

# SPORTS MEDICINE AUSTRALIA

(WA Branch) E-News - July 2011

**ACMS 2011**  
 19-22 Oct 2011 Esplanade Hotel,  
 Fremantle, Australia  
 For more information visit the web  
 address below  
<http://sma.org.au/asics-conference/program/>



**From the Executive Officer, Sascha Hill**

I am thrilled to announce that at the start of the financial year SMAWA went live to a new website. It has been a major IT objective to maximise the services SMA provides to members and the community through an enhanced web presence providing greater access to information and services.

At the beginning of 2011 SMA-WA started migrating data from the old website to a sub domain of the national website. The development of a consolidated website aimed to eliminate duplication of member and community information in an easy to navigate format. I believe we have achieved this, and now from one click of a button you can access a wide selection of member and community services including the membership portal login, Healthy Club Program, Safer Sport Program, Sports Care Medical Coverage, SMAWA's Drug Free website and the Schools and Clubs workshop program. Our website address has changed to **wa.sma.org.au**, so please update your web favourites with this new address.

**ACMS 2011 Update**

Don't miss your chance to attend the Australian Conference of Science & Medicine in Sport (ACSMS) to be held at the Esplanade Hotel, Fremantle from 19-22 October 2011.

Final date for **EARLY BIRD REGISTRATION: 5PM SUNDAY 31 JULY 2011** Details on registration can be found on the Registration page of the conference website (<http://sma.org.au/conference/registration/>) where you can either register online or download a registration form for mail or fax return.

Details on the ACSMS 2011 conference program can be found on the program page of the conference website at <http://sma.org.au/conference/program/>.

**Call for Nominations**

The SMWA Board of Directors are calling for WA based members nominations for the inaugural SMAWA 'Outstanding Contribution' awards to be presented at the SMAWA Annual General Meeting in October, 2011.

Whether it's a health professional's years of service to the Community Education Program or a student exhibiting qualities of leadership, commitment and community service within our Sports Care department, SMAWA would like to recognise and honour our members for their outstanding work and contribution to the SMAWA community.

*To nominate a member please go to the member section of our new website and download a nomination form - <http://sma.org.au/wp-content/uploads/2011/07/Nomination-Form.pdf>.*

**WELCOME NEW MEMBERS TO SMAWA**

- |                                 |                          |
|---------------------------------|--------------------------|
| <b>Angela Garrick</b>           | <b>Kirsty Woods</b>      |
| <b>Kelsey Underhill-Pomeroy</b> | <b>Sarah Howarth</b>     |
| <b>Vivien Mills</b>             | <b>Brett Sharpe</b>      |
| <b>Adam Kelly</b>               | <b>Andrew Cammarao</b>   |
| <b>Ellen Hawes</b>              | <b>Wynand Gouws</b>      |
| <b>Dr Toby Leys</b>             | <b>Lillian Barrymore</b> |
| <b>Daniel D'Avoine</b>          | <b>Jakub Chudy</b>       |
| <b>Stephanie Burde</b>          | <b>Lucy Johnston</b>     |
| <b>Jacob Earp</b>               | <b>Danielle Stone</b>    |
| <b>Adrian Chan Wan Fong</b>     | <b>Marcus Colby</b>      |
| <b>Nathan Luies</b>             | <b>Samantha Rankin</b>   |

**SPORTS FEVER NEWS**  
**Special SMAWA Member Deal**

- **Buy 2 pairs of Thorlo experia socks and receive a third pair free\***
- **50% off Moving Comfort Sports Bras\***

*This offer is for current financial members only!  
 \*No other discounts apply.*

**Cottesloe > Perth > Inglewood > Subiaco**

**STATE PATRONS: Dr Ken Fitch | Prof. John Bloomfield | Mr Stuart Gray**



**WE WOULD LIKE TO THANK OUR SPONSORS AND SUPPORTERS**

The Annual Physiotherapy Awards Ceremony at the University of Notre Dame Australia took place in March 2011. SMAWA's Executive Officer, Sascha Hill attended the awards to present the Sports Medicine Australia (WA Branch) Award. Nominations were chosen from student's who had demonstrated commitment, interest and contribution within the sports medicine arena. Congratulations to Daniel Mahony for being awarded this prize.

