your choice of venue at a time convenient to you. Maximum 25 participants. Includes all tape and resources.	1 hr per joint \$250.00 per joint	Sports Medicine Australia T: 9285 8033 info@smawa.asn.au wa.sma.org.au
Advanced sports taping	Advanced taping techniques.	FJ Clarke Lecture Complex Sir Charles Gairdner Hospital NEDLANDS	SMA Member \$35.00 Non Member \$45.00 1 day	Sports Medicine Australia 9285 8033 info@smawa.asn.au wa.sma.org.au
Coaching and Officiating				
Beginner Coaching Principles	This course aims to develop practical coaching knowledge and skills for the beginning coach or offers a refresher for those that have coached before.	246 Vincent Street, Leederville	\$55.00	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Intermediate Coaching Principles	This course aims to develop practical coaching knowledge and skills for the intermediate coach.	Available by correspondence. 246 Vincent Street, Leederville	\$250.00 or \$25.00 per module	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Advanced Officiating	Aimed at officials who are typically operating at regional or state level competitions.	246 Vincent Street, Leederville	\$50.00	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Beginning Coaching General Principles Online	This online course has been developed to assist coaches to learn the basic skills of coaching. It is especially aimed at people coaching children.	ONLINE	FREE	Australian Sports Commission Education and accreditation T: (02) 6214 1551 coachonline@ausport.gov.au www.ausport.gov.au
Introductory Officiating General Principles Online	The course is aimed at first time and beginner officials (eg. parents). The course contains three modules and will take approximately four hours to complete.	ONLINE	FREE	Australian Sports Commission Education and accreditation T: (02) 6214 1551 officiating@ausport.gov.au or officialonline@ausport.gov.au www.ausport.gov.au

Course/Seminar/Workshop	Summary	Venue/Details	Cost / Time*	Contact
Other Sport Training				
Assessors Course	The Assessor Training Course provides a standard for the training of assessors and is tailored for the needs of those working within coaching and officiating.	246 Vincent Street, Leederville	\$22.00	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Dealing With Conflict and Difficult People Seminar	Whether your role is that of an umpire, referee, coach or administrator, you will find the strategies for dealing with conflict and difficult people in this seminar very helpful.	246 Vincent Street, Leederville	\$22.00	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Mentor Training Course	This course has been developed to enable sports to link a quality mentoring system to current accreditation processes to improve the learning experience of coaches and officials.	246 Vincent Street, Leederville	\$22.00	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Presenter/Facilitator Course	Aims to equip presenters and facilitators with the skills to deliver quality and effective coaching and officiating programs. Tailored to the needs of presenters delivering within the NCAS and NOAS.	246 Vincent Street, Leederville	\$22.00	Department of Sport and Recreation Aaron Morse T: 9492 9758 Aaron.morse@dsr.wa.gov.au www.dsr.wa.gov.au
Interactive Scenarios	Play by the Rules offers free online training courses for coaches, administrators, officials and players about their rights and responsibilities under discrimination and child protection laws.	ONLINE	FREE	Play by the Rules www.playbytherules.net.au
Alcohol				
Understanding the Liquor Laws in WA Seminar	Topics include: what constitutes the licensing authority, selling liquor in accordance with licence conditions and liquor legislation, obligations and responsibilities as a licensee and approved manager, what can happen if things go wrong and accords and what they are about.	At your venue	Visit www.rgl.wa.gov.au	Department of Racing Gaming and Liquor T: 9425 1888 rgl@rgl.wa.gov.au www.rgl.wa.gov.au
Responsible Service of Alcohol	Responsible service of alcohol is one of the most crucial tools in providing consumers with safe, responsible venues that are committed to practicing harm minimisation techniques.	Various approved providers	Visit www.rgl.wa.gov.au	Department of Racing Gaming and Liquor T: 9425 1888 rgl@rgl.wa.gov.au www.rgl.wa.gov.au

Course/Seminar/Workshop	Summary	Venue/Details	Cost / Time*	Contact
Responsible Service of Alcohol	Sell or serve alcohol responsibly. Assist customers to drink within appropriate limits. Assess alcohol affected customers and identify customers to whom sale or service must be refused. Refuse to provide alcohol.	Suite 1, 58 Burrendah Boulevard WILLETTON WA 6155	Course Fee \$80.00 Participation Course Fee \$55.00	Clubs WA T: 9312 1655 training@clubswa.com.au www.clubswa.com.au
Responsible Service of Alcohol	3 hour online RSA Course.	ONLINE	\$75.00	Aveling Online T: 9355 0100 elearning@aveling.com.au www.avelingonline.com.au
Risk Management				
Food Safety	"I'm Alert" food safety training	ONLINE	FREE	City of Joondalup T: 9400 4000 www.joondalup.wa.gov.au
Occupational Health & Safety	Information regarding the Occupational Safety and Health Act 1984 and education for clubs.	ONLINE		Worksafe T: 1300 30 78 77 www.commerce.wa.gov.au/ worksafe

**Costs are indicative*

For more resources, links and upcoming events please refer to:

City of Joondalup www.joondalup.wa.gov.au

Volunteering WA www.volunteeringwa.org.au

Our Community – Training www.ourcommunity.com.au

WA Sports Federation – Events www.wasportsfed.asn.au

Department of Sport & Recreation – Coaching & Officiating www.dsr.wa.gov.au

For more information on any of the above courses or workshops please contact the

City of Joondalup's Club Development Team on 9400 4252 or email info@joondalup.wa.gov.au