

Blood Rules: Blood, Sweat and Fear !

One of the more controversial changes to sport in recent years – especially the football codes – has been the introduction of the Blood Rule.

Immediate cessation of play while bleeding players are attended to or removed from the field was initially resisted because of “disruptions to the flow of the game”. Whether this resistance came from old diehards who regretted the passing of this evidence of “a bit of manly biff”, or whether it came from TV moguls worried about disruption to their telecasts, the fact is that the Blood Rule is now an accepted part of sport and one more key responsibility for the Sports Trainer.

And rightly so! The danger of infection from blood borne disease – especially hepatitis – is very real. Just consider:

- more than 150,000 Australians are chronically infected with hepatitis
- chronic carriers have no symptoms but are infectious
- more than 1000 Australians die every year from hepatitis-related complications such as cirrhosis and liver cancer
- the hepatitis virus can survive outside the body in a spot of dried blood for more than a week.

That’s why we need the Blood Rule. And that’s why officials who don’t enforce the Blood Rule need to be sent to the “refs sin-bin.”

The best defence against hepatitis is immunisation.

All Sports Trainers should be immunised against hepatitis.
(Ideally, so should all players).

In general, Sports Trainers should follow the basic “blood rules:

- stop the blood
- dress the wound
- clean up the blood
- use gloves when handling anything with blood on it.

More information can be obtained by contacting your local Sports Medicine Australia office. If you would like to provide information for players and others in a club, ask for a

complete “Blood Rules OK” kit with video and multiple resource copies. Information is also available from : http://www.sma.org.au/information/blood_rules.asp

Updating the Safer Sport Program

Can You Help?

The Safer Sport Program (SSP) is the program name for Sports Trainer training and reaccreditation. Sports Medicine Australia is conducting a review of all areas of the SSP to ensure it continues to meet the expectations of all those involved in sport in Australia.

Do you have any ideas that could help?

- Are there areas of the courses no longer relevant?
- Should some areas receive more emphasis?
- Are there new skill areas SMA should include in the SSP?

If you have any suggestions of any kind, please write to:
Dean Dudley
c/- SMA
PO Box 237
Dickson 2602, or
email: sportsacademique@yahoo.com.au





Elastoplast Sport Strap Smart Clinics

The Strap Smart clinics will be held around Australia and, while the main focus will be on taping vulnerable parts of the body such as ankles, fingers and thumbs to assist in preventing injuries, instruction will also be given in warming up and stretching.

Managing an injury in order to maximise rehabilitation will also be covered in the program.

The three-hour clinics will be led by Sports Medicine Australia doctors, physiotherapists, and other health professionals and are open to all members of the public. Anyone involved with sport at a community level, from parents, to teachers, coaches and players or an interest in protecting themselves from injury should attend.

To register for a Strap and Wrap Smart Clinic please contact your State Branch of SMA.
Visit www.sma.org.au for details

Fourth National Sports Injury Prevention Conference

Held every two years, the Fourth National Sports Injury Prevention Conference will be held at the Melbourne Convention Centre on Saturday 15 and Sunday 16 October.

The Conference brings together people who work in all areas of sports injury prevention, treatment and management. Conference speakers in 2005 include two USA-based researchers, Professor Irene Davis from the University of Delaware and Dr Scott McLean from the Cleveland Clinic as well as probably the world's best known expert on sporting injury, Professor Roald Bahr from Norway.

There will also be many papers presented on the latest research into causes of and interventions to prevent sports injury.

On the Sunday (16th) there will be a special workshop for anyone involved in sports injury prevention at the community level. The Victorian Department of Sport and Recreation is subsidising the workshop and the first 70 Victorian-based delegates to register can get a full day's registration for just \$30.*
(This is normally more than \$200).

Sports Injury Prevention Workshop

Don't miss this fantastic workshop on sports injury prevention that will include an update on current Risk Management issues and interventions and how they affect you the community level administrator.

