

# Best Practice Sports Trainers

## Workshop Booking Form

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### CLIENT INFORMATION

Club/Organisation: \_\_\_\_\_

Venue: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

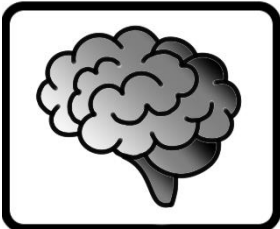
Day/Dates preferred: \_\_\_\_\_

### INJURY PREVENTION



- BASIC
- ADVANCED
- ELITE RECOVERY & PREPARATION
- WARM-UPS

### CONCUSSION



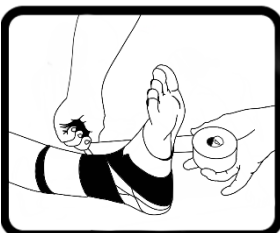
- EDUCATION
- BASELINE TESTING
- MANAGEMENT / RETURN TO PLAY (RTP)

### SPORTS TRAINERS



- SPORTS TRAINER DUTIES
- UNDERSTANDING YOUR ATHLETES
- SPORTS TRAINERS IN ACTION

### SPORTS TAPING



- 5 Y's OF TAPING
- TAPING Part 1
- TAPING Part



## **INJURY PREVENTION**

Basic	This session is designed to introduce attendees to the basic principles of injury prevention. Topics covered include warm-up and cool down, protective equipment, hydration and more.
Advanced	In this workshop, attendees will explore in more detail the topics of injury prevention. This includes identifying injury prevention interventions and programs and how they can be used at your club.
Elite Recovery & Preparation	With the support of your facilitator, you'll identify the key elements of elite recovery and preparation you want to implement at your club. This interactive session provides an overview of the recovery and preparation used by elite athletes to develop a protocol that suits your club's needs, budget, and resources.
Warm-ups	This session has a strong focus on the practical side of conducting a warm-up. It includes instructional tips and coaching cues to ensure athletes perform movements correctly, provides scalable exercise options and

## **CONCUSSION**

Education	This session provides an overview of what a concussion is and how to recognise and manage a concussion. This session also outlines the policies and procedures your club should have in place to help streamline concussion recognition and management.
Baseline Testing	Best Practice Sports Trainers can help facilitate baseline concussion testing for your athletes. Baseline testing can be invaluable in supporting the recovery of an athlete following a concussion.
Management / RTP	This session focuses on the specifics of each stage of a return to play (RTP) program. This includes sport-specific drills and skills sessions, a step-by-step gradual return to contact, recovery red flags, and more.

## **SPORTS TRAINERS**

Sports Trainer Duties	This session is equally helpful for sports trainer's as it is for club administrators. This session covers the key duties of a sports trainer, including pre-and post-game tasks, in-game responsibilities, injury reporting and more.
Understanding your Athletes	Understanding the needs, wants and motivations of an athlete competing at any level can be complex. This session examines the many factors that influence an athlete's behaviour and provides attendees with a holistic understanding of athlete behaviour.
Sports Trainers in Action	This session is a mix of theory and practical elements. Designed for club's with multiple sports trainers or first aiders, this session covers all aspects of being a sports trainer, including risk identification and mitigation, resource management, partnerships with Allied Health Professionals, and a refresher of critical competencies such as wound management and transporting injured athletes.

## **SPORTS TAPING**

5 Y's of Taping	Explore the reasons for the use of sports tape, and the questions sports trainers should be asking when taping an athlete, the factors to consider before using sports tape and more. This session is ideal for those who are new to sports taping.
Taping Part 1	This practical session allows attendees to gain experience in taping the ankle, thumb, finger, and foot.
Taping Part 2	This practical session covers common taping techniques used for the shoulder, knee, and elbow.

*If you're not sure which session you should book or would like a custom workshop, then get in touch by emailing [info@bpst.com.au](mailto:info@bpst.com.au)*