

# 2018

## *Annual Report*



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# ABOUT SMA

## *Sports Medicine Australia*



The Australian Sports Medicine Federation Limited (SMA) is a national multi-disciplinary member organisation that provides leadership in sports medicine, and the healthy and safe participation of Australians in sport and physical activity. Our membership comprises of sports medicine and healthcare professionals, sports trainers, students, sporting clubs and community members.

SMA was first established as a federation in 1963, following the merger of the Australian Sports Medicine Association and the Australian Federation of Sports Medicine. The Federation was originally established as a national body consisting of affiliated state branches whose constitutions had to be approved by the Federal Council.

In 2016, SMA completed a structural reform process in the organisation that united SMA into one organisation.

### *Vision*

**Encouraging healthy participation and performance in sport and physical activity.**

SMA's vision is to build a vibrant community, including its members and other parties who are committed to sharing knowledge, training and information, enhancing the health of all Australians and preventing lifestyle diseases through facilitating their safe participation in sport and physical activity.

### *Mission*

**"SMA will provide leading information and expertise on sports medicine, exercise science, injury prevention and physical activity."**

SMA's mission is to function as the peak body for:

- Prevention of obesity and lifestyle diseases associated with inactivity
- Promotion of well-being and optimal health through safe physical activity
- Medical and health care of active persons at all levels
- Medicine and science in physical activity, sport and active recreation





## Values

SMA values all of its members and recognizes the contribution each member makes to its continued success. SMA will seek to build relationships that are respectful and value the contribution made by its members, employees and volunteers. SMA will strive to be an open, accountable and approachable organisation, encouraging the sharing of information and knowledge. SMA believes in the application of science and research to underpin and steer best practice in sports medicine and physical activity. As a not-for-profit organisation, ongoing financial sustainability must be ensured. SMA will work to build strong and valuable, long-term relationships with stakeholders, while delivering on its vision and mission.

**The key values that define our culture and are drivers for our behaviour are:**

- Integrity
- Accountability
- Knowledge
- Equity
- Fairness



## Governance

SMA is a public company limited by guarantee and is governed by a Board that comprises elected member directors and board appointed directors.

**The following persons were directors during the financial year 2017 to 2018:**

### Elected Directors



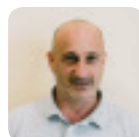
#### Chairman

Dr Andrew Jowett  
(Sports Physician, VIC)



#### Director

Professor Caroline Finch AO  
(Academic, WA)



#### Director

Professor Gregory Kolt  
(Academic, NSW)



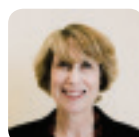
#### Director

Dr Peter Nathan  
(Sports Doctor, WA)  
Resigned 28 October 2017



#### Director

Dr Robert Reid AM  
(Sports Physician, ACT)



#### Director

Ms Susan Maxwell Eaton  
(Sports Physiotherapist, NSW)  
Elected 28 October 2017



#### Director

Dr Nirmala Perera  
(Research Fellow, VIC)  
Elected 28 October 2017

### Appointed Directors



#### Director

Mr Fabio Egitto  
(Podiatrist, WA)  
Appointed 19 December 2017



#### Director

Ms Belinda Hudson  
(Accountant, VIC)  
Re-Appointed 28 October 2017

# CHAIRMAN'S MESSAGE

**Dr Andrew Jowett**



## ***It is my great pleasure to present Australian Sports Medicine Federation's 2018 Annual Report.***

This year marks the final year of SMA's three-year strategic business plan developed in 2015. The focus of the plan has been on achieving unification, along with the modernisation required for SMA to be a functional national membership organisation for sports medicine.

### ***IT***

The modernisation of SMA has continued to involve major changes and improvements in SMA's IT environment. In addition to new student management, membership and conferencing applications which were introduced in 2017, it has been necessary to invest further in integrated IT platforms and systems that produce superior performance, reliability and security. One of the major changes that has impacted the organisation over the last two years has been new legislative and compliance regimes which the organisation is now subject to because of its size and turnover. This has meant adopting improved cyber security measures and systems that ensure SMA is able to meet those compliance requirements, and as a result, SMA has now moved to a totally outsourced IT model. Renewing and updating of all staff end-user hardware has also been undertaken, and these changes, along with the move to external IT infrastructure management, represent a one-off investment in order of \$150,000.

### ***Membership***

Overall membership metrics for 2017-2018 have been good. SMA membership numbers continue to grow and at the end of period, the SMA membership stood at 4,731. When segmented, we can however, see some drop in professional and sports trainer member numbers, and substantial increases in free student memberships (more than 2,700). The Board has responded to these issues through the development and implementation of a comprehensive membership strategy. This strategy highlights the value, benefits and features of SMA membership, and the Board is confident that improved marketing and communication of member benefits will see improved professional and sports trainer member numbers. As part of the membership strategy, the Board also reviewed the student membership category. The result of this review was that the Board felt that the provision of a free student membership was in the long term, unsustainable for SMA and placed an unfair burden on fee paying members. Consequently, a small membership fee for students (\$50 per year) has been introduced. Membership fees have also been rationalised for efficiency purposes and to address the price sensitivity of sports trainer members.

## Leadership

2018 has seen SMA continue to be very active abroad. Internationally, Australia is a leader in sports medicine and many of our counter-part organisations in Asia are keen to work with us. In this regard, we continued the successful delivery of the Safer Sport Program (SSP) in Hong Kong in collaboration with our counterpart, the Hong Kong Association of Sports Medicine and Sports Science and the Asian Federation of Sports Medicine. In June this year, we were extremely pleased to host and provide additional training to sports medicine professionals who present our course in Hong Kong. This refresher 'Train The Trainer' course was very successful, and we look forward to working more closely over the coming years.

As many will know, last year's ASICS SMA Conference was held in Langkawi, Malaysia for the first time. We were pleased that both the current president and past president from the Malaysian Association of Sports Medicine Dr Kin Yuen Chan and Professor John George attended and presented some excellent insights into the sports medicine discipline in Asia. Building on this relationship, in March this year representatives from SMA attended the 2nd ASEAN Conference for Sports Medicine in Kuala Lumpur. Presentations and workshops were delivered around physical activity, the Safer Sport Program and Injury First Response which were all very well received. Several ASEAN countries and the Asian Confederation of Football also indicated significant interest in the Safer Sport Program and follow up proposals were sent to interested parties with a view to developing business opportunities, particularly in the areas of education, training and professional development.

## Concussion in Sport Policy

Concussion continues to be a very significant sports medicine issue in Australia. This year, SMA partnered with the NSW Office of Sport to develop a concussion recognition and management policy for State Sporting Organisations. I would like to thank the members of the group that worked on the development of the policy for their diligent work. This includes Dr David Hughes (AIS), Dr Paul Bloomfield (NRL), Dr Warren McDonald (Rugby Australia), Dr Andrew Gardener (University of Newcastle and Dr Alex Donaldson (La Trobe University). In addition to the development of the policy resources, education sessions for the community and medical practitioners were presented to more than 1,000 participants.

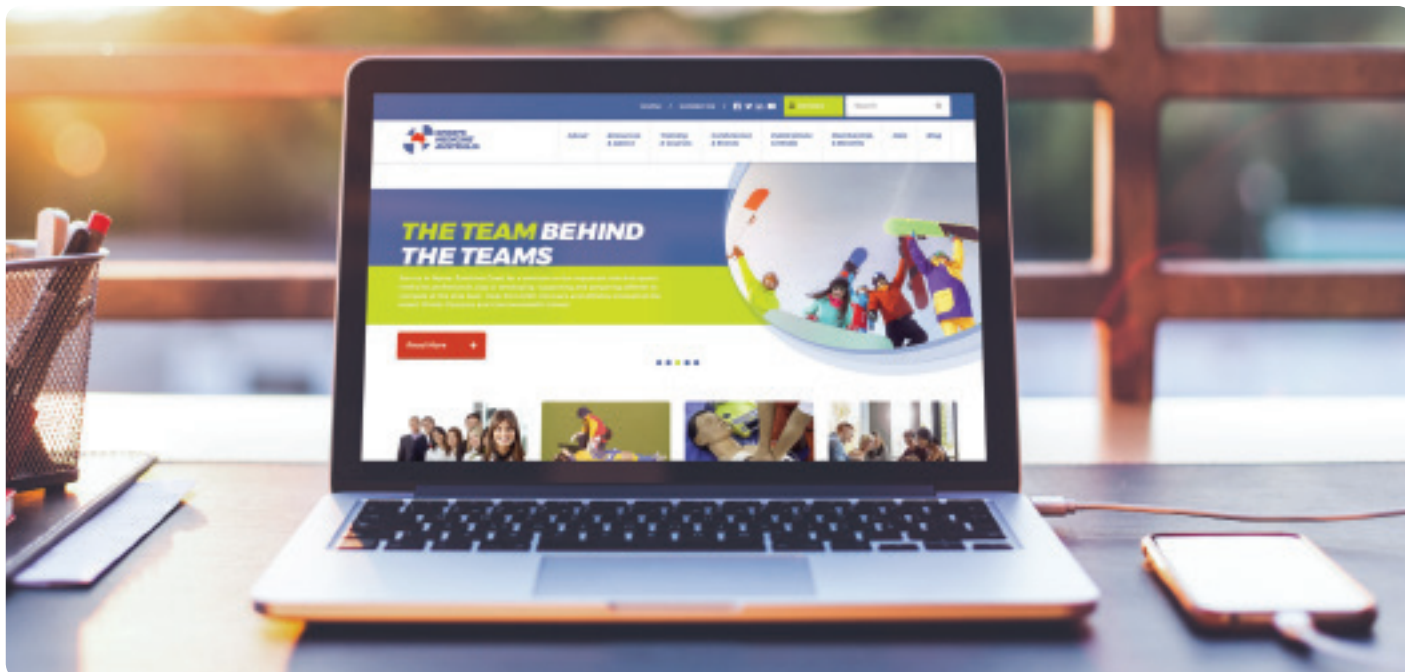
Perhaps more importantly, the project demonstrated the importance of working collaboratively with our close partners and stakeholders on key sports medicine issues. To that end, SMA is pleased to be part of a collaborative that comprises the Australian Institute of Sport, Australian Medical Association and the Australian College of Sport and Exercise Physicians. We look forward to a continued close working relationship.