Daniel has worked for SMAWA for 5 yrs as a L2ST in the Sports Care program whilst studying to be a Physiotherapist. Since graduating Daniel has been working as a Physio in the Central Great Southern region for WA Country Health Service based in Katanning. Together with the senior physiotherapist, they provide physio services to over six towns in all settings including community, hospitals, schools and aged care facilities.

On a national level, Daniel is the WA representative on the Australian Physiotherapy Association National Rural Issues Committee, Board Member of Services for Australian Rural and Remote Allied Health (SARRAH) and is the Physiotherapy representative on the Health Workforce Australia Council of Future Health Leaders. Daniel was also the recipient of the National APA Student Award based on his huge contribution to rural health and leadership of students in rural health, nationally.

Daniel will be delivering the Katanning L1 SportsTrainer course in August. He agrees that his experience as a Sports Trainer for SMA has helped him through his Physio studies and he is keen to continue his involvement upskilling sports trainers in the future.

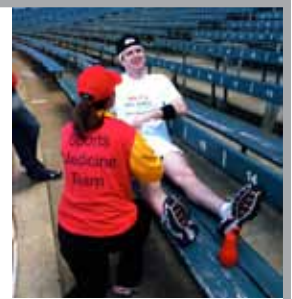
"I would encourage all physio students to consider becoming a sports trainer to gain further experience in working with people and consolidating your skills." said Daniel.



### Doing our bit for Kids

Sam Mac from 92.9fm's breakfast show raised money for the 92.9 Kids Appeal with Telethon by sitting on a seat at Patersons Stadium for every \$1 donated to the cause. Sports Trainers Ashlea, Dana and Rachel from the SMAWA office donated their time to help him on his way.

Sam completed his challenge of 12 813 seats in 9.5 hours!



## ECU Prize Winner - Daniel D'Avoine

Congratulations to Daniel D'Avoine, the recipient of the ECU Faculty of Computing, Health and Science, Sports Medicine Australia (WA Branch) prize.

Seen here being presented with his award by Acting Manager - Education & Services, Dana Pimley at the ECU Faculty of Computing, Health and Science Prize Giving Ceremony in February 2011 on the Joondalup campus.



## Healthy Club Program - Summer 2011/12 Applications

Healthy Club sponsorship applications for the Summer 2011/12 sporting season are now available. Clubs can apply for up to \$3,000 for initiatives to make their clubs safer and healthier and to train and educate volunteers.

The Healthy Club program is unique because it provides an incentive for sporting clubs to identify and address a range of issues that have the potential to improve the health and well being of clubs members and supporters.

Clubs can use their funds to purchase a range of items including first aid equipment, safety equipment, coaching and training courses and advertising costs.

For more information click on the **Healthy Club** section of the SMAWA website or contact our Healthy Club Coordinators Fiona Boys or Deb Bow on 9285 8033 or [healthyclub@smawa.asn.au](mailto:healthyclub@smawa.asn.au).

### Stricter concussion rules to be applauded

March 23, 2011

Sports Medicine Australia applauds the newly introduced concussion guidelines by the AFL.

Under the new rules players who are concussed will be automatically withdrawn from the game.

Sport Medicine Australia spokesperson, Dr Rob Reid says any initiative supporting safety in sport is certainly welcomed as it will mean improved player welfare.

"The knocks received by many AFL players can be quite severe so the last thing we want to be doing is encouraging these guys back onto the field to risk further head injury, especially when it has been suggested that full recovery of brain function may take longer than previously thought," said Dr Reid.

To view the full Media Release go to the following link <http://sma.org.au/publications/media-archive/>

### Concussion Management Guidelines for AFL & Rugby can be found at the following web links.

AFL - The Management of Concussion in Australian Football - <http://www.aflcommunityclub.com.au/index.php?id=295>

Rugby - International Rugby Board Concussion Guidelines Rugby - <http://www.irbplayerwelfare.com/?documentid=3>

### Importance of trained sports personnel highlighted by recent death

July 2011

The importance of trained sports personnel has been highlighted by this weekend's events when a rugby player lost his life after an on field accident, Sports Medicine Australia (SMA) has said.

Based on reports that have been published, SMA commends the immediate treatment that was issued by medical staff at the game, despite the tragic outcome.

