

2010/2011 Annual Report

**Sports Medicine Australia
ACT Branch**

ACT Sports House
100 Maitland Street
Hackett ACT 2602

Tel: (02) 6247 5115
Fx: (02) 6230 6676

Email: admin@act.sma.org.au
Web: act.sma.org.au

ABN 98 920 659 484

**Sports Medicine Australia ACT Branch
Office Bearers**

Board of Management

Mr Peter Garbutt - *President*

Mr Nathan Kruger - *Vice President*

Ms Brooke Pye - *Treasurer*

Mrs Jane Haddock - *Secretary*

General Members

Dr Rob Reid

Dr Jason Mazanov

Mr Jimmy Barker

Mr Sam Abdelmalek

Mrs Jane Haddock

Safer Sport Convenor

Mr Stephen Johnston

Sports Trainers Representative

Ms Ina Janssen *August - January 2011*

Mr Andrew Dingley - *March - August 2011*

Student Representative AIS

Mr Clyde Rathbone

Sport's Representative

Staff

Mrs Patricia Donoghue

Executive Officer
eo@act.sma.org.au

Mr Nate Young

Office Administrator/coverage coordinator
coverage@act.sma.org.au

Ms Shona Robson *(August - Jan 11)*

Mr Jack Pendleton *(February - June 11)*

Coverage Co-ordinator

Ms Courtney Holyoake

Australian School Based Apprenticeship

Office assistance one day week
(March 2010 - Present)

President's Report

Peter Garbutt, Sports Chiropractor

As this is my first President's report for SMA-ACT I would like to start by thanking the immediate past president, Dr. Rob Reid. Not only has Rob's strong leadership of the ACT board meant that stepping into the role of president was smooth, but also Rob's continual support as a board member and representative on the SMA National Board has been an asset to not only myself but the whole ACT board and branch.

The 2010/2011 year has again been a successful one for SMA-ACT branch. Through the great work of our Executive Officer Trish Donoghue and the generous help of our supporters, we see SMA-ACT maintain its strong financial position. We are grateful for the ongoing support, from the ACT Government, Department of Sport and Recreation, which have provided an increase funding commitment for the next three years. This support along with the invaluable support of the Vikings Group, has allowed SMA-ACT to continue to delivery high quality and affordable services to the ACT members and community. Other support which is integral to SMA-ACT community presences, which we are truly grateful for is received from David Pembroke from Content Group along with Sportsman's Warehouse. Thank you to these and all other organisations that help make SMA-ACT a successful and strong organisation.

This past year has seen many changes within the SMA-ACT office. We say good bye to Shona and Jack and thank them for their great contributions to the office. With this change we also get to say a hearty welcome to Brendan Farnhill whose wealth of experience with SMA will be a great asset to the office and the organisation.

Our work within the international markets has continued and expanded this year. After many hours of work and negotiations, Trish has managed to secure a contract with a group in Singapore which will see SMA-ACT training Singapore's sports medicine professionals to deliver the SMA Safer Sport Program over there, earning local sports trainers a qualification through SMA. This is an exciting development and one which recognises the quality of the resources that we deliver here in Australia.

This year we farewell a number SMA-ACT board members. We have 4 members stepping down being, Jimmy Barker, Sam Abdelmalek, Ina Janssen and Brooke Pye. Each member has made a valuable contribution during their time serving as a board member and we thank them all for their contributions. A special mention amongst these must go to Brooke Pye. Brooke has been a part of our board for the past 4 years, the first two as a Podiatrist member and the last two as Treasurer. Brooke has given freely of her financial talents for which we are extremely grateful. As always, a board is only as functional as the commitment of its members and it is a privilege to work amongst those on the SMA-ACT board who contribute of their own time generously to help drive this branch.

With more media releases leading to interviews, our annual conference drawing over 65 people to the beautiful Kangaroo Valley and well over 600 participants passing through the safer sport courses over the past year, our impact in the sporting community is something to be proud of.

This year has seen the commencement of the SMA-ACT Sports Research Award. This award is to highlight, recognise, encourage and reward research work within the ACT, making sport safer for our whole community. We look forward to the success of these awards, which will also provide members with a greater awareness of research which is being undertaken within the ACT.

High on the list of priorities for the board over the coming months/year will be the proposal of OneSMA. This will see each of the state branches dissolving their business entities to become a part of the OneSMA entity. Please keep an eye out for more information on this as we consider the options and best way forward and look to our membership for your say on your SMA.

