

Sport Medicine Workshop

THE SOUTH WEST DISTRICT FOR CULTURE, RECREATION & SPORT

is teaming up with the *Sport Medicine & Science Council of Saskatchewan* to offer your community the opportunity to host a

SPORT MEDICINE WORKSHOP

Workshops available include:

Sport First Aid – 7 hours

A wallet card is provided to participants who complete the entire course.

Mini Sport First Aid – 1.5 – 3 hours

This revised workshop has a suggested set of topics but can be geared towards the needs of the requesting sport or user group.

Athlete Injury Prevention/Recognition/Care – 1–1.5 hours

This new Athlete Injury Prevention/Recognition/Care workshop will be tailored to meet the needs of the requesting user group/sport. It is a great opportunity to educate athletes and coaches about injury prevention and recognition as well as sport specific common injuries and how to care for them.

Sport Taping – 7 hours

This course includes injury assessment and management, taping theory (benefits, when and why you tape, common mistakes, taping techniques) and plenty of actual taping instruction and practical taping time on the ankle, wrist, thumb, finger, and functional wrapping of the hip. A wallet card is provided to participants who complete the entire course. A fee of approximately \$10 per participant is required to cover the actual cost of taping material used.

SMSCS will cover the cost of the instructor.

SWDCRS will cover the following costs:

- mileage for instructor
- district wide advertising
- half of additional costs up to \$150

As the host, this is what your responsibilities would be...

- Ensure SWDCRS membership is current
- Select a DATE, with discussion with SMSCS to ensure availability of instructor
- Provide FACILITY for workshop i.e. school, library or town hall
- Cover additional costs such as instructor meals & accommodation (if required), local advertising, facility rent and submit bills to SWDCRS to recover half up to \$150
- Submit a final REPORT to SWDCRS within 30 days following the workshop
- Workshop must be held before December 15, 2011

For further information contact Anne Weisgerber

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