## Sport Health

The SMA Board is constantly looking at new ways to spread the word on sports medicine. Sport Health has been a constant source of quality member and profession information over the years. Members may recall that in 2015, the Board determined that changing patterns of consumption indicated the need to deliver Sport Health electronically. This was a very challenging decision for the Board at the time. The member survey undertaken in 2017, suggested that many members still wanted Sport Health available to in hard copy format. Recently, the Board has taken the view that (notwithstanding the increasing cost of printing and mailing) reverting to a print version for professional and sports trainer members accorded with direct member feedback. This change will be implemented from September 2018 going forward.

## Journal of Science and Medicine in Sport

This year marked the 20th anniversary of SMA's journal, the Journal of Science and Medicine in Sport (JSAMS). This momentous achievement was celebrated in style with the # issue of the journal dedicated to reviewing the best articles submitted over the past 20 years. The journal continues grow in stature and has gone from strength to strength under the leadership of editor, Professor Gordon Waddington. The journal has maintained its 7th ranking worldwide in the sport sciences category and the Journal's impact factor rose to 3.929 in 2017. SMA extends an enormous thanks to Professor Waddington and his editorial team for their unwavering dedication and professional commitment to the publication of such a high quality academic journal.

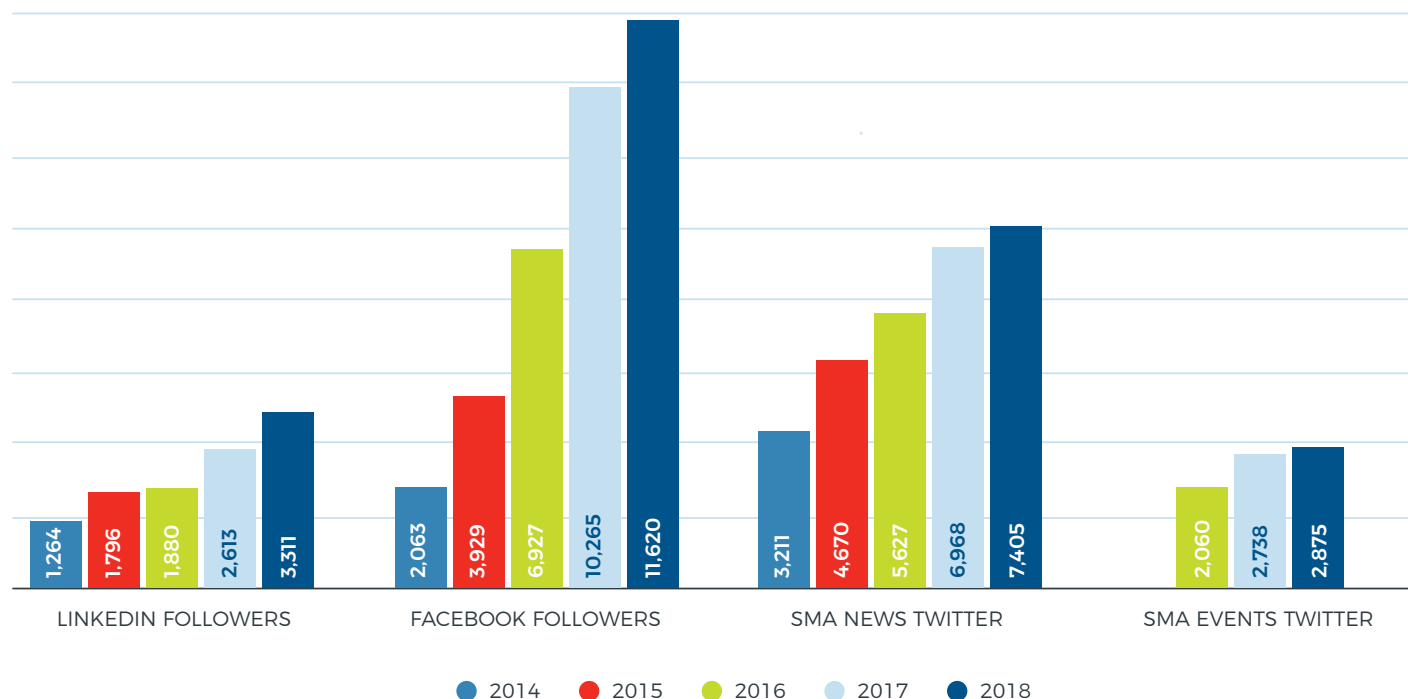


## Brand and Communications

A substantial number of improvements have been made to the SMA brand and communications of the over the last 12 months. Our logo has been modernised and our corporate colours augmented with a new style.



SMA has continued to focus on communicating with the sports medicine community through online platforms and social media. SMA's social media and online communities (Facebook, Twitter and LinkedIn) continue to grow. SMA's has grown its online community to more than 25,000 followers across all platforms.



## Conference

The 2017 ASICS SMA Conference was again a great success and excellent delegate feedback was received. We do however, find ourselves in an increasingly competitive and congested conference environment and SMA Conferences continues to review the ever-increasing cost of staging such events, coupled with the desire to limit price increases of the SMA Conference offerings. Positioned in such a saturated market, the importance of considering various options, such as partnering with other like-minded organisations, identifying more cost-effective venues and improved marketing, are actively considered and reviewed.

## Safer Sport Program

We continue to work on improving the Safer Sport Program training courses and materials. This has included the development of a brand-new suite of online courses covering first aid, drugs in sport and concussion management. The development of these courses provides a more effective platform from which SMA can compete and will also provide long-term saving through the development of new proprietary intellectual property, in-house. Participant numbers in Safer Sport training courses continue to grow, with last year's numbers exceeding 11,500. We continue to work on developing strong and valuable partnerships around the Safer Sport Program and we have again, renewed our partnership with the NRL as exclusive delivery partner for the sports trainer qualification for rugby league Australia-wide. Partnerships such as this provide SMA with valuable branding and marketing opportunities which enhances our reputation, as well as acting as a lever for more opportunities in the future.



## Sponsorship

SMA would struggle to survive without corporate partnership. We express our gratitude to our major corporate partners Asics Oceania and Beiersdorf, as well as new sponsors, Arrow Pharmaceuticals for their ongoing support for SMA and the health of all Australians involved in sport and physical activity.

## Financial Performance

The financial result for 2018 was not as good as anticipated, with SMA recording a deficit of \$576,137. The size of the deficit is the result of several key factors which include - less than expected membership income, substantial investment in necessary changes to IT and Safer Sport Program Intellectual Property (IP), along with the realisation of legacy staff entitlement of more than \$100,000.

It should be noted that the IT and IP investments represent the modernisation required for SMA to be a functional national membership organisation and have been made to rectify many years of neglect.

While the operating trading result was less than satisfactory, the overall financial position of the organisation remains sound and liquidity ratios have remained largely unchanged for the past 3 years. The investment made this year will serve the organisation well into the future.

I greatly appreciate the support of my fellow Board members and thank them for the diligence they have shown throughout the last 12 months, as well as the SMA staff and the State Councils for their service to the organisation.

SMA is primarily a member organization and a vehicle for members of the sport medicine community to positively contribute to society through sport.

Now more than ever, we are structured to provide these opportunities to contribute via nomination to our committees and councils.

- Board - An opportunity to contribute your business and governance skills to the national organization
- Scientific Committee - The perfect opportunity for academics and clinicians to develop policy and advice for the community
- Conference Committee - The annual opportunity to set the scientific agenda for SMA via the conference
- State Councils - Our major connection with the membership especially in providing the education and networking in a locally-responsive manner

I am especially grateful for those who are currently involved and look forward to more coming on board to share the load.



Dr Andrew Jowett  
Chairman  
Sports Medicine Australia

# HIGHLIGHTS

## From Around SMA

Our State Councils continue to play an important role in coordinating the activities that take place in our state and territory offices.

Thank-you to the following members who served as Councilors for 2017 - 2018.

## State Councils

### Australian Capital Territory

Dr Julie Cooke (Chairperson), Nash Anderson, Peter Garbutt, Suzie Goodall, Jane Haddock, Alex Murray, Dr Rob Reid, Matthew Richardson (resigned), Liam Toohey.

### New South Wales

Dr Deirdre McGhee (Chairperson), Dr Paul Bloomfield, Matthew Bulman, Hollie Parsons, Dr David Samra, Lukasz Sempka.

### Northern Territory

Karen Schneider (Chairperson), Nick Jones, Chelsea Mulcahy, Chris Murray (resigned), Tamara Spence.

### Queensland

Steve Manning (Chairperson), Dr Chris Ball, Belinda Beck, Maria Constantinou (resigned), Ian Gillam, Karolina Kant, Michael McGuinness (resigned).

### Tasmania

Paul Crisford (Chairperson), Emilie Burgess, Evan Clayton, Professor James Fell, Marty Fry, Elissa-Kate McAninly, Brad McDonald, Sally McLaine, Christine Tadros.

### Victoria

Dr Liam West (Chairperson), Tas Amiridis, Charlie Bradshaw (resigned), Nick Brasher, Michelle Bergeron, Joshua Heerey, Stephen King, Simone Muscat, Dr Luke Nelson, Dr Kade Paterson, Jodie Porter, Aevi Rippon, Ife Tofun, Lence Veljanoska, Monica Wellington (resigned).

### Western Australia

Craig Wilson (Chairperson), Ben Bowtell, Sarah Harris, Dr Nathan Luies, Dr Sandra Mejak, Myles Murphy, Julie Pham, Simon Trinca, Ian Wee.

