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## Sports Medicine Australia (WA Branch) Inc 2009-2010 Overview

### Membership and Education

Professional Education Seminar	Numbers
How I Treat Series - Plantar Fasciitis.....	42
The Problematic Joint - Articular Cartilage Injury of the Knee.....	37
<b>Total .....</b>	<b>79</b>

A number of Professional Education Seminars were held in 2009-2010 as outlined above. SMA (WA Branch) extends their appreciation to all those professionals who gave up their valuable time to present and chair the member education seminars in this period.

As at the end of the 2009-2010 financial year SMA had 427 WA members, a similar number to the previous financial year. The WA numbers for student membership have continued to be the highest figure throughout the country with 101 student memberships recorded in this financial year. GPs and other doctors were targeted, resulting in nine new Professional Memberships during 2009-10.

#### FINANCIAL MEMBERS BY CATEGORY 01/07/09 to 30/6/10

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	O/S	TOTAL
Full	53	229	10	204	178	38	256	155	22	1145
Fellow	7	17	0	16	11	3	33	12	2	101
SDrA	5	22	0	11	8	1	16	7	5	75
AAPSM	13	75	0	18	16	3	53	11	3	192
Life	5	17	2	17	6	3	16	7	4	75
Associate	13	29	0	35	8	3	38	24	2	152
Soft Tissue	6	11	0	6	0	0	13	4	0	40
Rec. Graduate	0	3	0	6	2	2	10	5	0	28
Student	9	23	0	32	64	2	42	101	7	280
S/Trainer	62	236	37	295	90	15	224	100	0	1059
Club/Corp	4	3	0	2	2	0	6	1	0	18
<b>TOTALS</b>	<b>177</b>	<b>665</b>	<b>47</b>	<b>642</b>	<b>385</b>	<b>70</b>	<b>707</b>	<b>427</b>	<b>45</b>	<b>3165</b>

#### NEW MEMBERS JOINED 01/07/2009 to 30/06/2010

	ACT	NSW	NT	QLD	SA	TAS	VIC	WA	O/S	TOTAL
Full	1	26	0	23	9	6	25	11	8	109
SDrA	0	1	0	1	0	0	0	1	0	3
AAPSM	1	28	0	2	0	0	10	2	0	43
Associate	6	3	0	2	0	0	5	1	2	19
Rec Graduate	0	3	0	3	0	1	6	2	0	15
Student	4	16	0	22	40	2	29	68	5	186
S/Trainers	7	51	15	96	12	5	56	24	0	266
Soft Tissue	0	2	0	1	0	0	1	2	0	6
Club/Corp	2	0	0	0	0	0	0	0	0	2
<b>TOTALS</b>	<b>21</b>	<b>130</b>	<b>15</b>	<b>150</b>	<b>61</b>	<b>14</b>	<b>132</b>	<b>111</b>	<b>15</b>	<b>649</b>

## Community Education

The Community Education Program (CEP) is the principal community education activity conducted by Sports Medicine Australia (WA Branch). The Community Education Program, sponsored by Healthway in 2009/10, includes nationally accredited courses, school based courses, community seminars, resource development, sport specific courses and club based workshops.

The main aim of the CEP is to provide greater access to education with a view to making sport safer and reducing the incidence of injury.

SMA (WA Branch) in collaboration and partnership with a range of people and organisations, has continued to grow and expand the program in WA throughout 2009/10. Partner organisations in 2009/10 included State Sporting Associations, DSR Regional Offices, Local Government, Public Health Units, Schools, TAFES and Universities to mention but a few.

The table below is an overview of course and participant numbers for 2009-2010 and includes a comparison with last year's figures.

During the 2009-10 financial period **7131** community members have attended 547 SMA (WA Branch) community workshops, courses, seminars and information events.

	Number of courses and workshops delivered		Participant numbers	
	2008-9	2009-10	2008-9	2009-10
Sports First Aid	10	11	248	287
Level One Sports Trainer	15	21	565	590
Level Two Sports Trainer	3	2	39	37
Re-accreditation	3	7	56	71
Workshops	121	93	2622	1937
Get SMART Online courses		385	442	556
Community Seminars	11	13	234	257
Information events	17	15	1250	3396
<b>Total</b>	<b>171</b>	<b>547</b>	<b>5470</b>	<b>7131</b>

SMAWA continues to provide free sports injury information services to the sporting public. Some examples include providing Warm Up Cool Down workshops during the Safety in School Week Regional Launch at Busselton Primary School for 100 students (Metropolitan Launch - Waddington Primary School, Koondoola for 75 students) along with providing an information stall at the 2009 Curtin University Open Day (2000 participants).

