

Registration Information:

Course Prerequisites:

Hockey Safety Program – Level 1
Standard First Aid
CPR- Level C

Course fee: \$150

Registration Deadline: April 30th, 2009

Cancellation Policy: \$50 fee will be applied to all cancellations made after April 30th.

Please make cheques payable to KD Physical Therapies Inc.??

**please note there is a cap for attendance in this course; registration will be on a first come – first served basis*

Course Fees include:

- Morning refreshments
- Handouts

Course Location:

Medicine In Motion
121 Ilsley Ave (Unit 5)
Dartmouth, NS

Phone (902) 468-2774 ext 2

Questions about the course can be directed to
Laura Lundquist at
lauralundquist2001@yahoo.ca

Registration Form

Advanced Hockey Trainers Course
May 29-31, 2009
Dartmouth, NS

Name:

Address:

Email Address:

Phone Number:

Send registration, cheque and COPIES OF FIRST AID/CPR CERTIFICATION to:

**Laura Lundquist
30 Kissock Ct
Bedford NS
B4A 3X9**



Advanced Hockey Trainers Course

Supported by:



In partnership with and
hosted by:
Medicine In Motion
121 Ilsley Ave (Unit 5)
Dartmouth, NS

May 29- 31, 2009



COURSE INFORMATION:

This course is designed for trainers who already have the Hockey Canada Safety Program Level 1 Qualification, Standard First Aid and CPR (level C). The goals of the course are to assist trainers in providing immediate and accurate injury assessment and management on the bench in addition to improving their ability to make return to play decisions.

At the end of the course, participants will have improved skills in the following areas:

- Preparing an emergency action plan and stocking a medical kit
- Assessment and immediate management of soft tissue injuries
- Assessment of spinal injuries and concussion; immediate management/ removal from play
- Taping/wrapping techniques for the ankle, wrist, and groin
- Assessing players' ability to return to play based upon assessment and functional testing findings

Please note, this course ***does not replace a standard first aid course.*** It is designed as a course of interest for trainers who wish to have more hockey-specific first aid and injury knowledge.

COURSE OUTLINE

Friday, May 29th, 2009

6-6:15pm:	Registration
6:15-9pm:	Emergency Action Plans
	Stocking a Medical Kit
	Basic Injury Assessment

Saturday, May 30th, 2009

8:30-11:30am:	Basic Taping Techniques
11:30am-1pm:	Lunch
1pm – 4pm:	Soft Tissue Injury Assessment and Management
	Return to Play Decisions

Sunday, May 31st, 2009

9am-12pm: Spinal Injury and Concussion Assessment and Management

INSTRUCTORS

Shannon Estabrooks, BScPT, SPC Diploma

- Owner/Director of Active Life Physiotherapy and Massage Therapy Clinic Ltd.
- 2007 Physiotherapist of the Year (selected by Nova Scotia College of Physiotherapists)
- Physio Consultant for Weeks JrA Crushers since 2003
- Physio Provider for Canadian Sports Centre Atlantic
- Games coverage at Canada Summer Games, World Rugby Classic, World Junior and Women's IIHF Championships
- SPC-NS Executive Member as Education Chairperson

Karen Decker, BScPT, SPC Diploma, Adv. Manip. Therapist

- Team Canada physiotherapist in Athens 2004, Beijing 2008 Olympic Games
- Physiotherapist for Canadian Women's National Hockey Team (1994)
- Mission staff at Canada Games Whitehorse 2007
- Director of therapy services at Medicine In Motion and for Soccer Nova Scotia
- Chairperson of the Hockey Canada Safety Committee

Laura Lundquist, MScPT, BSc, Cert. Sport PT, Int. Manipulative Therapy

- Current Chairperson of the Nova Scotia Division of Sport Physiotherapy Canada (SPC-NS)
- Physiotherapist with Hockey NS High Performance Programs 2008, 2009
- Physiotherapist with Dartmouth United Division 1 Ladies 2008
- Earned a Certificate in Sport Physiotherapy with Distinction in 2008