



## Level 1 Sports Trainer (workbook & face to face)

### Description

This course teaches the fundamental principles, knowledge and skills to apply sports injury prevention principles and enable the sports first aider to provide emergency care for injuries and illnesses, in a sports & workplace environment.

### Course content

- Legal & Hygiene in sports
- assessing the situation
- performing CPR
- demonstrate use of an automated external defibrillator
- care of the unconscious athlete
- breathing emergencies including choking and asthma
- cardiac emergencies
- severe allergic reaction
- shock
- bleeding and wound care
- burns and scalds
- extremes of Heat and Cold – athlete exposed extreme environments
- poisoning
- altered conscious states including fainting
- bites and stings
- musculoskeletal injuries – soft & hard tissue injuries
- practical taping – ankles and fingers
- Warm up, cool down fluid hydration in sports
- Understanding sports safety
- Understanding principles of Australian sport
- Rules
- infection control
- reporting procedures and more

### Prerequisites

There are no prerequisites for this course. Current industry standard is for this course to be updated every 3 years with the CPR component being updated every 12 months.

### Course duration

Minimum of 8 hours with workbook completion prior to training day

### Assessment method

Demonstration of practical skills, role plays, and group scenario activities

### Course award

On successful completion of this course participants will be issued with a Statement of Attainment for the nationally recognised unit of competency from both the Health Training Package, HLTF301B - Apply First Aid & The Sports & Recreation Training Package, SRSSPT001A – Implement injury prevention & apply basic sports first aid.

