

2009/2010 Annual Report

President's Report

Dr Rob Reid, MBBS, FACSP, FASMF, FFSEM (UK)

Sports Physician

Looking back over 2009/2010, I would have to say that Sports Medicine Australia ACT Branch has had a successful year. I believe that most of this is because of the wonderful Executive Officer, Office Administrator, Board and volunteers who are involved in the branch. I am, as always, extremely honoured to be associated with Sports Medicine Australia ACT Branch.

Our Executive Officer, Trish Donohue has been extremely successful in her efforts to make sure the branch maintains its financial viability. She has been able to produce a small surplus from a significant debt which was caused by a decrease in funding from the ACT government. Unfortunately this situation looks like it will continue. Trish has been able to actively source new partnerships and renew old partnerships so that the branch is more financially stable. This is quite an achievement in the current financial environment!

The Vikings Club is again on board and is extremely happy with what we have been able to deliver to them. We look forward to an ongoing relationship with them. Trish has been able to forge new partnerships (both financial and educational) with CIT, the AIS, and is following up further partnerships with Fukuyama Heisei University. She is also looking at other international connections, and it is wonderful to see that so much enthusiasm and progress has come out of such a small branch - but lively branch!

The international horizons that we have been expanding will lay the foundations for a much brighter future for SMA ACT Branch. This will flow into benefits for the rest of Sports Medicine Australia.

Community education and professional education are again key issues for SMA ACT Branch. The South East Region State Conference was again extremely successful, and plans are underway for 2011. There has been a continuation of the Smarttalks and other professional education talks as well as an increase in the number of community sessions. There is an increasing prominence of SMA in the area of community education in sport and sport health. Sports Trainers education continues to be an important part of SMA ACT's programme.

There has been increasing media activity with the assistance of David Pembroke, and this has led to an increase in recognition of Sports Medicine Australia ACT Branch as key player in community/sport health. This augurs well for the future and I believe that these connections will play a significant role in the increasing recognition of SMA and its' role in the community.

I am stepping down as the President of SMA ACT Branch, a role that has been very fulfilling. As stated earlier, I have been extremely honoured to be able to work with and be involved with all the personnel associated with Sports Medicine Australia. The ACT Branch of SMA really shows the outstanding attitude, work-ethic, and community awareness that I value greatly. The personnel that I have worked with (and I hope to continue to work with) within ACT Branch are outstanding, and I am extremely glad to be a part of this.

Thank you to everybody who has been involved from the Sports Trainers through to the Board and from Trish, Nate and Claire over the last year through to all of those who support SMA ACT.

Submitted with respect and gratitude.

Rob Reid
9 August 2010

2009 SMA-ACT South East Regional Conference.

Dr Reid assists in workshop.



Left to right, Brad Hiskins, Dr Rob Reid, Patricia Donoghue. 2007

Networking dinner, Dr Reid presented with 20 years service award.



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Sports Medicine Australia ACT Branch Office Bearers

Board of Management

Dr Rob Reid - *President*

Mr Peter Garbutt - *Vice President*

Ms Brooke Pye nee Niven - *Treasurer*

Mrs Jane Haddock - *Secretary*

General Members

Mr Nathan Kruger

Mr Craig Purdam

Dr Jason Mazanov

Mr Jimmy Barker

Mr Sam Abdelmalek

Mrs Jane Haddock

Safer Sport Convenor

Mr Stephen Johnston

Sports Trainers Representative

Ms Ina Janssen

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

admin@act.sma.org.au

Mrs Claire Reid

Office assistance (July - Dec 09)

Ms Courtney Holyoake

Australian School Based Apprenticeship

*Office assistance one day week
(March 10 - Present)*

Executive Officers Report

Patricia Donoghue – Executive Officer

We have achieved a number of key goals this year through the successful establishment of key partnerships and rollout of initiatives. This resulted in returning our organisation to a small however welcome surplus. The board and staff have risen to the challenge of providing growth in services for both existing and new training avenues as well as maintaining growth in member's satisfaction, who form the back bone of our organisation.