Program highlights:

- An overview of Risk Management in Sport by Professor Roald Bahr (International Perspective) and Dr Leonie Otago (Australian Perspective)
- A look at current issues and interventions including Smartplay, blood rules and ground conditions
- A conversation with safety implementers
- Hydration Workshop
- Dental Injuries in Sport Workshop

Cost: \$30 for the first 70 Victorians who register*

For further information please email:
acsms@sma.org.au

*Each Organisation/Association is limited to two spots
For more information about the Conference or to register for the Community Workshop, go to :
<http://www.sma.org.au/ACSMS/2005/>

Penthrox – the “Green Whistle”

Sports Trainers working in teams with medical supervision, or with occupational first aid certificates, may soon be able to administer Penthrox. Penthrox is an immediate pain relief product used widely by ambulance drivers and in other emergency settings. In sport, Penthrox is the ideal pain relief for broken bones, dislocations, knee injuries, facial injuries and other major physical trauma.

For more information on the Green Whistle please visit
<http://www.medicaldev.com.au/Pharmaceutical.html>

New Heat Guidelines

After an extensive review of the latest research and evidence, SMA has issued new “Guidelines for Playing and Exercising Safely in Hot Weather”.

The Guidelines remove mandatory cancellation limits, but contain much more information for making sport and activity safer in the heat. The most fundamental change is an increased push for awareness that heat illness can occur in cool weather and is not necessarily related to low hydration.

The new Guidelines will be formally launched by the Minister responsible for injury prevention, the Hon Julie Bishop MP, and copies made available to SMA members and the public through the SMA website.



R is for Referral

One of the underlying principles in sports training is the RICER regime. The second R stands for Refer and is equally important as the other four steps. Sports Medicine Australia is in the unique position where a group of medical professionals join together under one umbrella to prevent, treat and rehabilitate sporting injuries as team. The role of Sports Trainers in this team is critical.

An integral role of a Sports Trainer is to refer injured athletes to medical professionals. Sports Medicine Australia believes all referrals should be made to SMA Members because in most circumstances they have received specific qualifications or training in treating sporting injuries.

When SMA accredited Sports Trainers refer injured athletes to SMA professional members it helps the organisation to operate as a team and identify methods to assist in the prevention of injuries.

If you would like a copy of a Membership Directory to assist in referring injured athletes to SMA professional Members please contact your State Branch.

Around the Grounds - News From SMA

Club Membership

Sports Medicine Australia recognises that much can be done to make the sporting environment safe and enjoyable, including good planning and sport safety management. With this in mind we have developed a unique membership for clubs that will assist you in making your club safer.

In 2005 there are many benefits to Club Membership:

- Subscriptions to Sport Health, the Journal of Science and Medicine in Sport and the Sports Trainers Digest.
- A Club Sports Safety information kit, re-stocked annually. (flyers, pamphlets etc)
- Access to all other SMA resources, policy statements and information.
- SMA Member Sticker for your club house, to be displayed next to the SMA club membership code of ethics – so that your participants know that they are members of a club that values safety.
- Member rates for your club officials to attend Safer Sport Program Courses, Sports Trainer Conferences and all other SMA events (Limited to 3 officials per event)
- Free advertising on State / National Sports Trainer Job Noticeboards when your club is looking for an accredited SMA Sports Trainer or First Aider.
- Discounts on SMA merchandise and clothing.
- Regular updates on State activities and opportunities.
- Inclusion on SMA web based membership directory.
- Ability to use the slogan "SMA Club Member – striving to make your club safer" in all correspondence / signage
- Access to the popular SMA MemberBenefits Program. (www.memberbenefits.com.au/sma)

The value of Club Membership is evident. It will provide

your club with various avenues to obtain the most pertinent information on issues affecting sporting clubs in Australia and access to the most qualified sports medicine professionals. To join or for more information contact Angela Cox (angela.cox@sma.org.au) in the SMA National Office.

Sports Trainer Membership

Over the last five years SMA has worked tirelessly to ensure Sports Trainers had an option for Professional Indemnity and Public Liability insurance. The fruit of this work is the current Sports Trainer Membership package. This package includes **Insurance Cover** for personal accident, public liability and professional indemnity. It also includes a subscription to Sport Health, discounts on SMA clothing, publications and other merchandise, an invitation to SMA exclusive events, reduced cost for registration to all SMA Conferences, access to the exclusive SMA Sports Trainer Leuko Website (www.leukosports.com.au) and discounts on various products and services via our MemberBenefits Program.

