

# ANNUAL REPORT

**2019 - 2020**

ABN: 35 446 122 543



PREVENTION • MANAGEMENT • EDUCATION

*We acknowledge and respect Aboriginal peoples as South Australia's first peoples and nations, we recognise Aboriginal peoples as traditional owners and occupants of land and waters in South Australia and that their spiritual, social, cultural and economic practices come from their traditional lands and waters; and they maintain their cultural and heritage beliefs, languages and laws which are of ongoing importance; We pay our respects to their ancestors and to their Elders.*

## 2019/20 COUNCIL MEMBERS

## 2019/20 STAFF MEMBERS

**David Spurrier** | President  
**Dr. Geoff Verrall** | Vice President  
**Sean Murphy** | Treasurer

### Committee

Keren Faulkner  
Kate Beerworth  
Aaron Beck  
Dr Luke Mooney  
Carlie Altmann  
Olivia Warnes  
Dr Janet Young

Dr Duncan Walker | Medical Director

**Daniel Clark** | Executive Officer  
**Steph Potter** | Manager Industry Partnerships & Education  
**Lauren Edwards** | Community Project Officer  
**Sonja Davey** | Community Project Officer  
**Mallory Papantoniou** | Marketing and Events Officer  
**Gabrielle Fisher** | Project Officer  
**Heather Kilsby, HMK Accounting Support** | Finance

## HONOUR BOARD

Year	President	Secretary	Treasurer
1961 - 1964	Dr. Garton M. Hone	Mr. Bert F.G. Apps	Mr. Bert F.G. Apps
1965 - 1969	Dr. Owen Bowering	Mr. Bert F.G. Apps	Mr. Bert F.G. Apps
1970 - 1972	Dr. Donald Beard	Mr. Robin Haskard	Mr. Robin Haskard
1973 - 1975	Mr. M. G. Maguire	Mr. Bert F.G. Apps	Dr. J. H. Kneebone
1976 - 1977	Dr. R.C.Heddle	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1978 - 1980	Mr. Max Sopp	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1981 - 1982	Dr. Denise Chapman	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1983 - 1984	Dr. Brian Sando	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1985 - 1986	Mr. Michael Mason	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1987 - 1988	Dr. Peter Barnes	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1989 - 1990	Mr. Max Pfitzner	Dr. J. H. Kneebone	Dr. J. H. Kneebone
1991 - 1992	Dr. Roger Paterson	Mr. Max Pfitzner	Dr. Peter Dobson
1993 - 1994	Mr. Simon Bartold	Dr. Roger Paterson	Dr. Peter Dobson
1995 - 1996	Dr. Malcolm Kerr Grant	Mr. Simon Bartold	Dr. Peter Dobson
1997 - 1999	Ms. Lynne Haysman	Dr. Malcolm Kerr Grant	Dr. Peter Dobson
2000 - 2002	Ms. Libby Austin	Ms. Lynne Haysman	Dr. Peter Dobson
2002 - 2003	Mr. Duncan Haskard	Ms. Libby Austin	Ms. Angela Evans
2004 - 2006	Dr. Andrew Potter	Ms. Libby Austin	Ms. Angela Evans
2007 - 2008	Dr. Elizabeth Clisby	Dr. Andrew Potter Mr. Duncan Haskard	Mr. Nigel Rowe
2009 - 2010	Mr. David Spurrier	Mr. Nigel Rowe	Mr. Nigel Rowe
2011 - 2012	Dr. Bridget Sawyer	Mr. Nigel Rowe	Mr. Nigel Rowe
2013 - 2014	Mr. Nigel Rowe	Mr. Patrick Custance	Mr. Patrick Custance
2014 - 2016	Mr. Patrick Custance	Mr. Sean Murphy	Mr. Sean Murphy
2016 - 2018	Dr. Verity Cooper	Mr. Sean Murphy	Mr. Sean Murphy
2019	Mr. David Spurrier	Dr Geoff Verrall	Mr Sean Murphy

**National Life Member** | Dr. Brian Sando

**Recognition of Hon. Secretary's** | Mr. Bert Apps, 1961 to 1975  
(leave of absence 1970-71 Mr. Robin Haskard was Hon. Sec.)  
Dr. Henry Kneebone 1976 - 1991

# PRESIDENTS REPORT

The South Australian Sports Medicine Association continues in 2020 to be a supportive organisation for the State sporting organisations, Education department, Universities and the Office for Recreation Sport and Racing with continued community sports coverage, further education and professional advice in areas of sport and exercise medicine. We have continued our support to State and National events held in South Australia including SAPSASA championships, Masters Sport Games, and the successful Tour Down Under. Professional Membership has remained steady with renewed interest from students, GP's and international members in part due to the excellent evening education meetings and state conference.