I have been extremely honoured to have served as the Executive Officer. I look forward to, and am confident that the year ahead will continue to build on the solid foundations from past years.

I would like to take this opportunity of acknowledging our out-going President, Dr. Rob Reid. Dr. Reid is a person of extraordinary vision, compassion and achievement. He is not only a highly respected mentor, team doctor and leader in his field; he is a sports physician whose passion is "serving the sports trainers working within sport by empowering and educating them to continually challenge and update their knowledge." Dr. Reid joined SMA over 24 years ago and has served on the SMA-ACT board for the majority of the past 20 years. He is a current SMA National board member, team doctor and chief medical advisor for a number of sporting organisations. Dr. Reid will continue to serve the SMA-ACT board as a general member allowing him to take a well earned break from the top job.

Expansion was seen in our partnership with CIT to incorporate the Health and Wellbeing first aid courses. The International Athlete Exchange program which we started in 2007 with Fukuyama Heisei University continued with four students, which is a testament to the Japanese University's recognition of the value of the program for their students. This year will mark the fourth year of this program with eight students making their way to Canberra, for four days in September.

The next 12 months have a number of key challenges, one of which is 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. We will be working hard over the coming six months to ensure that the ACT Government understand the role which these training courses play at the grass roots sporting level.

During the coming year we have a number of key goals underpinning our path forward some of which are;

- To deliver education and training which provides grass roots sporting organisations with the ability to provide volunteers with skills to promote a safe playing environment.
- To reduce the barriers which inhibit sporting clubs ability to access and support training courses for their volunteers.
- Increase our presence within the media, Government and wider community to raise awareness for the role in which injury prevention and immediate injury management plays in growth and retention of participation within sport.

Finally, I would like to sincerely thank the board and the staff for their diligence and assistance provided to me as we continue to work together striving to grow and strengthen an active and healthy community.

Professional Development

On-Line professional development was introduced to compliment the traditional workshops and seminars. The flexibility of choosing the best time to take in lectures, provided members with another avenue to keep up to date with all the latest research and information within the ever changing Sports Medicine and Science field.

The South East Regional State Conference now in its 7th year since it was started up again was held in Batemans Bay. This was well supported by a wide range of sports and health disciplines with a total of 66 delegates with an additional 11 sports trainer members joining us on the Sunday. The Keynote speaker Professor Uwe Proske was a delight with his wealth of knowledge and his interaction with the other delegates throughout the weekend. As always the conferences relaxed venue and timetable proved to be a great opportunity for all delegates and leaders in the sports medicine field to exchange views and discuss relative experiences, whilst taking in a bit of family time.

As we forge ahead into another year the focus will be on promoting an interactive multi-disciplinary approach to the service and support which we offer our members and the community to ensure the highest standard of sharing knowledge is maintained.

Financial Report

Brooke Niven - Treasurer

For the 2009-10 financial year, Sports Medicine Australia ACT Branch (SMAACT) recorded an operating surplus of \$380.23. This result is a significant improvement when compared with the operating deficit of \$13,768.09 recorded in 2008-09.

At 30 June 2010, the cash balance was \$245,873, which increased by \$2,565 from an opening cash balance of \$243,308 at 1 July 2009. The current ratio at 30 June 2010 was 4.86. A current ratio greater than 1 indicates that the organisation has sufficient short-term assets to meet its short-term obligations as they become due and payable. As a result, SMAACT's short-term financial position is strong. SMAACT's debt to asset ratio (which highlights the percentage of assets being financed by liabilities) was 0.20. A debt to assets ratio below 1 indicates that the majority of assets are financed through equity; a ratio above 1 means they (assets) are financed more by debt. As a result, SMAACT's medium-term financial position is strong, with only 20% of the Branch's assets, financed by debt.

