

MEMBERSHIP RENEWAL FORM

Contact Details

SMA ID:	
Name:	
Address:	
Postcode:	
Telephone Number:	
Alternative Number:	
Email:	
Employment status:	

Membership Costs

The current renewal subscriptions for annual membership to the SMA, inclusive of 4 (quarterly) issues of Sportex Dynamics, are:

Level 2 - £45.00. Level 3 - £55.00. Level 4 - £100.00

Insurance cover is not included in the subscription but is available by direct application to our currently recommended provider LFC Graybrook Ltd on the attached form.

If you wish to take up the recommended insurance cover through LFC Graybrook as you renew please remember that we also need to see evidence that you have been practicing under other insurance for the past membership year.

If you have not been practicing or practicing without insurance we will require you to sign a statement to that effect. If you are insured under a different insurance provider please provide a copy of your insurance certificate.

Checklist

Return the items below to:

SMA Renewals, Kalbarri House, 107 – 113 London Road, London, E13 0DA

Renewal form (this page)	CPD log added online to membership (Level 4 only)
Cheque for fees payable to the Sports Massage Association or confirmation of online PayPal payment	Evidence of equivalent insurance policy or regulated healthcare professional details.
Passport photo either sent as JPEG to admin@sportsmassageassociation.org or attached to application with name written clearly on the back.	Copy of current emergency first aid certificate.
Signed declaration below	

Declaration

1. I have no current or pending criminal convictions.
2. To my knowledge I have no current or pending incident that may give rise to an insurance claim against me.

Signed: _____ Date: _____

SPORTS MASSAGE ASSOCIATION FAQs

First aid

Q. My first aid has expired – what course should I take and can you give details?

There are many first aid courses on the market and we require the following:

- Only look for a provider who is HSE (Health and Safety Executive) registered as this will not only give extra confidence in the quality of the training but is also our recommended insurers stipulation.
- Our minimum requirement is a 6 hour Appointed Person course.
- We would always recommend that those working with teams or regularly at events have a more comprehensive first aid qualification of which there are many on the market, including some first aid in sports courses.
- We suggest you contact either St. John's Ambulance (sja.org.uk or 020 7324 4000) or the Red Cross (redcrossfirstaidtraining.co.uk or 0844 871 8000) as they cover all parts of the UK with their training

CPD (Continuing Professional Development)

Q. I have not done 40 hours CPD this year – can I still renew?

- Yes you can. The Sports Massage Association's requirement is that members need to complete 40 hours per year or 80 hours over 2 years, so extra hours from previous years will be counted and you also have the opportunity to make up any shortfall next year. Please indicate with dates, any hours from the previous years renewal that are to be used for this renewal.
- We understand that the time members can make available for CPD activities will vary. So log what you have done and we will be in touch if we have any questions.

Q. I qualified less than a year ago, do I have to do the CPD hours to renew?

- No. You are exempt for the year of your qualification (note this is membership and not calendar year). But still log what you have done as this may count towards next year's requirement. This you will also be able to log online within the next few weeks

Q. Courses are expensive in both money and time and it is difficult for me to attend. What else can count towards CPD?

- While courses and CPD days are useful for some members they are not the only way you can develop your skills and experience and we would encourage all members to look for other ways to develop such as:
- Writing up and reviewing case studies with suggestions for changes to your practice
- Keeping a reflective diary - documenting achievements and progress
- Event work and other one off meetings and sessions
- Preparation and delivery of talks and lectures
- Formal or informal mentoring – with other sports massage or healthcare professionals
- Reading clinical books or publications
- Also remember that 70% needs to be clinical so 30% can be the development of your business/management skills such as learning new IT skills, business planning and development activities.