

Simple Tips to Beat the Heat this Summer

sports trainers digest
 SPRING 2005 making australian sport safer

The Australian media have been full of horror stories involving adverse outcomes from playing sport and exercising in hot weather. Recent headlines have included:

- “Six runners hospitalised and 60 others treated for dehydration during the Melbourne Marathon.”
- “Soldier Dies from Heat During Exercises”
- “Man Who Melted: we pulled him out of the grave”.

At the same time as these “horrors” are occurring, Sports Medicine Australia (SMA) is changing its “*Guidelines for Preventing Heat Illness in Sport*” to remove mandatory cancellation recommendations. Does this make sense? From SMA’s perspective it makes complete sense.

In 2001, SMA issued revised *Guidelines for Preventing Heat Illness in Sport*, which were based on new Guidelines issued by the American College of Sports Medicine (ACSM). For the first time, SMA also published a specific cancellation/postponement policy: 28 degrees Wet Bulb Globe Temperature (WBGT) for adults and 34 degrees ambient temperature for children. The year 2001 was at the height of medical indemnity controversy in Australia and the new Guidelines took an ultra safety-first stance. The cancellation recommendations were based on worst case scenarios – responses by athletes in endurance running.

Over the next three years, this Guideline – and the cancellation recommendation – began to seem an over-reaction to the problem, because :

- Detailed evidence was produced to show that a literal interpretation of the Guidelines would see no sport played in the northern half of the country for a large part of the year.
- A detailed study over 10 years of presentations to Cairns Base Hospital, of recalled events of Cairns doctors and of ambulance responses for the whole state of Queensland, failed to turn up any cases of heat illness relating to children.
- Medical coverage data and information from the Medical Director of the Alice Springs Masters Games showed no incidences of heat illness experienced by athletes at the other end of the age spectrum.

The New Guidelines

In 2004, the Commonwealth Department of Health

and Ageing funded Sports Medicine Australia to update the *Guidelines for the Prevention of Heat Illness in Sport*. SMA has updated the Guidelines to take into account new research findings and to apply common sense to the heat issue. The new Guidelines were launched at Parliament House on 7 September 2005 by the Minister for Ageing, the Honourable Julie Bishop MP.

Most of the advice in the new Guidelines involves simple rules and common sense, such as listening to your body and stopping or slowing down if you feel unwell while exercising. This is particularly important for children. Having access to cool drinking water, wearing a good hat and avoiding the hottest parts of the day are all examples of the common sense approach.

The target audience for the new Guidelines are all Australians who undertake sport and physical activity, but they will be particularly useful to health professionals involved in the promotion of physical activity, sports trainers, coaches, fitness leaders and sports administrators.

A copy of the fact sheet has been included with this issue of the Digest. SMA encourages all sports trainers to adopt the steps that minimise heat illness in your club or team.

For downloadable material on the prevention of heat illness visit www.sma.org.au/information/

Sponsorship

SMA has begun a partnership with Mayne Consumer Products to recommend Bio-organics Glucosamine Sports. Glucosamine Sports helps relieve pain and repair damaged joint cartilage. You may have seen Dennis Lillee promoting this product on the television advertisement. Look for the SMA logo on the packaging.



3 in 1

The Ultimate Conference Experience

2005 Australian Conference of Science and Medicine in Sport

Fifth National Physical Activity Conference

Fourth National Sports Injury Prevention Conference

13-16 October 2005, Melbourne Convention Centre

The Australian Conference of Science and Medicine in Sport is a multidisciplinary meeting held annually for health professionals with an interest or a specialisation in sport and physical activity. The Conference is interdisciplinary, and its purpose is to 'promote knowledge and practice in sports science and sports medicine by providing an interactive educational forum of the highest standard so that the participation, performance and wellbeing of Australians engaged in sport and physical activity may be ultimately enhanced'.

The Fifth National Physical Activity Conference will highlight innovative programs and research for increasing levels of physical activity in the community by bringing together key stakeholders from all sectors of the Physical Activity Community including policy makers, program planners, researchers and those who work directly with the community.

The National Sports Injury Prevention Conference is held every two years and brings together key stakeholders who work in all areas of sports injury prevention and treatment. The 2005 Conference will present delegates with the latest research findings and successful interventions from Australia and overseas. There will be a particular focus on effective sports injury interventions and engaging communities to deliver them.

Highlights of the Conferences

- A discounted one day community forum for Sports Trainers, including an update on current risk management issues and a review of successful injury prevention interventions.
- On-field emergency medicine workshops
- Rehabilitation post ACL injury
- Alcohol management in sport
- Special populations - women and indigenous people
- On-field skin closure techniques
- Hydration and heat workshops
- Injury surveillance and data collection

Trade Exhibition

There will be a 78 booth trade exhibition displaying the latest products and services for the sports medicine and sports science community.

Visit www.sma.org.au/acsms/2005/ for more information on the Conference.