Finally, thank you again to Trish Donoghue who as our Executive Officer makes so much of the pondering of the board a reality and to everyone within the SMA-ACT family that make this organisation the great success that it is. Our sports trainers, professional members, staff and business partners working together are the backbone of SMA-ACT. The more you give, the more you get out of your membership, so please consider in what way you can contribute and be a part of the future success of this great organisation.

Respectfully Pete Garbutt

Executive Officers Report

Patricia Donoghue – Executive Officer

Last financial year we faced a number of key challenges, one of which was the ACT Government triennial funding for the next three years. Sporting clubs rely heavily on volunteers to ensure a safe playing environment within their clubs and many parents are finding it difficult to meet the rising cost of physical activity and sport for their children.

The ACT Government has locked in our funding support for another three years renewing its commitment to the ongoing development of safer sport by ensuring that the Safer Sport Program's (SSP) which SMA offer remains affordable to the mums and the dads within the grassroots sports to undertake quality injury prevention education which supports the management of sporting injury at all levels of sport.

This funding will also help us maintain the First Aid coverage service which we provide to the community at an affordable price for all community organisations to access.

In June this year SMA-ACT formed a partnership with a Sports Physiotherapist practice in Singapore to deliver the Safer Sport training courses to the Singapore community. This partnership is bringing the world into our backyard and showcasing the expertise which Australia has on its door step.

We welcome a new staff member to our organisation. Brendan Farnhill started with SMA in July and will be looking after the SSP programs. Brendan has a fitness background and has been involved with SMA over the past five years as a sports trainer, lecturer and member. We are excited to have Brendan as part of our staffing team.

During the coming year we have a number of key goals which we have set to raise the awareness of courses, some of which are:

- To raise the standard of resources available for the education and training which provides grassroots sporting organisations with the ability to provide volunteers with skills to promote a safe playing environment.
- To work more closely with State Sporting Organisation to identify any barriers which inhibit sporting clubs ability to access and support training courses for their volunteers.
- To continue to increase our presence within the media and wider community, highlighting the importance of injury prevention and immediate injury management for retention of participation within sport.

The South East Regional State Conference, now in its 8th year since restarting, was held in beautiful Kangaroo Valley. Our Keynote Professor Dick Telford talk on Physical inactivity and obesity, panel discussion on bare foot running and workshop with Trish Wisbey-Roth made for a great weekend. 65 Delegates attended the conference taking in a wide range of health disciplines.

The theme for the 2012 Conference to be held over weekend of the 4th & 5th February will be "The Master Athlete" and the Keynote Dr Verity Cooper has already been locked in.

A number of talks have been held in partnership with the AIS along with the on-line professional development offered to members. The Sports Trainers conference established three years ago was held in October for working sports trainers along with a number of targeted workshops for clubs.

As we enter into another year we will be looking carefully at what members want to see and encourage all members to let us know what they want. Our continual focus will be on promoting an interactive multi-disciplinary approach to ensure the highest standard of sharing knowledge is maintained

Finally, I would like to thank the board, staff, members and the mums and dads who stand on the sidelines every weekend to support their children in an active life style. All associated with this great organisation plays a part, whether it is via membership, attending conferences, attending courses, being on a sub committee or attending one of the many professional development opportunities available. We all form an important link in SMA to grow and strengthen an active and healthy community.

Financial Report

Brooke Niven - Treasurer

For the 2010/2011 financial year, Sports Medicine Australia ACT Branch (SMA-ACT) recorded a net loss of (\$2,035). The cash balance at 30 June was \$253,870, an increase of \$7,997 from 2009-10. Financial statement analysis indicates that the organisation has sufficient short-term assets available to meet its short-term obligations and payables (Current ratio – 4.20) and the majority of assets continue to be financed through equity (debt to asset ratio – 0.24). These results put SMA-ACT in a strong short to medium-term financial position.

Furthermore, SMA ACT was successful in its application to renew ACT Government funding from 2011-2013. However, even in light of this renewal, the branch will continue to focus on increasing funding from external sources in order to secure itself as a self-sufficient organisation in line with the branch strategy.

At 30 June 2011 13% of SMA ACT's total income was received from Government grants. This is an improvement on last year's percentage of 14%. At present, the main source of non-Government funding comes from the Safer Sport Program. Revenue from this program represents \$94,898 of total revenue for 2010-11 which is an increase of \$9,612 from last year (2009/2010 - \$85,286).