*The last 12 months has included a jam-packed schedule of courses and events around the country. As we continue to be at the forefront of sports medicine, safety and injury prevention, we've spearheaded and been involved in some fantastic initiatives.*

*Some of the highlights from our state offices are listed in the following pages.*



# Australian Capital Territory



## Professional Development Events

During the last twelve months, ACT has hosted three world-class speakers at various professional development events. This included a presentation on 'Adolescent Tendon Injuries' with Professor Jill Cook, 'Mental Fatigue and the Consequences for Physical Performance, Injury Risk and Motivation' with Professor Romain Meeusen and our recent State Symposium on 'Exercise as Therapeutic Intervention' with keynote, Dr Nirmala Perera.

## Concussion Workshop

Over the past year, ACT staff have worked hard to support and encourage the many mums and dads who watch their children from the sidelines each weekend. There have been a number of professional development sessions held for the general sporting community, including a workshop on concussion. This important topic was embraced by the sporting community, highlighting the appetite for such forums.



## First Aid Coverage

First aid coverage requests have seen a significant increase over the past 12 months. This is due to several reasons including increased demands from sporting organizations and the increased participation rates for weekend sport. Initially, this stretched our resources and put an increasing burden on local sporting organizations' capacity to cope with maintaining an acceptable level of medical support for their participants and volunteers. 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. SMA will continue to work with the community to ensure that this service is delivered to the highest of standards.



## International Exchange: Fukuyama Heisei University

Our international collaborations have continued with Fukuyama Heisei University. Last September marked the 11th anniversary of the program. The exchange provides students with both an opportunity to obtain a genuine intercultural understanding and a unique perspective to enhance their degree in Sports Medicine. These overseas exchanges not only build relationships which foster lasting, international friendships and acquaintances, but also enables SMA to promote a sharing of knowledge throughout the world.



## New South Wales

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### **NSW Office of Sport – Concussion in Sport Project**

Over the past 12 months, with the ongoing support of the NSW Office of Sport, SMA has been able to shed significant light on best practice for management of concussion at all levels of sport. Through the establishment of a Concussion in Sport Policy and the delivery of widespread education for community level stakeholders and medical professionals within NSW.

To ensure the Concussion in Sport Policy was as relevant as possible, SMA brought together some of Australia's most highly regarded and respected professionals in the field of sports concussion to assist in the delivery and review of all material produced. The policy was launched on the 14th February 2018 as a resource that can be utilized by all State Sporting Organizations, particularly those that do not have a current policy in place.

Coinciding with this, widespread delivery of both a community and medically-focused 'Concussion in Sport' presentation was seen throughout metropolitan and regional NSW, reaching places such as Broken Hill, Ballina, Coffs Harbour, Dubbo, Merimbula and Wagga Wagga. The content was developed by Dr Andrew Gardner, who also delivered many of the workshops along with Dr Warren McDonald and Dr Paul Bloomfield. At the conclusion of the roadshow, 32 workshops were delivered to an excess of 1000 members of the community, which was seen by both SMA and the NSW Office of Sport as hugely successful.

### **Clearing the Ruck – A Rugby Symposium**

February 2018 saw the delivery of NSW's major professional development event for the year, with a clear and defined focus on topical issues facing sports medicine professionals across both rugby codes.

The program was filled with highly respected practitioners currently involved within rugby union and rugby league, including an open forum with Dr Warren McDonald and Dr Paul Bloomfield, Chief Medical Officers for Rugby Australia and the National Rugby League, respectively.

With over 50 delegates present on the day, feedback received from those in attendance was overwhelmingly positive, a testament to those presenting and the program as a whole.





## Northern Territory



### 2017 ASICS SMA Conference

Northern Territory sent along state council member, Tamara Spence and SMA staff member, Tamzin France to assist at the 2017 SMA Conference in Langkawi, Malaysia. This was made possible due to the support of the NT Government through the Peak Sporting Body grants. It was a great opportunity for both Tamzin and Tamara to attend professional development sessions and opportunities and assist at the Conference.

### Outback Marathon

In July 2017, SMA's sports trainer members were once again involved in the Australian Outback Marathon. This event is held at the picturesque Uluru. SMA trainers travelled out from Alice Springs (4-hour drive) to provide coverage. This was member, Lisa Morgan's 9th year volunteering as a sports trainer at this event.



### NT Member News

#### Vale Clifford Smith

Earlier this year, the NT lost one of their long-term members. Clifford Smith had been a sports trainer member since 1988 and was still an active member up until 2016. He was a stalwart sports trainer in Alice Springs and you could always find him at the Netball Courts at Alice Springs. Cliff was an integral member of the Alice Springs Sports Medicine team. In 2016, we celebrated his 30 years of involvement in the Alice Springs Masters Games. Cliff was also a lecturer in the Safer Sport program in Alice Springs, and in the early years of his involvement he also arranged and prepared the administration of courses.

#### Karen Schneider

Karen is the current Chairperson of the NT council. In the past, she has held the position of President for over 10 years, as well as being on the committee since 1998. Karen is a great mentor for all of our professional members and is always available to any of the sports trainers in the Top End for advice or referrals. Recently, Karen was recognized by the Australian Physiotherapy Association as an Honored Member. This was in recognition of her outstanding contribution in the workplace and community.

## Queensland



### **2017 Australian University Games**

SMA are proud to continue our long-standing involvement with Australian University Sport and again, provided sports medical coverage services for the 2017 Australian University Games on the Gold Coast last September. SMA provided a team of 58 sports trainers who combined for almost 2,000 hours of work across the 7-day event. The team supported approximately 9,000 athletes during the event.

### **Sunshine Coast Café Series Professional Development Events**

The Sunshine Coast Café Series continued to add valuable professional development opportunities for our members. Led by Queensland State Council member, Ian Gillam, the 2017 seminar was titled Chronic Inflammatory Joint Conditions: Diagnosis, Management and Exercise Rehabilitation. Over 30 attendees enjoyed the event.



### **Sports Clinic NQ in Townsville**

SMA sponsored and supported a day-long seminar held by Sports Clinic NQ in Townsville titled Foot, Ankle & Calf. 175 people attended the event held at James Cook University which was led by Queensland State Council member, Dr Chris Ball.

### **SMA and Elastoplast Professional Development Sessions**

SMA and Elastoplast held several professional development sessions across South East Queensland with over 100 attendees. The sessions included events intended for NRL sports trainers, coaches and SMA's University Games sports trainers.





# Tasmania



## State Council

In October last year, SMA reached out to its professional members to sit on the TAS State Council. This resulted in 7 new State Council members encompassing all corners of the state. This has increased our presence on the ground in Tasmania with the State Council, now numbering 10, promoting SMA to clubs and sporting organizations throughout the region.

## Partnership With UTAS and APA

A strong partnership with UTAS and the APA was established to support bringing high quality speakers to the state to deliver a range of opportunities for professional members who work within the sporting community. These partnerships are aimed at providing greater networking and an update of knowledge and cutting-edge research within Tasmania. As part of this partnership, Professor Jill Cook presented an informative session on tendon injuries. This event was sold-out, attracting 87 participants.

## Presenters

SMA has also increased lecturer resources in Tasmania which has seen an increase in training opportunities for the grass-roots sporting clubs in the state.

## Tasmania Trainers' Symposium

A sports trainer conference was held in the north of the state and was well-attended and received by the local sporting community. During this event, long-time SMA member, Joe Ratcliffe, was recognized with an SMA Service Award in recognition of over 30 years of dedication to SMA.



## Victoria



### **Partnership With Australian Football League (AFL) for Emergency Responder Course (ERC)**

In late 2017, the Victorian office was proud to announce an agreement between SMA and the AFL to become a preferred education provider of the AFL ERC course. This partnership has allowed both parties to work closely together on improving sport safety at all Australian Rules Football matches across Victoria and nationally. The ERC course provides an opportunity for volunteers who may not hold an SMA Level 1 Sports Trainer qualification to still provide a safe environment for games to take place. The ERC training has attracted great interest among grassroots clubs and schools throughout the state.

### **Safer Sport Program (SSP) Course Development**

The strategic plan of the Victorian office to strongly align its Safer Sport Program with tertiary education providers across the state has been very successful over the 2017/18 financial year. Partnerships with La Trobe University, Victoria University, Monash University and Goulburn Ovens TAFE, to name a few, has led to over 320 students learning real-life injury prevention and management skills. The positive feedback has been very encouraging and will lead to even more Safer Sports courses being run in 2018/19.

### **Adolescent Athletes – Regional Symposium**

A group of 77 delegates were present at Waurin Ponds Estate in Geelong to hear expert speakers including Mr Alex Kountouris, Dr Alex Donaldson, Mr Josh Heerey and Dr Cyclie Williams present on hot topics surrounding the management of adolescent athletes. Those in attendance were educated on various strategies to prevent injuries, manage load and other common conditions that face young sportspeople. The expansive program was run over one day and was considered a great success.



### **‘Women in Sport’ Symposium – Melbourne**

SMA’s ‘Women in Sport’ symposium delved into the unique issues faced by the female athlete and clinician. International speakers including RED-S expert, Dr Kathryn Ackerman and nutritionist Laura Moretti were just a few of the quality keynotes on offer. Trailblazing coach for St Kilda FC, Peta Searle, also featured in an engaging panel on female experiences working in sport. Attended by 200 delegates, this event was a highlight in a well-rounded professional development calendar.



## Western Australia



### **Concussion in Sport: An SMA, ANZSLA and WA Sport & Recreation Collaboration**

SMA collaborated with the Australian and New Zealand Sports Law Association (ANZSLA) to present a Concussion in Sport Seminar. The seminar examined both medical and legal aspects of concussion in sport and the role of the regulatory process to reduce or minimize harm. The session featured presentations by Dr. Gill Cowen (SMA) and Annette Greenhow (ANZSLA) and was very well received by the WA sporting and allied health community.

