

## Courses & Workshops



SportMedBC courses and workshops are designed to guide participants through the most up-to-date best practices in sport safety, injury prevention and injury management. All courses and workshops are taught by our SportMed Safety Instructors. Certified Athletic Therapists and Physiotherapists deliver sport-specific lessons in an interactive format.

Participants receive:

- Letter of course acknowledgment - including respective BCRPA, CMTBC and NCCP continuing education credits
- Access to educational resources and tools provided in the course

### **Sport First Aid Course (8 hours)**

Participants are introduced to sport injury prevention and on-site management of sports related injuries. Topics covered include roles and responsibilities, emergency planning and prevention of injuries, recognition and control of life-threatening situation and common sports injuries, including a complete concussion module

Course registration fee: \$145.00 + GST

*\*this course is approved for NCCP and BCRPA credits*

### **Sport-Specific Course Option**

A sport-specific Sports First Aid course can be requested by any organization wishing to train its members. This approach will ensure that participants are prepared for the approach will ensure that participants are prepared for the risk and injuries associated with their perspective sport. Instructor will provide guidance and training that is relevant to the needs of your specific sport.

*Course registration fees may vary, depending on the size of the group.*

### **Athletic Taping Course (8 Hours)**

A Certified Instructor will cover taping techniques used in a sport setting through a combination of lecture and practical sessions. Participants will be introduced to procedures such as the ankle, knee, hip, elbow, wrist, finger and thumb.

Course registration fee: \$170.00 + GST

*\*This course is approved for 7.0 BCRPA, 7.0 PE/A2 CMTBC Continuing Education Credits and NCCP credits*

### **Concussion Management Workshop (2 Hours)**

A Certified Instructor will lead participants through best practices in understanding brain injury, sport risk factors, prevention techniques and concussion management guidelines. Participants will review on-field assessment techniques, the use of the Concussion Recognition Tool 5, and return to learn and return to sport protocols. Participants will be given time for sport specific questions.

Workshop registration fee:

\$420.00 + GST per group or \$28.00 + GST per person.

*\*This workshop is approved for 2.0 BCRPA and 2.0 PD/A2 CMTBC/NCCP Continuing Education Credits*

### **SportSmart | Injury Prevention & Performance Workshop (2 Hours)**

The SportSmart workshop offers introductory safety and performance tips designed to help parents, coaches and managers to understand how to better prepare athletes, prevent injuries, and facilitate the development of children in athletics. Topics covered include sport preparation, recognition and management of common injuries and recovery.

Workshop registration fee:

\$420.00 + GST per group or \$28.00 + GST per person.

*\*This workshop is approved for 2.0 BCRPA and 2.0 PD/A2 CMTBC/NCCP Continuing Education Credits*