SMA has received feedback from some Trainers indicating that they would like to become a Member of SMA but do not require insurance cover. From July 1 2005, SMA will be offering an alternate Sports Trainer specific membership that doesn't include the insurance premium. This will reduce the fee and still provide Trainers with a tailored membership package.

More details on this new membership package will be available later in the year.

Do you need to Re-accredit? Contact your SMA State Branch

NSW - Ph: 02 9660 4333 Web: www.smansw.com.au

ACT - Ph: 02 6247 5115 Web: www.smartplay.com.au

VIC & - Ph: 03 9654 7733

TAS Web: www.sma.org.au/vic2003.asp

SA - Ph: 08 8234 6369 Web: www.smasa.asn.au

WA - Ph: 08 9285 8033 Web: www.smawa.asn.au

NT - Ph: 08 8981 5362

Web: <http://members.iinet.net.au/~smant/dialog/>

QLD - Ph: 07 3870 4195 Web: www.smaqld.com.au

If in in doubt, check it out - ASDA Drugs in Sport Hotline

1800 020 506



Recognition for Service

Are you eligible for a Ten Year Service Certificate?

Sports Trainers, along with coaches, officials and administrators, are one of the essential support structures of sport in Australia. Yet unlike these other areas, Sports Trainers receive very little official recognition or thanks from sporting authorities for their work.

With the assistance of Elastoplast Sport, SMA is working to provide greater community understanding and appreciation of the work of the Sports Trainer. As one step in providing recognition for the important work of the Sports Trainer, from this year, SMA will be introducing a Certificate of Appreciation recognising ten years or more of service as a Sports Trainer.

If you are a Sports Trainers with ten years or more of accredited service, you can apply for a Certificate of Appreciation for your services. (See questionnaire below). SMA will also use this opportunity to gather additional information and feedback that will be used to raise the profile of Sports Trainers in the community.

Application for Ten Year Service Certificate of Appreciation

To apply for a Certificate of Appreciation, please answer the following questions on a separate sheet of paper and mail or fax to SMA, OR, email to smnat@sma.org.au.

Compulsory information

Name
Address
Phone
Email
Accreditation Number
Year First Accredited

Optional Information

- Main sports covered:
- Most memorable sporting moment you have seen:
- Most memorable injury:
- Greatest equipment, technology or other advance to benefit Sports Trainers:
- Additional Comments:
- Are there any organisations you would like notified about this award?

NB : Do not use names of other individuals in these recollections

Mouthguards : Better In Than Out

At training mouthguards are worn by 40% of elite AFL players, 21% at the sub-elite, less than 2% of juniors. In a recent survey, 60 players were personally interviewed about their mouthguard useage. 72% wore a mouthguard during matches of which 3 out of 4 were custom-fitted. 28% wore no mouthguard. 3 out of 4 had a bad experience with an over the counter/boil and bite mouthguard. Mouthguards must be worn during games AND training.

Join the 'team behind the teams' at SMA

Check the Benefits of Membership :

Insurance Cover for personal accident and professional indemnity. Subscription to Sport Health, discounts on SMA Clothing, publications and other merchandise, an invitation to SMA exclusive events, reduced cost for registration to all SMA Conferences, access to the exclusive SMA Sports Trainer Leuko Website (www.leukosports.com.au) and discounts on various products and services via our MemberBenefits Program.

The Personal Accident Cover includes:

- Capital Benefits (*Death and total disablement \$50 000*)
- Loss of Income (*\$200 a week up to 52 weeks*)
- Medical Benefits (*non Medicare costs up to \$1000*)

The Sports Liability Cover includes :

- Public Liability (*\$5 Million*)
- Professional Indemnity (*\$5 Million*)
- Products Liability (*\$5 Million*)

If Paying in Jul/Aug/Sept	If Paying in Oct/Nov/Dec	If Paying in Jan/Feb/Mar	If Paying in Apr/May/Jun
\$152.00	\$118.00	\$90.00	\$45.00

If you would like to join SMA please contact Dominic Feenan on 02 6230 4650, smnat@sma.org.au or visit www.sma.org.au