### **Rottneest Channel Swim**

SMA provided the finish-line medical coverage for the 2018 Rottneest Channel Swim. This event is one of the largest open water swims in the Southern Hemisphere with over 2500 participants. The SMA team comprised of 1 doctor, 6 nurses and 2 sports trainers. Injuries treated included hypothermia, cardiac arrhythmias, nausea/vomiting, foot lacerations and marine stings. SMA is proud to have been involved in this magnificent and iconic WA occasion and the opportunity to be an integral part of the team that ensures the safe execution of a world-class sporting event.



### **SMA Pilbara Tour**

SMA staff member Tamzin France, toured the Pilbara presenting SMA workshops and courses; including sports taping, concussion and injury awareness and management. Towns visited included Port Hedland, Karratha, Tom Price, Newman, Pannawonica and Paraburdoo. This regional tour provided an important avenue to showcase SMA courses and also provide a vital educational opportunity to people living in rural and remote areas.

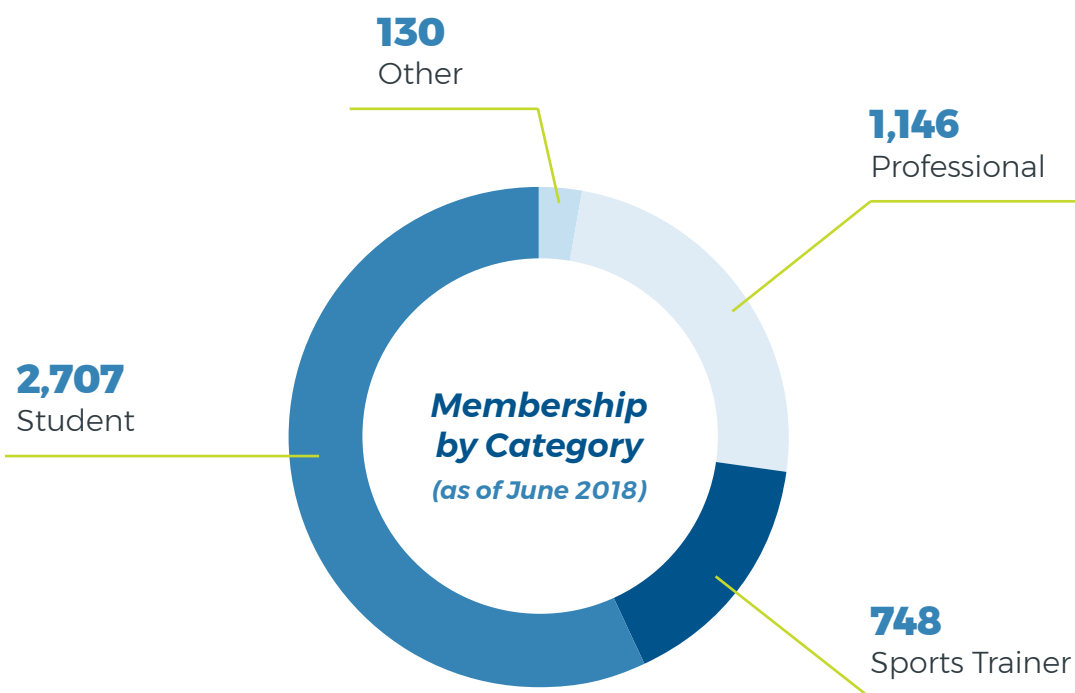


# MEMBERSHIP

Membership for this financial year has grown slightly from 4,696 reported in the last Annual Report, to 4,731. This is an encouraging result given that membership has been declining in recent years.

This financial year has also seen a significant review of SMA's membership offering across all membership categories as well as a fee structuring. The most notable change to membership includes the introduction of a \$50 membership fee to student members. Because of this, there will most likely be a decline in student

membership numbers seen next financial year. In terms of fees, the joining fee for all membership categories has been removed. Other exciting new membership benefits have been implemented including a 10% discount on courses now available to members. By reviewing and updating our membership offering, this will hopefully attract new members to SMA.





# SAFER SPORT PROGRAM



## SMA's Safer Sport Program was developed to:

- Create a safe playing field in which all Australians can actively and freely participate
- Encourage sport and physical activity
- Educate community members about healthy lifestyle choices and the associated benefit that physical activity and sports play in reducing lifestyle diseases.

The SSP Program grew again this year delivering education and training to more than 12,286 participants. SMA's partnership with the National Rugby League (NRL) continues to strengthen with nearly 1900 participants taking part in the NRL Level 1 Sports Trainer course delivered by SMA. This is an increase of over 50% from last year.



The start of 2018 saw SMA release updated and rebranded Nationally Recognised Training and Level 1 and Level 2 Sports Trainer Courses. This is a significant step forward for SMA, as a unified organisation, ensuring consistency in the education and training provided across the country. The release of these updated training packages has been well received by both the industry and students and helps solidify SMA's position as a leader in the education of professionals and community members about safe participation in sport, recreation and physical activity.



# 2017 ASICS SMA CONFERENCE

The scenic beauty of Langkawi Malaysia, provided the perfect backdrop for the 2017 ASICS SMA Conference held on the 25th - 28th of October.

Almost 300 delegates from both Australia and abroad, converged at the Langkawi International Convention Centre for quality professional development, networking and social activities.

Professor Louise Burke OAM was given the honor of Refshauge Lecturer for 2017, and officially opened the Conference with her plenary address on sports nutrition.

Over the following three days, respected keynotes from around the world helped to complete a truly holistic and multi-disciplinary program. Thanks to keynote speakers Professor Philip Ainslie, Professor Wendy Brown, Dr Andy Franklyn-Miller, Professor Patria Hume, Dr Jeremy Lewis and Winthrop Professor Danny Green for their outstanding contribution to the Conference program.

In the annual Judges Showcase and Poster Session, abstracts submitted were again of an extremely high calibre. Congratulations to Jack Hickey (Australian Catholic University) who was awarded the prestigious ASICS Medal for his research on hamstring strains. Well done also to all the other award winners.

The final day of the Conference was capped off

with a beautiful Gala Dinner. This was a wonderful way to celebrate the end of another successful Conference and catch up with friends old and new.

The success of the Conference could not have been possible without our major sponsor, ASICS who have been unrelenting in their support throughout the years. Thanks also to our other major sponsor, Beiersdorf for their enduring support. Special mention also needs to be made to all the trade who travelled to Langkawi to join us and the delegates- Defib for Life, Sanctband and Vald Performance: Thank-you!

A big thank you to the Conference Committee who worked extremely hard to make the event a success: Kay Copeland (Chairperson), Professor Gary Allison, Professor Andrew Cresswell, Dr Michael Drew, Dr Anita Green and Dr Luke Kelly.

All Conference abstracts are published online as a supplement to the Journal of Science and Medicine in Sport (JSAMS). More details about this journal, including subscription information can be found at [www.jsams.org](http://www.jsams.org).





# CONFERENCE AWARD WINNERS

*We would like to congratulate the following  
2018 ASICS SMA Conference Award Winners*



## Best Paper Awards

### **ASICS Medal – Best Paper Overall**

Jack Hickey: 'Pain-free vs pain-threshold rehabilitation for acute hamstring strain injury: a randomized controlled trial'

### **ASICS Ken Maguire Award for Best New Investigator – Clinical Sports Medicine**

Jack Hickey: 'Pain-free vs pain-threshold rehabilitation for acute hamstring strain injury: a randomized controlled trial.'

### **ASICS Best Paper – Clinical Sports Medicine**

Dr Donald Kuah: 'Mental health issues in elite rugby league players in the NRL during a competitive season - a cross-sectional epidemiological study.'

### **ASICS Best Paper – Exercise and Sports Science**

Lauren Chasland: 'Responses to eccentric and concentric cycling in patients with chronic heart failure: comparison to age-matched healthy controls.'

### **ASICS Best Paper – Injury Prevention**

Joshua Ruddy: 'Predicting hamstring strain injury incidence in elite Australian footballers.'

### **John Sutton Award for Best New Investigator – Exercise and Sports Science**

Hannah Thomas: 'Brain blood flow response to exercise and hypercapnia in humans: genetically determined?'

### **ASICS Award for Best New Investigator – Injury Prevention**

Dr Victor Lopez Jnr: 'Injury rates of U.S. rugby-7s an Olympic collision sport: using a novel injury surveillance tool the RISE report methodology.'

### **Wendy Ey, Women in Sport Award**

Charlotte Ganderton: 'Education with exercise improves pain and dysfunction in post-menopausal women with greater trochanteric pain syndrome.'

## Best Poster Awards

### **Best Poster – Clinical Sports Medicine**

Sally McLaine: 'Is shoulder strength related to the development of shoulder pain in swimmers?'

### **Best Poster – Exercise and Sports Science**

Glen Lichtwark: 'Elastic ankle muscle-tendon function is adjusted for accelerative walking strides'

### **Best Poster – Injury Prevention**

Marg Perrott: 'Assessment of lumbopelvic stability: beyond a three-point rating scale'

### **Best Poster – Physical Activity and Health Promotion**

Professor Gregory Kolt: 'A systematic review of health promotion intervention studies in the police force'

# ASMF FELLOWS

The Order of ASMF Fellows was established in 1984. The Fellows are the elite group within Sports Medicine Australia.

**The broad objectives of the Fellows are to:**

- Promote excellence in the field of sports medicine
- Encourage young members' research and scientific endeavours
- Recognize the contribution of members to SMA



## **ASMF Fellows Office Bearer**

### **President**

Michael Kenihan

### **Secretary**

Dr Anita Green

### **Vice President Science**

Professor Timothy Ackland

### **Vice President Medicine**

Dr Bruce Mitchell

### **Vice President Physiotherapy**

Kay Copeland

### **Censor of Fellows**

Professor Julie Steele

Professor Stephanie Hanrahan



During the 2017 ASICS SMA Conference in Langkawi, the ASMF Fellows enjoyed an entertaining evening at the annual ASMF Fellows Dinner, held at the beautiful beachside restaurant, Tide. Fellows President, Michael Kenihan paid tribute to Dr Grace Bryant OAM who was inducted into the Sport Australia Hall of Fame for her significant contribution to sport.

