

# Make Injury Prevention Key to Your Success

## **Managing Injuries – A Trainer’s Responsibility October 22 and 23**

Elite Injury Management’s, Managing Injuries – A Trainer’s Responsibility course is an introduction for those who are new to working as a trainer for sports teams or a refresher for those who have previous experience. Topics covered will include risk management, emergency action plan, communication, anatomy, injury recognition and management. Focus will be on the trainer’s role on a team and how to work with the players and coaches. Day two participants will take the Sports Medicine Council of Alberta’s Taping and Strapping course. Cost \$250



## **Concussion Basics for Coaches October 29**

Gain the knowledge needed to properly recognize concussions in your athletes and follow proper return to activity guidelines. 1 hour seminar covering recognition of signs and symptoms, early management, prevention and proper return to activity. Cost \$30

## **Managing Injuries – A Coach’s Responsibility November 19**

Elite Injury Management’s, Managing Injuries – A Coach’s Responsibility course is designed for coaches looking to expand their knowledge in regards to injury recognition and appropriate return to play. Topics covered will include risk management, emergency action plan, communication, injury recognition and management. Focus will be on giving the coach the confidence and tools to recognize injuries and how to deal with them. Learn the skills that will put your athletes on the road to success. Cost \$150

To register please contact us at [info@eliteinjury.com](mailto:info@eliteinjury.com) or 780-699-8084