We are delighted to report that due to an auspice agreement with the Queensland Branch participants of the SMAWA Sports First Aid Course, in addition to the National certification for Sports First Aid, are also eligible to receive a Statement of Attainment in Apply First Aid and Basic Emergency Life Support.



Curtin Careers Day

During this financial year, 556 participants completed the six Get SMART (Sports Medicine Awareness and Response Training) on-line modules as well as additional modules including topics on, Nutrition, Taping and Drugs in Sport. 23 participants were from regional areas of WA.

SMAWA is in the unique position of having the knowledge base and expertise across a range of important sports safety and health issues and would like to take this opportunity to thank all of its members, course presenters and course convenors for their professional commitment to the ongoing development and support of the Community Education Program.



## Finance

SMA (WA Branch) returned a profit in the 2009-2010 financial year (see audited financial statements).

SMA (WA Branch) received funding for the following projects that commenced in 2009-2010:

Program/Sponsorship	Organisation
Contract for Service	Department Sport and Recreation
Community Education Program	Healthway
Support Sponsorship	Healthway
Drugs in Sport Program	DSR
Healthy Club Project	Healthway
Active Years Healthy Futures Project	Australian Government
Sponsorship (National)	Beiersdorf
Sponsorship (National)	Novartis
Sponsorship (National)	Sustagen

Sports Medicine Australia (WA Branch) would like to extend their thanks to the following sponsors for their support during 2009-2010.

## Health Promotion



Lancelin Football Club

SMAWA continues to establish itself as a lead agency in the delivery of health promotion programs, using sport as the primary vehicle to reach the grass roots community as well as to educate and influence decision makers at club and association level.

SMAWA is in the unique position of having the knowledge base and expertise across a range of important sports safety and health issues as well as the networks, relationships and rapport with sport, from the grass roots to the state association level.

Through successful partnerships with Healthway and the Department of Sport and Recreation, SMAWA manages a number of projects including the Healthy Club Project, funded by Healthway and managed by SMAWA, the Drugs in Sport Project (sponsored by Department of Sport and Recreation) and the Active Girls – Healthy Futures (funded by the Australian Government, Department of Health).



accounts). All grants were acquitted.

either prior to or during the 2009-2010 financial year:

	Funding ex gst
Department of Sport and Recreation	\$70,000/yr x 3 yrs
	\$90,000/yr x 3 yrs
	\$2000/yr x 3 yrs
	\$40,000/yr x 3 yrs
	\$141,314 – 12 mths
Department of Health and Ageing	\$ 75,000 – 12 mths
	\$3096 – 12 mths
	\$2192 – 12 mths
	\$1935- 12 mths

above agencies for their ongoing support of Branch activities throughout

### Healthy Club Sponsorship Program

The Healthy Club Sponsorship Program for sporting clubs was introduced in 2001 to replace the former Healthy Club, Me No Fry and SportSafe programs. The program is offered twice a year to accommodate both summer and winter sports.

SMAWA are now solely responsible for the administration, management and evaluation of the Healthy Club Program. The program continues to be a popular source of funding for community sporting clubs and in the 2009 – 2010 financial year, a total of 423 clubs were funded (170 summer clubs, 253 winter clubs).

The Healthy Club program has been proven to be a successful and cost-effective means of promoting health and achieving healthy change at the sporting club level.

The main purpose of the Healthy Club sponsorship program is to:

- Encourage sporting clubs to develop and implement written policies and procedures that will ensure a healthy and safe environment for all.
- Increase participation in physical activity.
- Improve administration and sport delivery through increased education and training opportunities.
- Reduce the promotion of unhealthy messages and brands.

## Sports Care

Sports Care is a community medical coverage service that provides medical and first aid treatment to event organisers. This service continues to be in high demand and there is no doubt it is an essential service for sport.

In 2009-2010 SMA (WA Branch) provided first aid and or medical coverage to more than 580 events directly involving in excess of 550,000 participants and indirectly reaching hundreds of thousands of people within the WA community.

