



SPORT TAPING WORKSHOP



Workshop: Saturday, January 20, 2018 from 9:00 am- 5:00 pm CST,
registration at 8:30 am

Where: Room 101 at the Don Ross Centre, 891 - 99th Street, North
Battleford, SK

Who: Volunteers, professionals and individuals interested in
gaining new skills in sport taping. Please wear loose fitting
clothing.

Cost: Registration is free!

About the Workshop!

The Sport Taping Course is a 7-hour practical course
with content that deals with:

- knowing when/when not to tape
- ankle wrapping
- ankle taping
- wrist taping
- thumb & finger taping
- tensor bandaging



To Register Contact: Bonnie Mills Midgley:

Phone: 306-248-3518 Phone/Text: 306-344-7473 Email: rwdsr.lloyd@sasktel.net

Pre-registration is required by **Thursday, January 18, 2018**. There must be a
minimum of 10 participants to proceed.

For more information on other programs visit: www.riverswestdistrict.ca

