



1st Responder Workshops

ASEAN Sport Medicine Conference

24-25 March 2018

The first responder sessions at the 2nd ASEAN Conference is tailored for coaches and volunteers who are interested in gaining an entry level knowledge into sports injury prevention and management of a range of common injuries within the sporting setting. Upon completion of this session participants will receive a certificate of attendance.

Saturday 24 March 2018 - Sports Medicine Awareness Course - Room Safir 2

Time	Modules
1400 – 1700	<p>Lecturer: Trish Donoghue, Educator Sports Medicine Australia Professor Ernest Yeoh – Assisting</p> <p>This session will explore a range of communication skills which will assist the 1st responders in the support of athletes. We will discuss at a range of preventative methods and interventions. Injury management involves identifying, treating and recovering from an injury. This session will lay the foundations to assist you apply a range of preventive measures within your sport to reduce the likeness of injury and a range of skills to minimise further harm in soft tissue injuries.</p> <ul style="list-style-type: none"> • How to prevent sports injuries • How to approach an injured athlete • Management of specific injuries • Introduction to a First Aid Kit • Introduction to soft tissue injury management

Sunday 25 March 2018 -Introduction to head and spinal injuries - Room Safir 2

Time	Modules
1400 - 1700	<p>Lecturer: Trish Donoghue, Educator Sports Medicine Australia Anthony Merrilees, CEO Sports Medicine Australia</p> <p>Head and spinal injuries are a significant and complex health issue. This session will look at how to recognise a suspected concussion and spinal injury and some of the protocols on how to support an athlete within a sporting setting.</p> <ul style="list-style-type: none"> • How to recognise a suspected concussion injury • Referral of suspected concussion injuries • Protocols for return to play after a concussion injury • How to recognise a suspected spinal injury • Immediate management on the field for suspected spinal injuries (Manual in line support – practical skill session) • How to support an athlete until further medical support arrives • Range of scenario based demonstration, including CPR (practical skill session) <p><i>Participants are encouraged to wear comfortable clothing to allow them to get down on the floor to take part in the practical skills sessions.</i></p>