The 2010/2011 financial statement position, coupled with the increase in external revenue and renewal of triennial funding indicates that SMA ACT is in a sound financial position as at 30 June 2011.

As I will be stepping down from the role of Treasurer this year, I would like to take this opportunity to thank Trish, Rob, Pete and the rest of the board for making the last 5 years a challenging, enjoyable and rewarding experience and to wish the organisation all the best for the future.

SMA Courses Shaping Global Market

Patricia Donoghue

SMA has more than 25 years experience in delivering quality training to the sporting industry ranging from primary care for grassroots sports to sports trainers involved in elite sport. Australia is one of the leading countries in terms of providing a safe playing environment for all involved with sport and a key component of this is suitably trained personnel.

In June SMA signed a partnership with Alliance Sports Pte. Ltd. a Sports Physiotherapy clinic located in the central part of Singapore. Canberra based sports medicine professionals will provide training to a team of sports medicine professional in Singapore, certifying them to deliver the SMA courses to Australian standards. The SMA sports trainer courses and related courses such as massage will form part of the training available to the Singapore community.

This is an exciting time for SMA as we expand our horizons and launch our courses on the global market. Australia is leading the way in sport safety and this initiative is showcasing our resources which we have on our back door to the world.

Japanese students continue to travel to Canberra to access Australia's world class sports training. Last September SMA (ACT) hosted 8 Japanese students, from Fukuyama University aged 20-22 supported by their teacher Mr. Ishibashi Tsuyoshi. The objective of this program is to extend the visiting student's knowledge and expose them to new skills which they can take back and use within their chosen sport in Japan. The program now in its 4th year highlights the wealth of resources which Canberra has to offer and provides an opportunity for the students to study sports medicine from a different perspective whilst experiencing the Australian local culture and language.



Membership

Patricia Donoghue

As a membership organisation SMA-ACT is committed to ensuring that our members continue to receive value and support. In February 2011 SMA undertook an online members survey to gain a better understanding of the value and relevance which our members place on our membership package. The key indicators from this survey showed that SMA achieved a good result with overall satisfaction and value for money.

In the ACT, SMA has 179 financial members, 93 of which are professional members. As a branch we continue to work to increase the value of SMA membership for all professionals and provide a state base service which provides both professional development and networking opportunities. This allows members to keep in touch with the ever changing advancements in the sports medicine field. We encourage all members to get involved with their local branch and help us identify ways in which we can continue to create links, pathways and opportunities which will make membership more interesting to the greater professional community.

One of the new initiatives which we have introduced which will take place later this year is the ACT Research Awards. These awards have been established to encourage, recognise, support and acknowledge research undertaken within the ACT. Drawing together representatives from every major research University in ACT has allow us to create a wider reach of sharing of knowledge and will create a greater networking opportunity for members via the awards dinner.

Category	2009/10	2010/2011
Full	80	93
Non-Professionals	35	28
Sports Trainer	62	58
Totals	177	179

Safer Sport Programs

Jane Haddock - Safer Sport Convenor

Safer Sport courses are the ACT branch key income source and have seen a steady growth over the past three years. Our target for the last three years was to increase revenue by 10% annually through increased participant in courses rather than increasing the price of courses.

The chart below represents the steady growth in accreditation for Sports First Aid, Level 1 Sports Trainer and Level 2 Sports Trainer over the past three years. We are committed to ensuring that the general community has access to affordable quality training which enhances volunteer's skills in providing a safe environment for all involved in sport. Over the coming year we have set ourselves the target to get to as many registration days as possible and to visit local sporting grounds to raise the awareness of injury prevention and early injury management. Clubs have a big turn over of parents each season and we want to ensure that we continue to support clubs by making parents aware of the courses which we offer which will enable them to support their children's sport.

I would like to thank Nate for his work in administering and promoting the Safer Sport courses. Nate has now moved to co-ordinating the event coverage requests and we welcome Brendan Farnhill to the role of Administrator, Safer Sports Programs. Of course, it goes without saying that Trish has provided an enormous amount of support to me in the past 12 months and I sincerely thank her for her efforts with the oversight of the Safer Sports Programs.



Sports Trainers Report

Stephen Johnston - Sports Trainers Convenor



The acknowledgement of the role in which sports trainers play within clubs is becoming more and more recognised. Sports are placing a greater emphasis on training and precautions to minimise risk of injury for all involved. SMA continues to work on the analysis of injury patterns which leads to the continual refinement of the training resources which we provide under the Safer Sport educational programs which we deliver.