Moving forward, SMAACT continues to increase its profile in the community and seek long term sponsorship. This key strategy for the organisation is due to the uncertainty of Government related funding in future years. At 30 June 2010, the SMAACT Government grant ratio was 0.14. This indicates that 14% of SMAACT's total income is received from Government grants. At present, the main sources of non-Government funding come from the Safer Sport Program and the Conference. Table below provides an analysis of these programs. The Safer Sport Program is a key source of income making up 31% of total income. The expense/income ratio by program indicates that the Conference is more expensive to run than the Safer Sport Program in relation to income generated.

Program	Expenditure	Income	Program expense/ total expense	Program expense/ program income	Activity income/total income
Safer sport program	\$ 45,557.28	\$ 85,286.19	0.17	0.53	0.31
Conference	\$ 11,341.59	\$ 15,940.92	0.04	0.71	0.058
Total	\$256,320.67	\$272,081.88			

The 2009-10 financial result, coupled with the analysis above, indicates that SMAACT is in a sound financial position. This, in conjunction with the firm financial strategy in place for the organisation moving forward, will ensure that the branch can continue to facilitate safer sport within the community.

Membership

As a membership organisation SMA-ACT is committed to ensuring that our members continue to receive value and support. We would like to take this opportunity of thanking all ACT members who have given their time and expertise freely for both the delivery of professional development talks and our community safer sport courses. Without the generosity of these people and their willingness to share their knowledge, our courses would not have the depth in which they are known for.

Our branches financial members currently stands at 177. This is consistent with last year and the challenge for us is to continue to grow the value of our membership to retain and increase numbers. Full membership is an area which has fallen over the past few years and an area which will be looked at closely over the coming twelve months.

Numerous opportunities were provided for members during the year with professional development talks at the AIS, members directory, community talks, networking dinner and conferences. Whilst support for these events was down we look forward to further developing opportunities which will provide a significant benefit to professionals working within the Sports Medicine and Science fields.

Category	2009/10	2008/09
Full	69	77
Fellow & Life	7 Fellows - 5 Life	9 Fellows - 6 Life
Associate & Soft Tissue Therapist	13 Ass. - 6 STT	15 Ass. - 4 STT
Student	9	13
Sports Trainer	62	56
Club/Corporate	6	3
Totals	177	183

Above is a breakdown of the ACT Branch financial members as at 30th June 2010 by SMA member category.

Safer Sport Programs

Jane Haddock - Safer Sport Convenor

SMA-ACT continued to grow in its ability to deliver quality courses to the community. Over the past year our partnership with CIT has extended to include the courses delivered under the Health and Wellbeing banner. This has seen an increase in the amount of first aid training which we have provided. First aid training has increased by 34.4%. It is a time of continuous improvement, and more opportunities for us to grow are on the horizon.

Sporting clubs are becoming more aware of the necessity to provide training for volunteers which enhances their ability to provide injury prevention and effective immediate injury management for athletes and spectators. A range of tailored courses have been conducted for individual clubs during the past 12 months. SMA-ACT has extended the school based program with an additional two schools offering the level 1 sports trainers program to their students as part of the school curriculum. We were delighted when one of the students from Burgmann College signed up with SMA-ACT as a sports trainer working at various sporting events for SMA-ACT which included the Kanga Cup.

The Safer Sport Program has seen an increase of 16.6% in participant registrations. A staffing restructure has seen new initiatives and an increase in the quality of services provided to course participants. We now have a full time staff member dedicated to the Safer Sport Program which will allow for greater diversity of our programs and the quality of service which we can provide to the community.

One of our goals over the next 12 months will be to enhance notification to members regarding accreditation requirements and the renewal processes and time lines. This will hopefully see an increase of member renewals and additional information provided to members as part of that process.

Branch Sponsors, Partners and Funding

Patricia Donoghue

Our success to bring our organisation back to surplus, would not have been achieved without the support and funding provided by our Branch sponsors and partners.