The Education Committee, formulated a strong series of meetings that encouraged reading, questions and communication across the team network. Sincere thanks again to the committee for their continued interest and organisation in making these meetings informative and accessible. The committee included Dr Duncan Walker, David Spurrier, Olivia Warnes, Damir Metljak and Carlie Altmann. Thanks also to the SASMA staff for directing, booking and supporting the committee throughout the year and going online for the second half of the year.

The members thank Benson Radiology for sponsoring our Members Education Series again in 2020 and Dr Jones and Partners for their continued support of SASMA and this year's virtual State conference which was a particularly unique and good online experience. Members and speakers were able to interact in a distant however less formal online way that encouraged great communication. Also thanks to new partner Maxiplast and Medipro for their sponsorship.

The staff of SASMA worked consistently through the first 8 months before COVID caused a change in the ability to perform our normal duties. Courses were cancelled and sport throughout the State stopped. Volunteers that sport has relied upon have been significantly affected. The SASMA staff had a difficult time working in a virtual office from home and Daniel Clarke continued to direct operations with staff resignations of Mallory and Gabrielle. Their contributions to SASMA have been extremely valued and we wish them well on their new pursuits.

I would like to extend thanks to our auditor and accountant and also to our honorary solicitor Mr Chris Wellington from Wallmans. Finally my thanks to the ongoing commitment and work to the branch council Sean Murphy, Keren Faulkner, Carlie Altman, Aaron Beck, Dr Luke Mooney and Dr Janet Young, Liv Warnes and to the retired Dr Geoff Verrall and Kate Beerworth.

I encourage you to actively support SASMA and wish you a successful, safe year ahead.

Thank you for your continued support of SASMA

David Spurrier

President

# TREASURERS REPORT

## Overview of 2019-20 financials

Council have reviewed the Accounting and Audit Procedures for 2019-20 by independent auditor's Dean Newberry and Partners and are in agreeance that the audit process has been implemented.

We have continued to receive support from the SA Government (Office for Recreation and Sport), as well as corporate sponsors Dr Jones & Partners, Benson Radiology and Medipro who have once again continued their sponsorship. Sponsors have made a significant contribution to our ability to continue to provide quality services to our members and the community through our Members Conference and education series, GP course, Sports trainers and Community Education Program.

## Operating Result

There was a nett loss for the 2019-20 financial year of (\$277,467) a significant increase (\$209,273) on last financial year from (\$68,194). Overall income has decreased on 2019 by \$90 497 due to a decrease in grant income, membership education, dividend and interest income. Project income increased but was less than budgeted to achieve due to interruption in face to face activities from March 2020.

The overall result was significantly impacted by the share portfolio change in market value (\$95,684), office expenses and a reduced capacity to generate income in the final quarter of the financial year due to COVID. We continue to work to our aim to maintain financial stability and operate cost neutral or in profit. I would like to thank the council, SASMA staff, our accountant Heather Kilsby and auditor John Jovicevic from Dean Newberry and Partners for their ongoing financial management.

Sean Murphy

Hon. Treasurer

<b>Membership Type</b>	<b>2017-2018</b>	<b>2018-2019</b>	<b>2019-2020</b>	<b>2020-Current</b>
Full Members	258	247	264	200
Associate	3	4	3	15
Students	109	108	115	185
<b>Sub Total</b>	<b>370</b>	<b>359</b>	<b>382</b>	<b>400</b>
<b>Sports Trainers</b>				
Level 1	950	903	1004	1116
Level 2	288	283	284	330
<b>Sub Total</b>	<b>1238</b>	<b>1186</b>	<b>1288</b>	<b>1446</b>
<b>TOTAL</b>	<b>1608</b>	<b>1545</b>	<b>1670</b>	<b>1846</b>