Congratulations to Dr Michael Drew who was awarded Fellowship.

Michael now joins an esteemed group of professional members who have made a significant contribution to SMA and the sports medicine industry.



# PUBLICATIONS

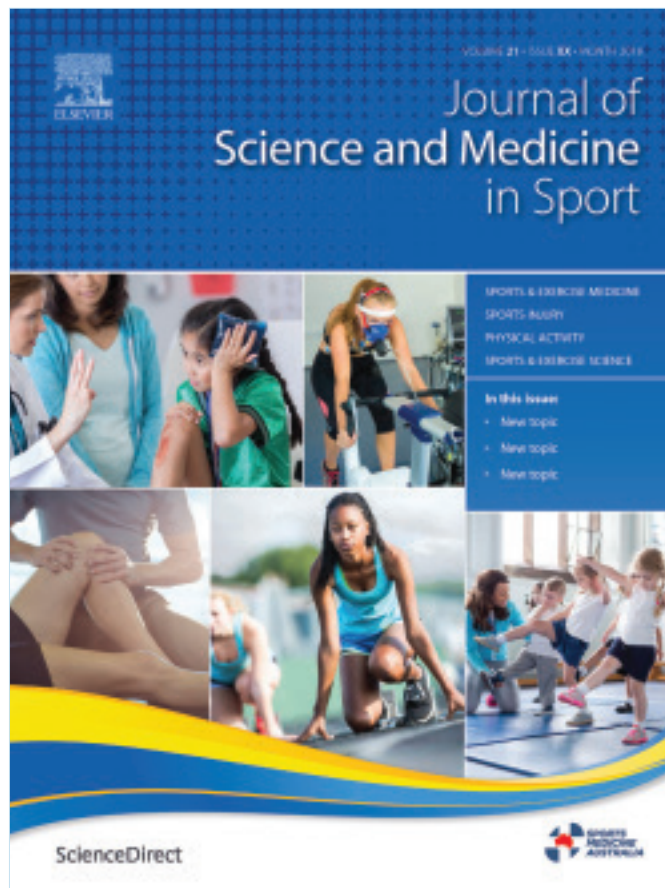
## Sport Health

Member magazine, Sport Health has had another strong year with topics ranging from 'exercise as therapy' issue to a Commonwealth Games special. In response to feedback from members and to provide an added incentive for membership, Sport Health, will be sent out to select membership groups within SMA. This move to print will also see the magazine become 'members-only' content. Digital copies of past and present issues of Sport Health will be accessible to members via the SMA Membership Portal.



## Journal of Science and Medicine in Sport

SMA's academic journal, the Journal of Science and Medicine in Sport (JSAMS) continues to be a leader in ranked academic journals across the globe. JSAMS remains in the top ten of ranked academic journals worldwide in the Sport Sciences category, with its impact factor rising to 3.929. In January 2017, JSAMS became a solely online publication and this smooth process has ensured the journal remains more impactful than ever.





# **SMA RESEARCH FOUNDATION**

The SMA Research Foundation was established to provide support to young postgraduate researchers engaged in sports medicine and lifestyle disease prevention research.

SMA Research Foundation Grants of up to \$2000 each have been made available to support research conducted by postgraduate students and postgraduate practitioners for the purpose of advancing research in sports medicine and its relationship with lifestyle disease prevention.

## **Congratulations to successful recipients of the 2017 Research Foundation Grants:**

- Daniel Brown, Griffith University
- Caitlin George, Central Queensland University
- Nicholas McMahon, University of Queensland
- Suzanna Russell, University of Queensland
- Alice Wallett, University of Canberra





# 2018

## ***Financial Report***

***For the year ended 30 June 2018***

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Australian Sports Medicine Federation Ltd

ABN: 54 002 794 998



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# DIRECTORS' REPORT

The Board of Directors presents their report on the Association for the financial year ended 30 June 2018.

## Directors

The names of members of the Board of Directors in office at any time during or since the end of the year are:

Name	Board Position	
Dr Andrew Jowett (Sports Physician VIC)	Chairman	
Professor Caroline Finch (Academic VIC)	Director	
Professor Gregory Kolt (Academic NSW)	Director	
Dr Peter Nathan (Sports Doctor WA)	Director	Resigned 28 October 2017
Dr Robert Reid (Sports Physician ACT)	Director	
Ms Belinda Hudson (Accountant VIC)	Director	
Ms Susan Maxwell Eaton (Sports Physiotherapist NSW)	Director	Appointed 28 October 2017
Dr Nirmala Perera (Research Officer/Research Fellow ACSEP VIC)	Director	Appointed 28 October 2017
Dr Fabio Egitto (Podiatrist WA)	Director	Appointed 19 December 2017

The Board of Directors have been in office since the start of the financial year to the date of this report unless otherwise stated.

## Company Secretary

The following person held the position of the Company Secretary at the end of the financial year.

Kim Nguyen

## Directors' Commentary on Financial Results

The deficit is the result of several factors which include: less than expected membership income; one-off expenditure for necessary changes to SMA's IT infrastructure; investment in Safer Sport Program Intellectual Property (IP); and, the realisation of significant legacy staff entitlements.

## Principal Activities

The principal activity of the entity during the financial year was:

To promote the practice of sports medicine and sports science throughout Australia.

There were no significant changes in the principal activities of the Company during the year.

## Objectives of the Company

The objects for which the Company is established are to seek to achieve its Vision and Mission in accordance with its Values.

Sports Medicine Australia is a national multi-disciplinary member organisation that provides leadership in the area of sports medicine, and the healthy participation and performance of Australians in physical activity and sport.

The Vision of the Company is to encourage healthy participation and performance in sport and physical activity for all. The Mission of the Company is to provide leading information and expertise on sports medicine, exercise science, injury prevention and physical activity.

The strategic objectives of the company are:

- Recognition as a thought leader in sports medicine, safety and injury prevention in sport and physical activity.
- Provide the highest quality relevant professional development, education and training.
- Retain and grow our membership across all categories.
- Improve our product and service delivery by embracing innovation and maximising our use of online and mobile technology.



### Strategy for achieving objectives

The Company's strategies for achieving these objectives are to:

- Invest in the development of our proprietary intellectual property, and our online and IT platforms.
- Innovation and continuous improvement of our products and services to ensure they represent the highest standard or quality possible.
- Act as the authority for expert comment on sports medicine and healthy participation and performance in sport and physical activity.
- Provide relevant services and products that our members value.
- Build strong and valuable strategic relationships and partnerships.
- Improve our understanding of our members and customers, and place them at the centre of our organisational business equation.
- Sell existing products and services into new markets.

### Meetings of Directors

During the financial year, 6 (six) meetings of Directors (including committees of Directors) were held.

Attendances by each director during the year were as follows:

DIRECTOR NAME	NUMBER ELIGIBLE TO ATTEND	NUMBER ATTENDED
Dr Andrew Jowett	6	6
Professor Caroline Finch	6	5
Professor Gregory Kolt	6	5
Dr Peter Nathan	2	2
Dr Robert Reid	6	6
Ms Belinda Hudson	6	6
Ms Susan Maxwell Eaton	4	4
Dr Nirmala Perera	4	3
Dr Fabio Egitto	3	3

The Directors act in an honorary capacity and are not paid for services as Directors to Australian Sports Medicine Federation Ltd.

### After balance day events

No matters or circumstances have arisen since the end of the financial year which significantly affected or may significantly affect.

### Contribution in Winding Up

Australian Sports Medicine Federation Ltd is a Company limited by guarantee. If the Company is wound up, the constitution states that each member is required to contribute a maximum of \$10.00 towards meeting any outstanding obligations of the Company.

At 30 June 2018 there were 1146 voting members and 3585 non voting members.

### Auditor's Independence Declaration

The auditor's independence declaration for the year ended 30 June 2018 has been received and is included in this report on Page 3.

Signed in accordance with a resolution of the Board of Directors.



Dr Andrew Jowett, Director



Ms Belinda Hudson, Director

Dated this 20th day of September

# AUDITOR'S INDEPENDENCE DECLARATION

***Auditor's Independence Declaration  
Under 60-40 of The Australian Charities and  
Not-For-Profits Commission Act 2012***

***To the Directors of  
Australian Sports Medicine Federation Ltd  
A.B.N. 54 002 794 998***

I declare that, to the best of my knowledge and belief, during the year ended 30 June 2018 there have been:

- (i) no contraventions of the auditor independence requirements of the Australian Charities and Not for Profits Commission Act 2012 in relation to the audit; and
- (ii) no contraventions of any applicable code of professional conduct in relation to the audit.



Name of Auditor:

Frederik R.L. Eksteen

Dated this 20th day of September

Address: Collins & Co  
127 Paisley Street  
Footscray VIC 3011

# STATEMENT OF PROFIT OR LOSS AND OTHER COMPREHENSIVE INCOME

**For the Year Ended 30 June 2018**

	Note	2018 \$	2017 \$
<b>REVENUE</b>	<b>2</b>	3,770,026	4,056,356
<b>EXPENDITURE</b>			
Administration Expenses		100,013	84,969
Computer & IT Expenses		173,215	175,182
Coverage & Grant Expenses		358,454	89,363
Depreciation and amortisation expenses		3 33,869	37,167
Employee benefits expenses		1,905,986	1,724,435
General Expenses		40,048	59,411
Insurance Expenses		84,007	75,337
Membership Expenses		207,796	475,887
Motor Vehicles Expenses		19,251	8,263
National Conference Expenses		402,460	446,631
Office Stationery		47,723	45,613
Publication Expenses		19,318	16,722
Rental Expenses		108,666	100,264
Safer Sport Program Expenses		600,146	562,201
Sponsorship & Project Expenses		2,636	-
Staff Expenses		83,635	31,541
State Conference Expenses		111,707	60,018
Travel & Accommodation Expenses		49,535	42,722
<b>TOTAL EXPENDITURE</b>		<b>4,348,465</b>	<b>4,035,726</b>
Surplus/ (Deficit) attributable to the Company		(578,439)	20,630
Other comprehensive income after income tax		-	-
Net gain or loss on revaluation of non-current assets			
Other comprehensive income for the year, net of tax		-	-
Total comprehensive income for the year, net of tax		(578,439)	20,630
Total comprehensive income/ (loss) attributable to entity		(578,439)	20,630

The income statement is to be read in conjunction with the audit report and the notes to the financial statements.



