

SPORT ALLIANCE OF ONTARIO (SAO)  
**Sport Safety Programs**

***For Karate Association of Ontario (KOA) Members***

**Sport Injury Prevention and Care (SIPAC) with CPR "A"**

- Learn how to prevent, assess and care for **karate-specific injuries** by participating in this 8-hr. hands-on, learner-centred workshop.
- Topics include: planning for sport safety; emergency action plan; return to play guidelines; head and neck injuries; and injuries to soft tissue and bone.
- Upon successful completion, participants will receive Red Cross CPR "A" and AED certification, and a "SIPAC" Letter of Completion.
- Host your own SIPAC with CPR course for as little as **\$42.75\*** per person.  
**Note: regular price for non-KAO members is \$100.00.**

**Sport Wrapping & Taping**

- This is a hands-on, practical workshop, taught by a Certified Athletic Therapist, where participants learn how to prevent and care for **karate-specific injuries** with the proper use of wrapping and taping techniques.
- Topics include: wrapping and taping techniques for acute injuries; applying support techniques to acute soft tissue injuries; practicing taping techniques for the wrist, thumb, finger, ankle and knee.
- At the end of the workshop, participants will receive a Sport Wrapping & Taping "Letter of Completion".
- Host your own Sport Wrapping & Taping workshop for as little as **\$54.00\*** per person. **Note: regular price for non-KAO members is \$115.00.**

\* Additional charges (mannequin and facility rental) may apply to those clubs hosting outside the GTA.

**Hosting Opportunities**

Any KAO organization or club can host SAO's sport safety programs within their own communities. Our qualified instructors are available throughout the province. If you reside in the GTA you can use our facility **free of charge**. All manuals, supplies and instructor fees are included (minimum of 7 and maximum of 12 participants).

**For more information, contact:**

**Heather Stephens, Program Coordinator**  
**SPORT SAFETY PROGRAMS**  
**Sport Alliance of Ontario**  
**(416) 426-7314 or [hstephens@sportalliance.com](mailto:hstephens@sportalliance.com)**

Check our website: [SAO Sport Safety Programs](http://SAO Sport Safety Programs) for details about our other course offerings.