# EXECUTIVE OFFICERS REPORT

The 2019/20 year was challenging with the impact of COVID affecting our Education Programs and engagement with members. Some of the key highlights for SASMA during the last 12 months have been:

- The Concussion Management Project including over 25 Concussion Forums / Workshops held with over 1000 attendees, and the development of a Club Concussion Policy being implemented across sports in SA.
- Many of our courses and workshops were redeveloped to be able to run in the online space.
- SASMA provided appropriately trained sports trainers / medical personnel at over 90 sporting / community events.
- 290 Sports Trainers passed Level 1 or Level 2 Sports Trainers Courses who now work at local sporting clubs.
- A number of Injury Prevention / Injury Management Short Courses were held in schools, sporting clubs and local councils.
- Our Members continue to review policies for State Sporting Organisations and clubs from Hot Weather Guidelines to Drugs in Sport Policies.
- We held two Conferences, one for sports trainers and one for medical and allied health professionals, in 2020.
- We continue to recognise the contribution sports trainers make in the sporting community through the Sports Trainer of the Year Awards held in February each year.

These are the highlights and not the full extent of the reach of the SASMA Community, we also now have Members based interstate and overseas. Our Members and Sports Trainers continue to work across sporting teams from local amateur sport right through to national teams including the Matildas and Cricket Australia. Our Members are being recognised for their work at National and International Conferences.

SASMA has seen staff changes this year with Sonja Davey moving on to bigger things. We thank her for her contribution over the last couple of years. With staff leaving it creates opportunities for new people to put their mark on the organisation including Steph Potter, Mallory Papantoniou and Lauren Edwards. They have all jumped straight into their respective roles and continued to drive our organisation forward. We want to thank them for their enthusiasm and contribution in 2020, in what was a challenging year. Special thanks to Steph Potter for managing the office and operations during the year.

We thank the SASMA Council and our members for their continued support, input and direction. Your commitment to the association continues to drive us to improve and deliver in all areas of our education, training, community education programs and the way in which we work in collaboration with our industry partners. We would like to thank David Spurrier and our SASMA Council for their time and efforts in growing the organisation.

The challenge for SASMA and its Members is to continue to grow and make an even greater impact in the next 12 months on the Australian Sporting Landscape.



# MEMBERS EDUCATION REPORT

2019 - 2020 Members Education Sessions	Date	Attendees
Neuroendocrine and load management considerations for the occupationally-active athlete	17 September, 2019	63
2019 AGM and Education Finale	25 November, 2019	63
The Show Must Go On – Insights into the works of performing arts	8 April, 2020	66
Student Education – How to assess the Sporting Shoulder	5 May, 2020	46
Student Education – How to assess the Sporting Knee	2 June, 2020	44
Obesity Management – What’s next after diet and exercise	9 June , 2020	37
2020 SASMA Conference	21 June, 2020	90

The Education Committee in 2019/20 put together a great line up of Education Sessions. A special thank you to our Education Committee – Dr Duncan Walker, Dr Rob Buckley, Olivia Warnes, Damir Metljak, Carlie Altmann, Leisa Stringer, Chris Williams and Geneive Angley – for the great work they have done this year. They have put a lot of time and effort into our Members’ Education Program and the continued growth of the program is because of this Committee.

The 2020 Members Education covered: The Show Must Go On – An insight into the world of performing arts, Obesity Management – What’s next after diet and exercise and Loading up the hip. Attendance at the sessions were high, with an average of 67 in attendance at each of the three session. As these sessions were all webcast, we were able to attract non members to each of these education topics. The Members Education was again supported by our Professional Masterclass Series; Roadblocks in ACL Rehab, Loading up the Hip & Groin and Assessing the Complicated Shoulder. Due to restrictions in place, these workshops were again webcast, gaining interest from overseas participants.

Our 2020 Conference Convenor, David Spurrier, put together a high quality conference based around the theme of “Faster, Higher, Stronger” on Sunday 21th June. The conference was run purely online with the assistance of Wallfly. We had over 90 delegates in attendance, with regional, interstate, and overseas delegates joining for the live webcast. The major sponsor for the event was Dr Jones and Partners. An excellent line up of speakers was assembled for a mixture of lectures over the day catering for all disciplines. Taking the conference online in 2020, meant we were able to give SASMA Members access to experts from interstate, including Dr Peter Brukner, Professor Louise Burke, Dr Shona Halson, Jen Cooke and Dr Paula Charlton.

