



NoFalls Training



- new beginnings, new opportunities!

One Day Leader Course	Two Day 'Train the Trainer' Course
<p>The NoFalls Leader Training is designed to introduce participants to the 15 week NoFalls group program through the NoFalls manual. This training enables participants to deliver NoFalls programs.</p> <p>The NoFalls Leader training covers the following topics:</p> <ul style="list-style-type: none"> ▪ NoFalls Background and falls prevention ▪ NoFalls exercise program research ▪ Exercise guidelines and considerations ▪ Movement analysis ▪ Stretching & strengthening exercises ▪ Balance ▪ Putting it into practice ▪ Assessments ▪ Home exercise program ▪ Role & responsibility of leader ▪ Safety tips ▪ Legal/insurance issues 	<p>The NoFalls Train the Trainer Course is an extension of the leader course and will enable participants to deliver the NoFalls Leader Training within their organisation, service or region.</p> <ul style="list-style-type: none"> ▪ Day one will be the same content as the Leader Training ▪ Day two will focus on the Train the Trainer component: <ul style="list-style-type: none"> ➢ Role of the trainer ➢ Training skills ➢ Analysis of NoFalls Leader Training ➢ Application of Adult Learning Principles ➢ Identification of training objectives and delivery methods <p>Register early as places are limited for the Train the Trainer Course!</p>
<p><u>Day One: Leaders & those completing Train the Trainers</u></p> <p><u>Date:</u> 13th May 2010</p> <p><u>Time:</u> 9.00am - 4.00pm</p> <p><u>Venue:</u> Office for Recreation & Sport, 27 Valetta Rd, Kidman Park</p>	<p><u>Day Two: Train the Trainers Only</u></p> <p><u>Date:</u> 14th May 2010</p> <p><u>Time:</u> 9.00am – 4.00pm</p> <p><u>Venue:</u> Office for Recreation & Sport, 27 Valetta Rd, Kidman Park</p>
<p>Morning tea and Lunch provided</p> <p><i>Remember to wear appropriate clothes and shoes for a practical session!</i></p>	

The **NoFalls Leader Training** provides the opportunity for health professionals and community health workers to explore and experience the core components, principles and guidelines for the effective delivery of the **Monash University, Accident Research Centre, NoFalls Exercise program**.

The additional **Train the Trainer session** will enable participants to deliver the **NoFalls Leader Training** within their organization, service or region.

Registration

Please complete the following 3 page registration form and return with payment to:

Active Ageing Australia®, 73 Wakefield St, Adelaide SA 5000
 or fax to (08) 8232 9020

If you require further information, please contact the office on (08) 8232 9077

Registrations and full payment will not be accepted less than 14 days prior to the training course



No Falls Training Registration Form/Tax Invoice



Name: Dr/Mr/Mrs/Miss/Ms: _____

Occupation: _____

Organisation: _____

Address: _____

Invoicing & receipt address (if different from above): _____

_____ Postcode: _____

Home Address: _____ Postcode: _____

Telephone Work: _____ Mobile: _____

Home: _____ Fax: _____

Email: _____

Special dietary requirements? _____

Payment Method: (please tick one)

Cheque (made payable to Active Ageing SA Inc.)

Electronic Funds Transfer (EFT):

Name: Active Ageing SA

BSB: 105 157

Reference: NoFORS0510

Bank: Bank SA

Account Number: 586039140

Credit Card

Visa Bankcard Mastercard

Credit Card Number: _____

Expiry Date: ____/____

Cardholder Name (PRINT): _____

Signature: _____

Course (please tick): **One Day Leader Training \$300.00 (no GST)**

Two Day Train the Trainer Course \$1,500 (no GST)

How did you hear about the NoFalls Leader and/or Train the Trainer Training?

Fax promotion

Email

Colleague

Active Ageing Australia website

'Taking Action' Newsletter

Other _____

Please provide details of physical activity groups you are currently running (type of activity, numbers of participants, frequency, support within organisation etc):

What is your experience and how long have you been running physical activity programs with older people?

What is the makeup of clients in your physical activity groups? (i.e. community, independent, day therapy...)

What is your strategy for implementing the NoFalls program or training within your organisation upon completion of the training?

TERMS AND CONDITIONS

REFUND POLICY

COURSE VIABILITY

AAA's courses are conducted subject to sufficient registrations. Course viability is assessed two weeks prior to the commencement of the course when a decision will be made to confirm or cancel. If a course is cancelled all registered participants will be notified and a full refund will be paid to the participant or organisation that paid for the course, or transfer to another course within a 6 month period, without fee.

FAILURE TO ATTEND

AAA determines course viability on the number of registered participants. AAA will not be liable for changes in organisational or individual circumstances which prevent attendance. No refunds or transfers will be considered for failure to attend.

SUBSTITUTION

If a participant is unable to attend, a substitute is welcome. AAA must be advised prior to the commencement of the course.

WITHDRAWAL

Notification of withdrawal should be provided in writing, this may be by fax or email. The date of notification of withdrawal will be established from the fax or email-generated date. Phone notification will not be accepted unless followed by a fax or email notification within 24 hours of the phone call.

14 Days or less prior

Should you withdraw from a course 14 days or less prior to the commencement date of the course, no refund will be payable. If your organisation has not already paid they will still be responsible for the full course cost. Exceptional circumstances will be considered at AAA's discretion.

More than 14 days prior

If you withdraw from a course more than 14 days prior to the commencement date of the course, and notification is received in writing, a refund will be issued less an administration fee of \$55 per person.

Please note: Postage is not proof of receipt. If you have posted notification of withdrawal it is advisable to follow up with a phone call to ensure that it has been received at AAA.

COURSE TRANSFERS

TRANSFER

Transfer to another AAA course is accepted if written notice is provided more than 14 days prior to the commencement date and the course is the same.

COURSE FEES

AAA COURSE INFORMATION

All course fees are advertised in the course marketing material and on the AAA website. Unless stated otherwise, fees cover the training, all course materials, catering and are inclusive of GST.

PAYMENT TERMS

Full payment must be received prior to the commencement date to secure a place in a course.

CONFIRMATION OF ENROLMENT

Participants will be sent their confirmation letter via the work address (unless stated otherwise) provided on the registration form two weeks prior to the commencement of the course. It will provide details of the venue, times and any other requirements. If you haven't received the confirmation letter ten days prior, please contact AAA.

DISCLAIMER

Active Ageing Australia® will take all reasonable steps to ensure that the documented trainer/s are present at the course. However, in the event of an unforeseen withdrawal of a trainer, a suitable replacement trainer/s will be selected. AAA Trainers endeavour to provide current and accurate information at all courses. All information presented is intended to be general and should not be relied upon as professional advice applying to specific circumstances. Active Ageing Australia® also disclaims all liability from actions taken in response to information presented by the trainer/s at the course.

SIGNATURE OF PERSON REGISTERING

I have read and agree to Active Ageing Australia's (AAA) Terms and Conditions outlined above in relation to this course:

Signature: _____ Date: _____