Trainer Tales

by Patrick McCudden, Level 2 Sports Trainer

I became involved in sports training in 1994 when my children started to play contact sports such as rugby league and hockey. I found that there were no people around that would look after the children if any injuries happened.

I completed a SMA Sports First Aid course and this was the beginning of a journey into sports training. The Level 1 and Level 2 Sports Trainer courses followed and I then completed a SMA Advanced Taping and then other certified courses in massage therapy.

After years of training in both Sports Medicine and Massage Therapy, I found that while my children had been well looked after, others such as senior rugby league teams were after people with my skills. This led me to looking after local first grade rugby league teams in the Canberra competition. I have been head trainer for the Queanbeyan Kangaroos where my son plays for the past four seasons.

I have also spent a season with AFL and had an opportunity to do on-field work during a Wizard Cup game at Manuka Oval between the Sydney Swans and Kangaroos a few years ago. I have spent time with elite runners at the Queanbeyan Gift where several world champions have competed.

I currently look after the NRL and NSWRL officials at the Canberra Raiders home games. I have been doing this for five years and have been appointed to the highest level, the NRL Grand Final.

Being a Sports Trainers can be a thankless job. It is not a big money earner and comes with very little thanks. I once worked out how many hours I spent each year training for a club. I included pre-season training, knockouts, two nightly training sessions plus game day. I came up with 300 hours per season.

However, the friends and memories you acquire on the journey are well worth the long hours and hard work.

Mad Monday in Moderation

Much of the research and focus on drugs in sport has concentrated on the use and problems of performance enhancing drugs. However, most of the problems and much of the adverse publicity surrounding athletes have often occurred with recreational drugs, mainly alcohol. There is a long history chronicled in our press of embarrassing, illegal and abusive behaviours by sportspeople relating to excessive alcohol use.

Alcohol has always had a close association with sport in Australia at all levels – spectator, player, administration and promotion. Alcohol features heavily in post sport celebrations and has particularly strong links to team sports.

A project coordinated by Sports Medicine Australia – ACT Branch, funded from the Alcohol Education and Rehabilitation Foundation, and Sport & Recreation ACT has been designed to equip team officials with the necessary skills and resources to implement suitable alcohol management policies. These policies arm athletes with the information they need to make informed choices about alcohol consumption in the Australian sporting environment.

'Tip the Balance – Alcohol Management in Sport' aims to educate athletes on how and why alcohol adversely affects sporting performance; to empower sporting organisations to implement suitable alcohol usage policies; and empower individuals to recognise when problems may arise by equipping them to manage those issues.

For more information on the 'Tip the Balance – Alcohol Management in Sport' project please contact the SMA ACT Branch on 02 6247 5115.

For the Love of the Game

At the Football Australasia conference in Melbourne in 2003, a study of retired AFL/VFL players found 10% of them had hip replacements and 4% had knee replacements, compared to 1.5% each in the general population. Even with these highly increased risks of joint degeneration, most of the retired players interviewed didn't express any regret at playing, with the positives to come out of the game far greater than the negatives.

A further study found that 28% or more AFL players had their career-ended by injury. The figures for rugby league and union are probably similar, with Sydney Swans and former Manly doctor Nathan Gibbs claiming that every single ex-professional football player would get arthritis in at least one lower limb joint later in life.

Visit www.injuryupdate.com.au for more information.

Do you have an interesting story for the Sports Trainers Digest? If so, please contact Dominic Feenan in the SMA National Office on 02 6230 4650 or dominic.feenan@sma.org.au

On-going Review and Upgrade of the Safer Sport Program

by Dean Dudley, National Education Manager
Sports Medicine Australia

The Level One Sports Trainer program is currently under review with a revised curriculum and new Level One manual due for release in 2006. The curriculum has been updated to take into account feedback from Sports Trainers and SMA professional members and the new manual – to be re-titled 'Sport Medicine for Sports Trainers' – will be full colour with photos as well as diagrams and drawings supporting the text. The manual will be published through SMA's new publishing arrangement with Elsevier Publishing, one of the largest health and medical publishing houses in the world. This exciting partnership promises to boost the profile of work conducted by Australian Sports Trainers both here and abroad.

The new course structure promises to be more relevant and usable for all Sports Trainers and a draft version is currently being reviewed by SMA members and senior Sports Trainers in the State branches.

This new manual will also be released with a fully interactive CD ROM learning resource being produced by SMA and TAFE NSW through the Workplace English Language and Literacy fund. This money is awarded annually by the Department of Education, Science, and Training for projects seen to make learning more accessible for the wider community.

Recently your state branch Safer Sport Program Managers and I met in Brisbane to discuss some of the major issues confronting the SSP nationally. One of the more exciting topics discussed was a proposal for a uniform structure for the new Level 2 Sports Trainer Course which will begin development in 2006. If you would like to be involved in this process, please register your interest with your state branch.

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 Web: www.smavic.org
TAS
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 3367 2700 Web: www.smaqld.com.au



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 smanat@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

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, smanat@sma.org.au or visit www.sma.org.au