2020 also saw the introduction of the Student Education Series, aimed at bridging the gap between student and professional members. The series included: How to assess the Sporting Shoulder and How to assess the Sporting knee. Each session was well attended with over 40 registrants at each. We also saw an increase in the uptake of student membership signing on with SASMA.

SASMA would like to thank all the speakers involved in our education program for providing such excellent and informative presentations. A lot of time is spent preparing to present and as speakers volunteer their time and expertise it is important for us, as an organisation, to acknowledge their hard work. We welcome members to actively involve themselves in presentation opportunities in the future.

The development of our IT capabilities has allowed us to grow our education program and increase its reach through the webcasts. On top of this we are expanding the videos of past sessions made available to Members through the Members Portal. We would encourage Members to log in and access these.

Planning is already underway for 2021 sessions for our Members and the Sport Medicine Community.



# COMMUNITY EDUCATION AND SERVICES

2019- 2020 Community Courses	Courses Run	Attendees
Level 1 Sports Trainer Course	14	290
Level 2 Sports Trainer Course	3	48
School Based Level 1 ST Course	3	53
Sports Trainer Education Series	4	150
Other Community Courses	20	800+

During the year 290 participants completed the Level 1 Sports Trainers course. The old format of face to face education and the restructured format was utilised due to COVID-19 from March 2020 onward. We adopted using online webinars to minimise face to face contact for the theory component. A positive outcome saw an increase in regional participants, as travelling wasn't required. We ran a total of 17 Level 1 and 2, and Allied Health Courses from July 1st 2019 to June 30th 2020.

There were three Level 2 Sports Trainer Courses run with a total of 48 registrants. Currently we are in the process of redeveloping this course to make it comply with the COVID-19 restrictions/guidelines but it will likely have the same structure of the Level 1 Sports Trainers Course.

In addition to the regular courses we have run several School Courses totalling over 50 participants who completed the online webinar. We also promoted courses through SASI resulting in some athletes completing Level 1 courses. As well as Sport Trainer Courses we have also run a number of sessions in SA Schools that have included Sideline Help, Basic Taping and Sports Nutrition Workshops with 400 Students attending.

The Sports Trainer Education Series was again a hit in 2020, run via 60-minute online webinars. The four part series included sessions on knee, elbow and calf assessment and management as well as managing players pre-seasons. Totalling 150 attendees throughout and an additional 34 attended a session run in conjunction with Cycling Australia.

Over the past twelve months SASMA presented and ran a total of 20 Community Courses. During COVID we put an emphasis on continuing to serve the sporting industry with workshops. Workshops consisted of existing content and some new initiatives, these included concussion workshops both community run and in conjunction with local sporting clubs/organisations, basic and advanced taping workshops for schools, community clubs and council groups. Some of the other courses included programs relating to well-being in sport, mental health and sport, sport safety just to name a few. We were excited to introduce a new initiative titled Sport Specific Taping which focuses on specific taping techniques for particular sports including cricket, volleyball, netball, basketball and many more.

We are proud to have continued providing Sports Injury Management Services to many different sporting organisations, clubs and community events. School Sport SA continues to provide the majority of our work within this area. We have also covered: Tour Down Under, School Sports Days, Cyclo Cross Cycling Races, Little Athletics, Cross Country events/ Little Athletics Events, Country Basketball SA, Metro basketball SA, ACHPER Conferences, Port Adelaide Football Club's Indigenous School football matches, Fencing SA Championships, Martial Art events over the past 12 months. Recently, SASMA signed a contract with Netball SA to provide the first aid / sports trainers' coverage for all events at Priceline Stadium.

Finally, during the COVID period we commenced a Facebook Live Series titled Return to Sport and Recreation Safely. Running up to three sessions a week during peak COVID times and continuing one session a week after most sports returned.

# SPONSORS

We thank our sponsors for their continued support and without them the cost of our community education courses would be considerably higher.



**Government of South Australia**  
Office for Recreation and Sport



# Benson radiology

**DR JONES  
& PARTNERS**  
MEDICAL IMAGING

**MEDI *MP* PRO**  
SPORTS TAPE & MEDICAL

**maxiplast**  
SPORTS TAPE