# STATEMENT OF FINANCIAL POSITION

**As at 30 June 2018**

	Note	2018 \$	2017 \$
<b>CURRENT ASSETS</b>			
Cash and Cash Equivalents	4	1,951,978	2,643,572
Trade and Other Receivables	5	291,969	272,095
Other Current Assets	6	46,143	192,484
<b>TOTAL CURRENT ASSETS</b>		<b>2,290,090</b>	<b>3,108,151</b>
<b>NON CURRENT ASSETS</b>			
Property, Plant and Equipment		107,558	83,040
<b>TOTAL NON-CURRENT ASSETS</b>		<b>107,558</b>	<b>83,040</b>
<b>TOTAL ASSETS</b>		<b>2,397,648</b>	<b>3,191,191</b>
<b>CURRENT LIABILITIES</b>			
Trade and Other Payables	8	595,152	751,525
Provisions	9	110,458	147,418
<b>TOTAL CURRENT LIABILITIES</b>		<b>705,610</b>	<b>898,943</b>
<b>NON-CURRENT LIABILITIES</b>			
Provisions	9	-	21,771
<b>TOTAL NON-CURRENT LIABILITIES</b>		<b>-</b>	<b>21,771</b>
<b>TOTAL LIABILITIES</b>		<b>705,610</b>	<b>920,714</b>
<b>NET ASSETS</b>		<b>1,692,038</b>	<b>2,270,477</b>
<b>EQUITY</b>			
Accumulated Funds		214,631	793,070
Reserves		1,477,407	1,477,407
<b>TOTAL EQUITY</b>		<b>1,692,038</b>	<b>2,270,477</b>

The income statement is to be read in conjunction with the audit report and the notes to the financial statements.

# STATEMENT OF CHANGES IN EQUITY

**For the Year Ended 30 June 2018**

	Accumulated Funds \$	Specific Purpose Reserve \$	Total \$
<b>Balance as at 1 July 2016</b>	<b>772,440</b>	<b>1,477,407</b>	<b>2,249,847</b>
Surplus/ (Deficit) attributable to the Company	20,630	-	<b>20,630</b>
Transfer to/ (from) Reserve	-	-	-
<b>Balance as at 30 June 2017</b>	<b>793,070</b>	<b>1,477,407</b>	<b>2,270,477</b>
Surplus/ (Deficit) attributable to the Company	(578,439)	-	<b>( 578,439)</b>
Transfer to/ (from) Reserve	-	-	-
<b>Balance as at 30 June 2018</b>	<b>214,631</b>	<b>1,477,407</b>	<b>1,692,038</b>

The income statement is to be read in conjunction with the audit report and the notes to the financial statements.

# STATEMENT OF CASH FLOWS

**For the Year Ended 30 June 2018**

		2018	2017
	Note	\$	\$
<b>CASH FLOWS FROM OPERATING ACTIVITIES</b>			
Receipts from Membership Fees		394,938	315,948
Receipts from Programs, Sponsorship and Project Fees		1,701,600	310,198
Other Receipts		1,365,379	4,774,391
Payments to Employees & Suppliers		(4,109,376)	(4,365,808)
Interest Received		14,254	18,655
<b>Net Cash Generated from/ (Used in) Operating Activities</b>	<b>11</b>	<b>(633,205)</b>	<b>1,053,384</b>
<b>CASH FLOWS FROM INVESTING ACTIVITIES</b>			
Proceeds from Disposal of Property, Plant and Equipment		-	48,752
Payment for Purchase of Property, Plant and Equipment		(58,389)	(17,014)
<b>Net Cash (Used in)/ Provided by Investing Activities</b>		<b>(58,389)</b>	<b>31,738</b>
<b>Net increase/ (decrease) in cash held</b>		<b>(691,594)</b>	<b>1,085,122</b>
<b>Cash and Cash Equivalents at Beginning of Financial Year</b>		<b>2,643,572</b>	<b>1,558,450</b>
<b>Cash and Cash Equivalents at End of Financial Year</b>	<b>4</b>	<b>1,951,978</b>	<b>2,643,572</b>

The income statement is to be read in conjunction with the audit report and the notes to the financial statements.



# NOTES TO THE FINANCIAL STATEMENTS

## For the Year Ended 30 June 2018

### Note 1. Statement of Significant Accounting Policies

The financial statements and notes represent those of Australian Sports Medicine Federation Ltd, the Company.

#### Policies Basis of preparation

The financial statements are general purpose financial statements that have been prepared in accordance with Australian Accounting Standards - Reduced Disclosure Requirements of the Australian Accounting Standards Board (AASB) and the ACNC Act 2012. The Company is a not-for-profit Company for financial reporting purposes under Australian Accounting Standards.

#### Historical cost convention

The financial statements have been prepared under the historical cost convention.

Australian Accounting Standards set out accounting policies that the AASB has concluded would result in financial statements containing relevant and reliable information about transactions, events and conditions. Material accounting policies adopted in the preparation of the financial statements are presented below and have been consistently applied unless stated otherwise.

The financial statements, except for the cash flow information, have been prepared on an accruals basis and are based on historical costs, modified, where applicable, by the measurement at fair value of selected non-current assets, financial assets and financial liabilities. The amounts presented in the financial statements have been rounded to the nearest dollar.

#### Accounting Policies

##### a. Property, Plant and Equipment

Freehold land and buildings, plant & equipment are brought to account at cost less, where applicable, any accumulated depreciation and impairment losses. The carrying amount of property, plant and equipment is reviewed annually by directors to ensure it is not in excess of the recoverable amount of these assets. The recoverable amount is assessed on the basis of the expected net cash flows which will be received from the assets employment and subsequent disposal. The expected net cash flows have not been discounted to their present values in determining recoverable amounts.

The cost of fixed assets constructed within the Company includes the cost of materials, labour, borrowing costs and an appropriate proportion of fixed and variable overheads.

Subsequent costs are included in the assets carrying amount or recognised as a separate asset, as appropriate, only when it is probable that future economic benefits associated with the item will flow to the company and the cost of the asset can be measured reliably. All other repairs & maintenance are charged to the income statement during the financial period in which they are incurred.

Increases in the carrying amount arising on the revaluation of land and buildings are credited to a revaluation reserve in equity. Decreases that offset previous increases of the same asset are charged against fair value reserves directly in equity; all other decreases are charged to the income statement.

The depreciable amount of all fixed assets including building and capitalised lease assets, but excluding freehold land, is depreciated on a straight line basis over their useful lives to the Company commencing from the time the asset is held ready for use. Properties held for investment purposes are not subject to depreciation.

The assets residual values and useful lives are reviewed, and adjusted if appropriate, at each balance sheet date. An assets carrying amount is written down immediately to its recoverable amount if the assets carrying amount is greater than its estimated recoverable amount.

Gains and losses on disposal are determined by comparing proceeds with the carrying amount. These gains and losses are included in the income statement.

The depreciation rates used for each class of depreciable assets are:

<b>Class of Fixed Asset</b>	<b>Depreciation Rate</b>
Buildings	2.50%
Computer Software	30.00%
Telephone System	20.00%
Computer Equipment	30.00%
Office Equipment, Furniture & Fittings	7.50% - 30.00%
Security System	25.00%

#### **b. Impairment of Assets**

At each reporting date, the company reviews the carrying values of its assets to determine whether there is any indication that those assets have been impaired. If such an indication exists, the recoverable amount of the asset, being the higher of the asset's fair value less costs to sell and value-in-use, is compared to the asset's carrying value. Any excess of the assets carrying value over its recoverable amount is expensed to the income statement.

Where it is not possible to estimate the recoverable amount of an individual asset, the company estimates the recoverable amount of the cash generating unit to which the asset belongs.

#### **c. Leases**

All leases are classified as operating leases. Minimum lease payments made under operating leases are charged as an expense in equal instalments over the accounting periods covered by the lease term.

#### **d. Financial Instruments**

##### **Initial Recognition and Measurement**

Financial assets and financial liabilities are recognised when the entity becomes a party to the contractual provisions to the instrument. For financial assets, this is equivalent to the date that the Company commits itself to either purchase or sale of the asset (i.e. trade date accounting is adopted).

Financial instruments are initially measured at fair value plus transactions costs, except where the instrument is classified 'at fair value through profit or loss', in which case transaction costs are expensed to profit or loss immediately.

##### **Classification and Subsequent Measurement**

Finance instruments are subsequently measured at either of fair value, amortised cost using the effective interest rate method, or cost. *Fair value* represents the amount for which an asset could be exchanged or a liability settled, between knowledgeable, willing parties. Where available, quoted prices in an active market are used to determine fair value. In other circumstances, valuation techniques are adopted.

Amortised cost is calculated as (i) the amount at which the financial asset or financial liability is measured at initial recognition (ii) less principal repayments (iii) plus or minus the cumulative amortisation of the difference, if any, between the amount initially recognised and the maturity amount calculated using the effective interest method; and (iv) less any reduction for impairment.

*The effective interest method* is used to allocate interest income or interest expense over the relevant period and is equivalent to the rate that exactly discounts estimated future cash payments or receipts (including fees, transaction costs and other premiums or discounts) through the expected life (or when this cannot be reliably predicted, the contractual term) of the financial instrument to the net carrying amount of the financial asset or financial liability. Revisions to expected future net cash flows will necessitate an adjustment to the carrying value with a consequential recognition of an income or expense in profit or loss.