SMA CEO, Nello Marino said all sports at all levels need to ensure sideline help, in the form of sports trainers and medical personnel, is present at every game and training session to ensure players receive appropriate medical care.

"The role of medical personnel, including sports trainers in sport is crucial," said Mr Marino.

"Injuries that occur in sport need to be handled as soon as they present and sometimes the vital minutes between the injury occurring and waiting for an ambulance or to get the injury party to a medical expert who is not where the action is taking place can be critical."

Having properly trained safety personnel on the sidelines is a key part of providing a safe environment, to prevent injuries, and limit the impact of injuries on players.

"Sadly it is becoming even more difficult to attract medical personnel to take place in sporting codes, particularly at sub elite levels of sport. It is therefore imperative that all sporting clubs and competitions do all they can to engage suitably qualified volunteers or paid personnel and provide players with the appropriate care they deserve," said Mr Marino.

Sports Medicine Australia has recently updated its Medical Emergency Planning Guide providing a practical resource to assist clubs to create a safe and enjoyable environment.

### Sports Medicine Australia Medical Emergency Planning Guide

To download click here <http://sma.org.au/2011/07/medical-emergency-planning-guide/>

#### Other Conferences:

ACPS Annual Scientific Symposium  
Burswood Convention Centre, Perth  
4 August to 6 of August 2011 inclusive

For more information, please contact the ACPS office:  
Phone: (03) 9286 1888  
Email: [podiatric.surgeons@rsmi.com.au](mailto:podiatric.surgeons@rsmi.com.au)

#### Membership Survey Report

Full details of the results from the SMAWA membership survey can be found on the new website [wa.sma.org.au](http://wa.sma.org.au)





Sports Medicine Australia headed to Western Australia’s rural South West in May to present a series of Injury Prevention and Management and Sports Taping workshops. Community Education Officer, Rachel Meade and Albany Physiotherapist and valued SMA member, Paul Manassah teamed up to present the workshops for the North Albany Football Club, Jerramungup Football Club and The Tambellup Hockey Club.

“I thoroughly enjoyed travelling to the Great Southern, it was a great opportunity to see the wonderful work sports trainers are doing in these areas”, said Rachel.

The Great Southern community described the workshops as, “excellent” and “highly recommended, all of those who attended learnt something”.

Sports Medicine Australia endeavours to reach as many rural areas as possible each year. Already this year SMAWA has run a Level 1 Sports Trainer course in Geraldton and Kellerberrin in addition to a Sports First Aid course in Bunbury. We are currently organising a Level 1 Sports Trainer in Katanning scheduled for this coming August. These courses would not be possible without the valuable assistance from SMA members and SMAWA would like to take this opportunity to thank all the health professionals who have given up their time to assist in the delivery of the Community Education Program .



## Education Calendar - COMMUNITY EDUCATION PROGRAM

In April 2011, both the Sports First Aid and the Level 1 Sports Trainer course programs were endorsed by the Curriculum Council, making way for greater service delivery in secondary schools across Western Australia.

### July

<b>Sat 30 / Sun 31st July</b>	Student Physio Level 1 Sports Trainer Course	9.00am - 5.00pm (Sun 1.00pm)
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### August/September

<b>Wednesday 10th August</b>	Advanced Sports Taping Seminar	6.30pm - 9.30pm
<b>Tuesday 24th August</b>	Spinal Management Seminar	6.30pm - 9.30pm
<b>Sunday 28th August</b>	Sports First Aid Course	8.30am - 5.30pm

<b>Wednesday 14th September</b>	Advanced Resuscitation Seminar	6.30pm - 9.30pm
<b>Wednesday 28th September</b>	Wound Management Seminar	6.30pm - 9.30pm

<p><b>For more information contact:</b>  <b>August/September Seminar to be confirmed, shortly.</b>  <b>Professional Education: Sascha Hill</b>  <b>E. <a href="mailto:sascha@smawa.asn.au">sascha@smawa.asn.au</a> or 9285 8033</b></p> <p><b>Community Education: Rachel Meade</b>  <b>E. <a href="mailto:rachel@smawa.asn.au">rachel@smawa.asn.au</a> or 9285 8033</b></p>	<p><b>BOOK AND PAY  ONLINE  <a href="http://wa.sma.org.au">wa.sma.org.au</a></b></p>
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