



Sports Therapy Organisation News Updates

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Free Membership

As part of our 'not for profit' ethos, and to assist us in continuing to grow, we are extending our free membership offer until Friday 26th August. The free membership is available on bronze level and will run until 29th February 2012. To apply for membership please complete the application form here: www.uk sportstherapy.org.uk/membership

Free Course

In these times of economic austerity, we at STO continue to offer our members the very best in benefits.

We currently have a choice of one of two home study CPD courses available free to our members. Choose from either Sports Psychology or Sports Nutrition. You will need to purchase/loan a related text book (costing around £15 to buy), and the remaining course materials will be online. 10 CPD credits and Certificate of Completion will be given on completion.

This offer is available only to STO members, and does not have a cash value. To book one of the free CPD courses, please email us with your membership number and required course. This offer is available for booking until 26th August, 2011.

Teaching and Business Opportunities

STO are currently seeking qualified therapists with teaching qualifications to operate their own CPD workshop business.

We have a number of different opportunities, from simple accreditation of your own workshops to a full license agreement where you work under the STO banner.

If you would like further information, please email your CV to info@uk sportstherapy.org.uk and express your interest in one or more of the following:

- Teaching on STO workshops
- Having your own workshops accredited
- Hosting STO workshops
- Running your own workshop programme under STO license

Featured course at Active Health Group, Manchester

Level 2 Award in Sports First Aid - 10th/11th September

Run by ReactFirst Ltd, this is a highly practical, 2 unit, sports first aid course delivered in 14hrs over 2 days. It is specifically for anyone who will be working as a pitchside first aider, such as Sports Massage Therapists, Sports Therapists, Physiotherapists and Osteopaths.

Certification is dependent on successful continuous assessment of the candidate, there is no final examination. Those who complete the course and are deemed to have reached the required standard are awarded a certificate that is valid for three years. The certificate entitles the candidate to be a First Aider for 3 years from date of issue.

There are no pre-requisites to attend this course.

Course Content

Day 1 Basic Life Support: Vital signs

Accident Procedure: Primary Survey AB

Managing unresponsive, breathing casualties: Safe Airway Position

Managing unresponsive, non-breathing casualties: Adult CPR

Choking

Conscious casualty injury assessment using SALTAPS & moving casualties

Recognition of concussion - use of Maddock's questions

Soft Tissue Injuries; strains and sprains - RICE. When to and when not to use ice.

Common medical emergencies / exercise induced illness - Heart Attack, Seizures, Asthma,

Anaphylaxis, Fainting, Cramps & Dehydration

First aid kit contents

Day 2 (Some of which is delivered outdoors)

Secondary survey ABCDE

Bleeding: internal, external & treatment for shock

Damage problems

Limb fractures and dislocations

Head, neck and spinal injuries. Jaw thrust

Chest, belly and thigh injuries

Environmental considerations: Hypothermia, hyperthermia

Sport specific incident management scenarios

Qualifications

ITC Level 2 Certificate in First Aid for Sport (500/3302/5) Unit SFA1: Sport First Aid Emergency Action and Unit SFA2: Sport First Aid Incident Management (H/501/2761).

This course is also REPs accredited.

Cost 2 day (Both units) - £216.00

STO members can book this course for only £150.00. Only 6 spaces available at this rate, so book now!

For course dates please see: www.activehealthgroup.org.uk

Contact Information

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