### **Financial assets at fair value through the profit & loss**

Financial assets are classified at "fair value through profit or loss" when they are held for trading for the purpose of short-term profit taking, or where they are derivatives not held for hedging purposes, or when they are designated as such to avoid an accounting mismatch or to enable performance evaluation where a Company of financial assets is managed by key management personnel on a fair value basis in accordance with a documented risk management or investment strategy. Such assets are subsequently measured at fair value with changes in carrying value being included in profit or loss.

### **Loans and receivables**

Loans and receivables are non-derivative financial assets with fixed or determinable payments that are not quoted in an active market and are subsequently measured at amortised cost.

Loans and receivables are included in current assets, except for those which are not expected to mature within 12 months after the end of the reporting period, which will be classified as non-current assets.

### **Held-to-maturity investments**

Held-to-maturity investments are non-derivative financial assets that have fixed maturities and fixed or determinable payments, and it is the entity's intention to hold these investments to maturity. They are subsequently measured at amortised cost.

Held-to-maturity investments are Included in non-current assets, except for those which are expected to mature within 12 months after the end of reporting period. If during the period the Company sold or reclassified more than an insignificant amount of the held-to-maturity investments before maturity, the entire held-to-maturity investments would be tainted and reclassified as available-for-sale.

### **Available-for-sale Financial assets**

Available-for-sale financial assets are non-derivative financial assets that are either not capable of being classified into other categories of financial assets due to their nature, or they are designated as such by management. They comprise investments in equity of other entities where there is neither fixed maturity nor fixed or determinable payments.

Available-for-sale financial assets are included in non-current assets, except for those which are expected to be disposed of within 12 months after the end of the reporting period.

### **Financial liabilities**

Non-derivative financial liabilities are recognised at amortised cost, comprising original debt less principal payments and amortisation.

### **Fair value**

Fair Value is determined based on current bid prices for all quoted investments. Valuation techniques are applied to determine the fair value for all unlisted securities, including recent arm's length transactions, reference to similar instruments and option pricing models.



**Impairment**

At the end of each reporting period, the entity assesses whether there is objective evidence that a financial instrument has been impaired. In the case of available-for-sale financial instruments, a prolonged decline in the value of the instrument is considered to determine whether an impairment has arisen. Impairment losses are recognised in the statement of comprehensive income.

**Derecognition**

Financial assets are derecognised where the contractual rights to receipt of cash flows expires or the asset is transferred to another party whereby the entity no longer has any significant continuing involvement in the risks and benefits associated with the asset. Financial liabilities are derecognised where the related obligations are either discharged, cancelled or expired. The difference between the carrying value of the financial liability, which is extinguished or transferred to another party and the fair value of consideration paid, including the transfer of non-cash assets or liabilities assumed, is recognised in profit or loss.

**e. Employee Benefits****Short term benefits**

The provisions for employee entitlements to wages, salaries, annual and paid maternity leave represent obligations resulting from employees' services provided up to reporting date, calculated at undiscounted amounts based on wage and salary rates, including related on-costs, which the Company expects to pay at the end of each reporting period.

**Long term benefits**

The provision for employee entitlements to long service leave represents the present value of the estimated future cash outflows to be made resulting from employees' services provided up to reporting date.

**Superannuation**

Superannuation contributions are made by the Company to approved superannuation funds for all employees. The costs are charged as employee expenses as they are incurred. The Company has no legal obligation to cover any shortfall in the superannuation funds' obligations to provide benefits to employees on retirement.

**f. Provisions**

Provisions are recognised when the Company has a legal or constructive obligation, as a result of past events, for which it is probable that an outflow of economic benefits will result and that outflow can be reliably measured.

Provisions are measured using the best estimate of the amounts required to settle the obligation at the end of the reporting period.

**g. Cash and Cash Equivalents**

Cash and cash equivalents include cash on hand, deposits held at call with banks, other short-term highly liquid investments with original maturities of three months or less, and bank overdrafts. Bank overdrafts are shown within short term borrowings in current liabilities in the statement of financial position.

**h. Revenue**

Revenue comprises income from the provision of government grants, client contributions and donations. Revenue from major products and services is shown in Note 2.

**Government Grants**

A number of the organisation's programs are supported by grants received from the Federal, State and Local Governments.

Where conditions are attached to a grant which must be satisfied before the organisation is eligible to receive the contribution, recognition of the grant as revenue is deferred until those conditions are satisfied.

Revenue from a non-reciprocal grant that is not subject to conditions is recognised when the organisation obtains control of the funds, economic benefits are probable and the amount can be measured reliably.

If the organisation receives a non-reciprocal contribution of an asset from a government or other party for no nominal considerations, the asset is recognised at fair value and a corresponding amount of revenue is recognised.

**Client Contributions**

Fees charged services provided to clients are recognised when the service is rendered.

**Donations**

Donations collected, are recognised as revenue when the organisation gains control, economic benefits are probable and the amount of the donation can be measured reliably.

**Interest Received**

Interest revenue is recognised on a time proportional basis taking into account the interest rates applicable to the financial assets.

All receipts are stated net of Good and Services Tax.

**i. Trade & Other Payables**

Trade and other payables represent the liabilities for goods and services received by the Company that remain unpaid at the end of the reporting period. The balance is recognised as a current liability with the amounts normally paid within 30 days of recognition of the liability.

**j. Goods and Services Tax (GST)**

Revenues, expenses and assets are recognised net of the amount of GST, except where the amount of GST incurred is not recoverable from the Australian Tax Office.

Receivables and payables are stated inclusive of the amount of GST receivable or payable. The net amount of GST recoverable from, or payable to, the ATO is included with other receivables or payables in the statement of financial position.

Cash flows are presented on a net basis. The GST components of cash flows arising from investing or financing activities which are recoverable from, or payable to, the ATO are presented as operating cash flows excluded from the receipts from customers or the payments to suppliers.

**k. Income Tax**

By virtue of its aims as set out in the constitution, the Company qualifies as an organisation specifically exempt from income tax under Section 50-45 of the Income Tax Assessment Act, 1997.

**I. Comparative Figures**

Where required by Accounting Standards, comparative figures have been adjusted to conform with changes in presentation for the current financial year.

When an entity applies an accounting policy retrospectively, makes a retrospective restatement or reclassifies items in its financial statements, a statement of financial position as at the beginning of the earliest comparative period must be disclosed.

**m. Critical Accounting Estimates and Judgements**

The direction evaluate estimates and judgements incorporated into the financial statements based on historical knowledge and best available current information.

Estimates assume a reasonable expectation of future events and are based on current trends and economic data, obtained both externally and within the Company.

**Key Estimates - Impairment (General)**

The Company assesses impairment at each reporting date by evaluating conditions specific to the Company that may lead to impairment of assets.

Where an impairment trigger exists, the recoverable amount of the asset is determined.

**Key Judgements - Provision for Impairment of Receivables**

The management believe that \$2,326 of the debt may be unrecoverable, and therefore a similar provision for impairment has been made.



# NOTES TO THE FINANCIAL REPORT

## FOR THE YEAR ENDED 30 JUNE 2018

	2018	2017
	\$	\$
<b>Note 2. Operating Activities: Revenues</b>		
Memberships	414,812	459,490
Sponsorship & Project Fees	317,464	160,222
Merchandise & Publications	210,174	218,553
Coverage & Grants	941,016	450,057
National Conference	397,395	563,444
States Income	-	2,176,791
Safer Sports Program	1,384,136	6,547
State Conference	61,683	-
Other Income 2	9,092	2,597
	<u>3,755,772</u>	<u>4,037,701</u>
<b>Non-Operating Activities: Revenues</b>		
Interest Received	14,254	18,655
	<u>14,254</u>	<u>18,655</u>
<b>Total Revenue</b>	<u>3,770,026</u>	<u>4,056,356</u>
<b>Note 3. Operating Activities: Expenses</b>		
Depreciation of non-current assets	33,869	37,167
<b>Note 4. Cash and Cash Equivalents</b>		
Cash at Bank	1,951,978	2,642,594
Cash on Hand	-	978
	<u>1,951,978</u>	<u>2,643,572</u>
<b>Reconciliation of Cash</b>		
Cash at the end of the financial year as shown in the cash flow statement is reconciled to items in the balance sheet as follows:		
Cash and Cash Equivalents	1,951,978	2,643,572
	<u>1,951,978</u>	<u>2,643,572</u>
<b>Note 5. Trade and Other Receivables</b>		
Trade Receivables	228,130	200,740
Less: Provision for Doubtful Debts	-	-
Other Receivables	11,938	3,551
Related Party Receivables	51,901	67,804
	<u>291,969</u>	<u>272,095</u>

	2018	2017
	\$	\$
<b>Note 6. Other Current Assets</b>		
Prepayments	46,143	192,484
	<u>46,143</u>	<u>192,484</u>
<b>Note 7. Property, Plant and Equipment</b>		
<b>Computer Equipment</b>		
At Cost	164,341	107,165
Accumulated Depreciation	(95,818)	(76,784)
	<u>68,523</u>	<u>30,381</u>
<b>Furniture &amp; Fittings</b>		
At Cost	3,262	1,871
Accumulated Depreciation	(1,160)	(647)
	<u>2,102</u>	<u>1,224</u>
<b>Motor Vehicles</b>		
At Cost	44,657	44,835
Accumulated Depreciation	(17,321)	(10,595)
	<u>27,336</u>	<u>34,240</u>
<b>Office Equipment</b>		
At Cost	45,149	45,149
Accumulated Depreciation	(35,552)	(27,955)
	<u>9,597</u>	<u>17,194</u>
<b>Total Property, Plant and Equipment</b>	<u>107,558</u>	<u>83,040</u>

**Note 7. Property, Plant and Equipment (Continued)**

(b) Reconciliation of Movement in Carrying Values

	Office Equipment	Computer Equipment	Furniture & Fittings	Motor Vehicles	Total Property, Plant & Equipment
<b>Written down value at 1 July 2016</b>	<b>23,190</b>	<b>36,952</b>	<b>1,917</b>	<b>89,422</b>	<b>151,481</b>
Additions	1,602	14,267	1,145	-	17,014
Disposals	-	-	(1,597)	(46,691)	(48,288)
Depreciation expense	(7,598)	(20,837)	(241)	(8,491)	(37,167)
<b>Written down value at 30 June 2017</b>	<b>17,194</b>	<b>30,382</b>	<b>1,224</b>	<b>34,240</b>	<b>83,040</b>

