

Injury Screening for coaches

Thank you for your interest in the following course. Below are the requirements and details of the course and attached (or available for download from the website) will be a course booking form and a medical declaration form. Please review the information carefully and if there is anything you need to speak to me about do not hesitate to get in touch.

Cost: £40 (all candidates will be able to buy a pack for their wall should they need for an additional £20)

Location: To suit

The course is a day and starts at 10am and finishes at 4pm.

It is designed for climbing walls, Development Coaches and squad managers to help them assess and maintain the physical health of their climbers and identify barriers to performance.

Knowledge of anatomy and fitness would be advantageous prior to attendance.

On the course you will learn the theoretical underpinnings behind screening and its place in modern sport as well as important physiological factors to be aware of. You will also learn how to safely perform specific manual muscle tests, neurological tests and differentiation tests specific to problems in the young climber.

The course will be supported by hand-outs and directions on how to implement this at your place of work.

Please bring with you:

- A medical declaration— can I ask that it is as up to date as possible. These forms are confidential.
- Food and drink as required.

At the end of the course there will be a structured review session with a chance for you to receive constructive feedback on your performance and to analyse areas of strength and weakness. This is a chance for you to provide me with information as to how I can improve the quality of my provision and delivery for the future.

If you wish, at any point to take issue with any aspect of the course you can do so formally to the MTE, number: 01690 720272

Course Tutor: Danny Brown is an experienced coach and MIA who has been practicing physiotherapy for 8 years as well as writing articles for various magazines and carrying out research on issues affecting climbers.

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