Having this training available is seldom effective by itself; providing a safer playing environment is reliant on all involved with sports, from the mums and dads which support their kids every week, to coaches, managers and those trained to manage the first aid requirements of their club. With the ongoing demands on sporting association's budget, sporting clubs continue to face the challenge of supporting volunteers to undertake training. Sports Trainers play a vital role within grassroots sport, and in cooperation with physicians and other allied health personnel, the sports trainer is usually the 1st respondent on the scene of an injury and an integral member of the sports health care team in schools, professional sports programs and weekend sporting clubs.

Last years Sports Trainers Conference saw first aider as well as sports trainers joining with Sports Professional to undertake a great program which included workshops on shin splints and common shoulder injuries. This year's conference will be held on Sunday 30th October and will include three interactive workshops on kinesio taping, sports anatomy and test methods to evaluate injury. These conferences provide excellent opportunity for trainers to maintain and update knowledge whilst networking with other trainers and medical professionals. These forums provide a crucial link to refreshing skills and knowledge on a continual basis.

The challenge for the coming year continues to be encouraging more participants undertaking the Sports Trainers course to put that knowledge into practice within their chosen sport. We remain dedicated to the on-going development of the safer sport educational training to assist sporting clubs maintain their duty of care and level of safety within their sport.



First Aid Coverage Service

Nate Young Coverage Coordinator

Sports coverage has continued to grow attracting the big events and all the school sports event. The challenge remains that we need to encourage people undertaking sports trainers courses to offer their support to the wider community by undertaking coverage work with SMA-ACT.

During 2010/2011 financial year SMA-ACT provided 2,778 hours of coverage for events ranging from grassroots, school sports, state and national competitions. This included a wide range of sports from your regular weekend winter sports to your community fun day.

SMA-ACT have a great sports trainer base which provides coverage for community events. We are always on the look out for people to join this team. Working as a sports trainer can be very rewarding and allows trainers not only the chance to continually use their skills keeping them current but also meeting some great people from different sporting backgrounds. Sports trainers work the hours that suit them and get reimbursed for their time. SMA-ACT has a support system in place to ensure all trainers have access to mentoring, budding and also professional development.

If you are interested in providing first aid assistance at sporting events with some regular or occasional work we would love to hear from you. Further details can be located on our website <http://act.sma.org.au> or phone our office on (02) 6247 5115.

Branch Sponsors

The Vikings Group

The Vikings Group is committed to assisting with the ongoing development and promotion of safe participation in sport and healthy physical activity at all stages of life within the Australian Capital Territory.

The Vikings Group has made a concerted effort over the past two years in increasing the availability of training within their clubs and associations.

This has provided the smaller clubs with the opportunity to access quality training programs for their medical support volunteers.

A component of this years funding support provided to SMA-ACT by the Vikings Group will go towards first aid equipment for their clubs.



Branch Funding

ACT Government

SMA - ACT acknowledges the funding support which we receive from ACT Sports & Recreation Services.

This funding enables our branch to function on a day to day basis and continue to provide courses to the community which promote safe playing environment.



Supporters

Content Group

SMA-ACT is thankful for the support of David Pembroke and his staff from Contentgroup. Contentgroup are a key member of our PR and media team. The primary role of this team is to lift the profile and brand of SMA-ACT within the community. Contentgroup support plays a vital role in helping us continue to assist sporting clubs now and into the future.

I would also like to acknowledge all the other supporters who sponsored the members directory and other various programs held by the Branch during the past 12 months.

Branch Partners

Canberra Institute of Technology

SMA-ACT and CIT have formed a partnership to ensure that all first aid courses taught at CIT are delivered to the highest standards. SMA-ACT will provide the teaching resources for First Aid courses (HLTFA301B Apply First Aid), utilising their strong first aid lecturer base.



Sportsman's Warehouse

Sportsman's Warehouse have the Smartplay and injury prevention fact sheets available within their stores again this year as well as the 2011 members directory. This service provided the community with access to basic information on prevention and immediate injury management as well as referral.

This partnership has resulted in a positive response from the community. There are new and exciting development on the horizon which will take place over the coming year.



First aid available for the injured teddy bear at a community event.



SMA-ACT had Sports Trainers available to treat injuries as they occur and provide players with guidance on reducing the severity of injuries with included preventive measures.



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Sports Medicine Australia National Sponsors