	Office Equipment	Computer Equipment	Furniture & Fittings	Motor Vehicles	Total Property, Plant & Equipment
<b>Written down value at 1 July 2017</b>	<b>17,194</b>	<b>3</b>	<b>1,224</b>	<b>34,240</b>	<b>83,040</b>
Additions	-	56,998	1,391	-	58,389
Transfers between categories	-	179	-	(179)	-
Disposals	-	-	-	-	-
Depreciation expense	(7,597)	(19,036)	(513)	(6,725)	(33,871)
<b>Written down value at 30 June 2018</b>	<b>9,597</b>	<b>68,523</b>	<b>2,102</b>	<b>27,336</b>	<b>107,558</b>

	2018	2017
	\$	\$
<b>Note 8. Trade and Other Payables</b>		
<b>Current - Unsecured</b>		
Trade Payables	135,099	138,002
Other Payables	74,714	6,983
Income Received in Advance	274,972	548,953
Superannuation Payable	14,747	14,893
GST Payable	65,684	(178)
PAYG Withholding Tax Payable	29,936	22,102
Credit Cards	-	20,770
	<u>595,152</u>	<u>751,525</u>
<b>Non-Current - Unsecured</b>		
Other payables	-	-
	<u>595,152</u>	<u>751,525</u>
<b>Financial liabilities at amortised cost classified as trade and other payables</b>		
Trade and other payables		
- Total current	595,152	751,525
- Total non-current	-	-
	<u>595,152</u>	<u>751,525</u>
<b>Note 9. Provisions</b>		
<b>Current</b>		
Annual Leave	93,343	115,812
Long Service Leave	17,115	31,606
	<u>110,458</u>	<u>147,418</u>
<b>Non-Current</b>		
Long Service Leave	-	21,771
	<u>-</u>	<u>21,771</u>



	2018	2017
	\$	\$
<b>Note 10. Leasing Commitments</b>		
<b>Operating Lease Commitments</b>		
The organisation's future operating lease payments are as follows:		
<b>Payable - Minimum Lease Payments</b>		
- no later than 12 months	82,181	99,793
- between 12 months and 5 years	46,060	128,241
- greater than 5 years	-	-
	<u>128,241</u>	<u>228,034</u>

The property lease commitments are non-cancellable operating leases with lease terms between one and five years. Increases in lease commitments may occur in line with CPI or market rent reviews in accordance with the agreements.

**Note 11. Cash Flow Information**

**(a) Reconciliation of Cash Flow from Operations with Profit after**

Operating Surplus/ (Deficit)	(578,439)	20,630
<u>Non-cash flows in profit</u>		
Depreciation	33,869	37,167
(Profit)/ Loss on Disposal of Property, Plant & Equipment	-	(464)
<u>Changes in Assets and Liabilities</u>		
(Increase)/Decrease in Trade and Other Receivables	(19,874)	1,096,474
(Increase)/decrease in Prepayments	146,341	(147,954)
Increase/(Decrease) in Trade and Other Payables	117,610	(80,260)
Increase/(Decrease) in Income in Advance	(273,981)	266,362
Increase/(Decrease) in Provisions	(58,731)	(138,571)
Cash flow from operations	<u>(633,205)</u>	<u>1,053,384</u>

**Note 12. Financial Risk Management****a. Financial Risk Management**

The Company's financial instruments consist mainly of deposits with banks, local money market instruments, short-term investments, accounts receivable and payable and bank loans.

The Company does not have any derivative instruments at 30 June 2018.

The totals for each category of financial instruments, measured in accordance with AASB 139 as detailed in the accounting policies to these financial statements, are as follows:

		2018	2017
	Note	\$	\$
<b>Financial Assets</b>			
Cash and cash equivalents	4	1,951,978	2,643,572
Loans and receivables	5	291,969	272,095
		<u>2,243,947</u>	<u>2,915,667</u>
<b>Financial Liabilities</b>			
Trade and other payables	8	595,152	751,525
		<u>595,152</u>	<u>751,525</u>

**(i) Credit Risk**

The maximum exposure to credit risk, excluding the value of any collateral or other security, at balance date to recognised financial assets is the carrying amount, net of any provisions for doubtful debts, as disclosed in the Statement of Financial Position and notes to the financial statements.

**(ii) Liquidity Risk**

The Company manages liquidity risk by monitoring forecast cash flows and ensuring that adequate borrowing facilities are maintained.

**(iii) Interest Rate Risk**

The finance committee meets on a regular basis to analyse the interest rate exposure in the context of the most recent economic conditions and forecasts.

**Note 13. Company's Details**

The registered office of the company is:

Australian Sports Medicine Federation Ltd  
3-5 Cheney Place  
MITCHELL ACT 2911

The principal place of business of the company is:

Australian Sports Medicine Federation Ltd  
375 Albert Road  
SOUTH MELBOURNE VIC 3205

# ***DIRECTORS' DECLARATION***

The responsible persons declare that in the responsible persons' opinion:

1. there are reasonable grounds to believe that the registered entity is able to pay all of its debts, as and when they become due and payable; and
2. the financial statements and notes satisfy the requirements of the Australian Charities and Not-for-profits Commission Act 2012.

Signed in accordance with subsection 60.15(2) of the Australian Charities and Not-for-profit Commission Regulation 2013.



Dr Andrew Jowett, Chairperson



Ms Belinda Hudson, Treasurer

Dated this 20th day of September

# INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS

## Qualified Opinion

I have audited the accompanying financial report of Australian Sports Medicine Federation Ltd (the company), which comprises the statement of financial position as at 30 June 2018, and the statement of comprehensive income, statement of changes in equity and statement of cash flows for the year ended on that date, notes comprising a summary of significant accounting policies and other explanatory information and the statement by the Board of Directors.

In my opinion, except for the effects of the matter described in the Basis of Qualified Opinion section of my report, the accompanying financial report of Australian Sports Medicine Federation Ltd is in accordance with Division 60 of the ACNC Act 2012, including:

- i. giving a true and fair view of the company's financial position as at 30 June 2018 and of its performance and cash flows for the year ended on 30 June 2018; and
- ii. complying with Australian Accounting Standards- Reduced Disclosure Requirements and Division 60 of the Australian Charities and Not-for-profits Commission Regulation 2013.

## Basis for Qualified Opinion

I was unable to satisfy myself that the revenue from training courses and membership fees were appropriately recognised or that all revenue from these sources have been recorded in the financial records.

I conducted my audit in accordance with Australian Auditing Standards. My responsibilities under those standards are further described in the Auditor's Responsibilities for the Audit of the Financial Report section of my report. I am independent of the Company in accordance with the auditor independence requirements of the ACNC Act 2012 and the ethical requirements of the Accounting Professional and Ethical Standards Board's APES 110 Code of Ethics for Professional Accountants (the Code) that are relevant to my audit of the financial report in Australia. I have also fulfilled our other ethical responsibilities in accordance with the Code.

I confirm that the independence declaration required by the ACNC Act 2012, which has been given to the directors of the Company would be on the same terms if given to the directors as at the time of this auditor's report.

I believe that the audit evidence I have obtained is sufficient and appropriate to provide a basis for my opinion.

## Responsibilities of Management and Those Charged with Governance for the Financial Report

Management is responsible for the preparation and fair presentation of the financial report in accordance with Australian Accounting Standards, and for such internal control as management determines is necessary to enable the preparation of the financial report that is free from material misstatement, whether due to fraud or error.

In preparing the financial report, management is responsible for assessing the Corporation's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless management either intends to liquidate the Entity or to cease operations, or has no realistic alternative but to do so.

Those charged with governance are responsible for overseeing the Corporation's financial reporting process.



***Auditor's Responsibilities for the Audit of the Financial Report***

My objectives are to obtain reasonable assurance about whether the financial report as a whole is free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with Australian Auditing Standards will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of the financial report.

As part of an audit in accordance with Australian Auditing Standards, I exercise professional judgement and maintain professional scepticism throughout the audit. I also:

Identify and assess the risks of material misstatement of the financial report, whether due to fraud or error, design and perform audit procedures responsive to those risks, and obtain audit evidence that is sufficient and appropriate to provide a basis for our my opinion. The risk of not detecting a material misstatement resulting from fraud is higher than for one resulting from error, as fraud may involve collusion, forgery, intentional omissions, misrepresentations, or the override of internal control.

Obtain an understanding of internal control relevant to the audit in order to design audit procedures that are appropriate in the circumstances, but not for the purpose of expressing an opinion on the effectiveness of the registered entity's internal control.

Evaluate the appropriateness of accounting policies used and the reasonableness of accounting estimates and related disclosures made by the responsible entities.

Conclude on the appropriateness of the responsible entities use of the going concern basis of accounting and, based on the audit evidence obtained, whether a material uncertainty exists related to events or conditions that may cast significant doubt on the registered entity's ability to continue as a going concern. If I conclude that a material uncertainty exists, I am required to draw attention in my auditor's report to the related disclosures in the financial report or, if such disclosures are inadequate, to modify my opinion. My conclusions are based on the audit evidence obtained up to the date of my auditor's report. However, future events or conditions may cause the registered entity to cease to continue as a going concern.

Evaluate the overall presentation, structure and content of the financial report, including the disclosures, and whether the financial report represents the underlying transactions and events in a manner that achieves fair presentation.

I communicate with those charged with governance regarding, among other matters, the planned scope and timing of the audit and significant audit findings, including any significant deficiencies in internal controls that I identify during my audit.

Name of Auditor: Frederik R.L. Eksteen

Address: Collins & Co  
127 Paisley Street  
Footscray VIC 3011

Dated this 20th day of September