Thank you to CIT for their ongoing support and our strong partnership which has continued to grow.



The Vikings Group continual support for our Safer Sports Program has been fundamental in maintaining the affordability of training

which provides sports first aiders and sports trainers to the community. The skills which these people take back into their chosen sport, makes a huge contribution to ensuring a safe playing environment for all. We are excited by various opportunities to grow this relationship working together to forge a strong partnership.

Sportsman's Warehouse have the Smartplay and injury prevention fact sheets available within their stores again this year as well as the 2010 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.

David Pembroke from Contentgroup, joined our board earlier this year and is 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. David's support plays a vital role in helping us continue to assist sporting clubs now and into the future.

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.



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.

Sports Trainers Report

Stephen Johnston - Sports Trainers Convenor

First Aid coverage requests have seen a significant increase over the past 12 months, due to increased demands from sporting organisations and the increased participation rates for weekend sport. Initially this stretched our resources and put an increasing burden on local sporting organisation's capacity to cope with maintaining an acceptable level of medical support for their participants and volunteers.

Sporting clubs continue to have difficulty in attracting sufficient volunteers to undertake first aid training as well as the perennial problem of providing financial support to fund these courses. Volunteers are the key imperative for sports to maintain their participation rates and the catalyst to deliver the expected level of safety and support to injury management and prevention.

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 the support provided by the Vikings Group this year will be to provide the ability for their clubs to update and maintain their first aid equipment.

The second annual Sports Trainers conference was held in October last year. Although the numbers of attending trainers was down on the previous year the increase in Level 2 sports trainers in attendance were encouraging. We are committed to the continued support of these forums providing sports trainers working in the field with access to leaders within the Sports Medicine field. This commitment acknowledges the crucial link to refreshing skills and knowledge on a continual basis.

The challenge for the coming year is to develop ways to encourage more participants undertaking the Sports Trainers course to put that knowledge into practice within their chosen sport. We will continue to work hand in hand with the National and State Sporting Organisation, who represent the clubs. We remain dedicated to the best possible educational training and first aid resources being available to sports trainers and strive to assist sporting clubs maintain their duty of care and level of safety within their sport as they move into the future challenges which lay ahead of them.

First Aid Coverage Service

Nate Young Coverage Coordinator

SMA-ACT coordinates a team of Sports Trainers and other Medical Professionals to cover sporting and community events.

The figures for the 2009-2010 (2,245.50 hours worked) show a slight decrease of 6% in first aid coverage hours worked. The amount of coverage requests which we were unable to fill increased to 7% of total hours.

The challenge ahead is to continue to encourage people undertaking the Sports Trainers courses to offer their support to the community, by undertaking coverage work with SMA-ACT from time to time. It is imperative that we increase our team of trainers who are undertaking regular work at sporting and community events if we are to continue to maintain this service at the level which it is known for. We will be working hard during the coming year to secure a sponsor for our first aid coverage so that we can ensure that this service remain's accessible to school sports and the greater community.

During 2009 - 2010 first aid coverage was provided to national and state sporting events, school sporting events, sports days, local season competitions, local sporting clubs, along with other community activities and events.

SMA Member Database & Website

Emma Sullivan - SMA National Special Projects Manager

In 2009/10 a number of developments were made to SMA's database that aids in operational procedures for SMA staff. However, 2010/11 sees exciting additions and developments for SMA's online portal. Aside from a make-over of the portal to resemble SMA's new website, new portal functions will include an online members directory and online event registration. We continue to work with Certain Software and Zoo Media Group to bring a better online experience for SMA members and wider community.

Sports Trainers in action at local sporting and community events.



McDonald's Kanga Cup - 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.



Sports First Aid Course



September 2009, SMA-ACT Japanese exchange. Pictured below, Left to right, CIT Fitness Students show the visiting students the new Gym facilities at CIT and Visit to the AIS Sports Medicine Centre.



Sports Medicine Australia
National Sponsors



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