Events covered in 2009 - 2010 including many major events organised through TriEvents WA such as the World Triathlon (1000), Freeway Bike Hike (8,000 participants) Great Bike Ride (6,000 participants), Rottneest Channel Swim (2,300 participants) and Busselton Half Iron Man (1,400 participants) as well as other major events included the annual City to Surf Fun Run (37,500 participants). We also covered the entire season of events for the WA Marathon Club, Gymnastics WA and Sports Performance.

A range of school sports carnivals and community based sports events included Schools Sports, PSA Sports (in particular Christ Church Grammar School & Trinity College), a full calibre of events for ACC Sports and JTC College, WA Junior Rugby, Southern Districts Netball as well as providing first aid coverage for charity events including the Breast Cancer Foundation, Autism West and the Leukaemia Foundation.

SMA (WA Branch) would like to take this opportunity to thank all those people who continue to assist with the delivery of first aid and medical coverage at events throughout the year.



## Active Girls – Healthy Futures Project

The Active Girls Healthy Futures (AGHF) pilot program (funded by the Australian Government of Health and Ageing) was a community based physical activity and healthy eating initiative run by Sports Medicine Australia (WA Branch) based in the City of Swan. The program was conducted in 2009 and targeted girls aged 11-13 years. The aim of this program was to facilitate healthy eating habits and encourage participants to engage in school/community based physical activity prior to the time when many adolescent girls withdraw from organised sport.

At the end of the program an evaluation was conducted to assess whether or not program objectives had been met. Participant data was collected via an age appropriate pre and post-test (paper based) survey. The survey asked questions about physical activity and healthy eating status, attitudes/beliefs and participation in sporting activities. The parents of participants



were asked to complete an online survey relating to their child's physical activity and healthy eating behaviour and program satisfaction.

As a result of participating in the program, the majority (95%) of participants indicated that their awareness of the benefits of physical activity and healthy eating had increased. There was an increase in physical activity levels reported (19%) and an increase in the consumption of vegetables at recommended levels reported (11%). Participants reported that their consumption of snack/junk foods had reduced (5%). The majority of participants planned to continue exercising (89%) after the program had finished. Parents also indicated that their child had continued to exercise following the end of the program (93%). Satisfaction with the program was high amongst both participants and parents (98%).

Anecdotally, the most successful aspect of the program was providing girls with the opportunity to sample such a large range of activities, many that they would otherwise not have tried. Research states that girls are more inclined to be physically active if the focus is more on the social aspect and having fun, and less focused on competition. This program had no competitive elements, which may have contributed to its success.

Overall, the program was very successful in meeting and exceeding the stated objectives including the promotion of physical activity and healthy eating to 11-13 year old girls.

## Drugs in Sport Education Project

Sports Medicine Australia (WA Branch) has managed the Drugs in Sport Project with funding from the Department of Sport and Recreation continuously since 2000.

The Drugs in Sport Project aims to raise awareness and provide information about drugs in sport issues, for the active community in Western Australia and provides presentations, advice and resources to a broad range of the WA sporting community and general population, which includes elite and sub elite athletes, coaches, sports trainers, administrators, tertiary and secondary educational institutions.

The project continues to present ASADA's 'Pure Performance' presentations to elite and sub elite athletes and offers the most up to date information on Drugs in Sport, including updated information on the Prohibited List, and Drug Effects on Performance.

During 2009-2010 a total of 38 presentations were conducted to over 1600 participants, including the ASADA Pure Performance, School & Community and Level One Sports Trainer

DIS presentations as well as having the option to complete a Drugs in Sport online module in addition to the Get SMART (Sports Medicine Awareness & Response Training) online course.

Additionally the project facilitates the implementation of appropriate drugs in sport policies at all levels of sport.

In 2010, Sports Medicine Australia (WA Branch) developed, with funding and support from the Department of Sport and Recreation an Illicit Drugs Resource. The resource is targeted at sporting clubs and their support personnel and aims to offer support on how to manage issues relating to illicit drugs within sporting clubs. The resource is in its final draft stage and it is SMAWA's intention to launch the resource in the new financial year.

Sports Medicine Australia would like to thank the Department of Sport and Recreation for their continued support for the WA Drugs in Sport Project and looks forward to further collaboration beyond 2010.



Department of  
Sport and Recreation

The state government through the Department of Sport and Recreation and Lotterywest is a major supporter of Sports Medicine Australia WA Branch.



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