



New Resuscitation Guidelines

sports trainers digest

WINTER 2006 *making australian sport safer sport*

Sports Medicine Australia have recently adopted the new Australian Resuscitation Council (ARC) guidelines for resuscitation. These most recent guidelines have been formulated through the international working group known as the International Liaison Committee on Resuscitation (ILCOR). Adopting the new guidelines will see the largest change in resuscitation in the last two decades and will require major change within the organisation.

The major reasons ILCOR made such drastic recommendations for change to the existing resuscitation protocol included:

- Less than 10% of all cardiac arrest victims receive CPR.
- Simplify in order to aid teaching of CPR and increase learner retention.
- Aim to increase the number of cardiac arrest victims receiving CPR from bystanders.
- Evidence shows that victims were receiving over supply of ventilation in the previous protocol.

The main changes include:

- 30 chest compressions to a ratio of 2 breaths for one and two person operations in all patients.
- Two initial breaths instead of five.
- The two initial breaths and the two breaths in the 30:2 cycle will be known as rescue breathing.
- Removal of pulse checks and removal of EAR (1 breath every 4 seconds) from the protocol.

When providing 30 compressions (at approx 100/min) and giving 2 breaths, this should result in the delivery of 5 cycles in approx 2 mins.

The change in resuscitation will take effect within SMA from 1 July 2006. After this date all assessment must be conducted under the new resuscitation standards.

See page 2 for the comparison of the "old" and "new" Basic Life Support Flow Charts.

Dean Dudley
National Director of Safer Sport

Sustagen life-line for Beaconsfield Miners

New SMA sponsor Sustagen gained some left field publicity during the recent Beaconsfield mine rescue.

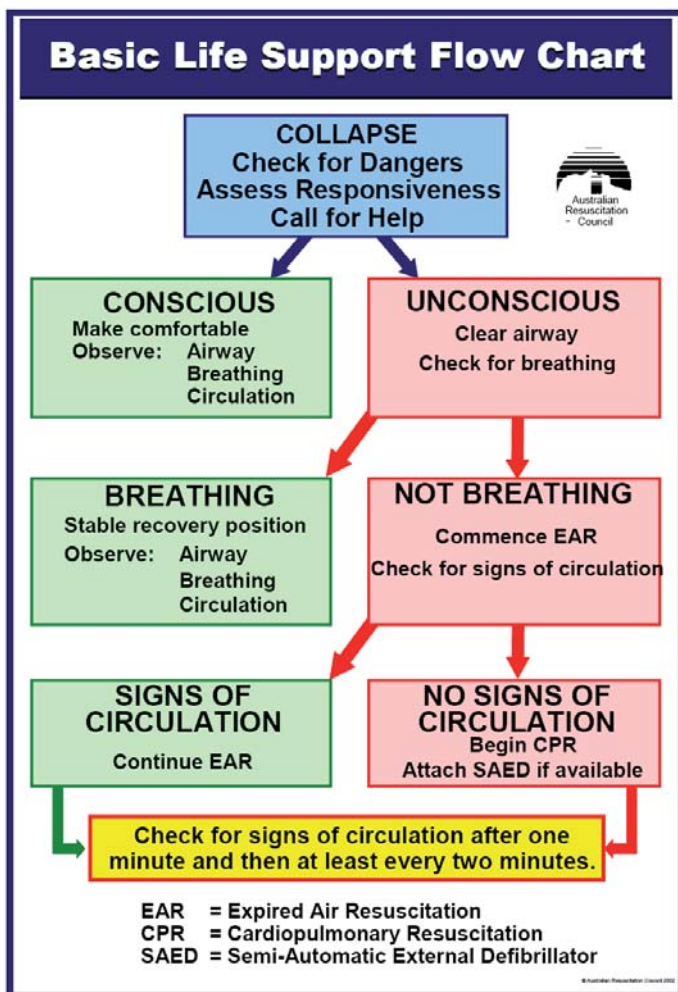
Upon hearing the news that the trapped miners were to be supplied with jelly beans, a concerned Dietitian, contacted the medical/rescue crew at Beaconsfield Mine and recommended Sustagen as the perfect meal and nutrient supplement for the miners. Hours later, Todd Russell and Brant Webb had their first meal in six days.

Sustagen Sport has been specifically developed by dietitians to provide the essential vitamins and minerals needed to help athletes achieve optimal nutrition. Sustagen Sport is a delicious, low fat, nutritious liquid meal which can be easily incorporated into the daily diet regime. High in calcium, iron and protein, Sustagen Sport is the ideal liquid meal for athletes to drink before and after training to maximise performance and enhance recovery.

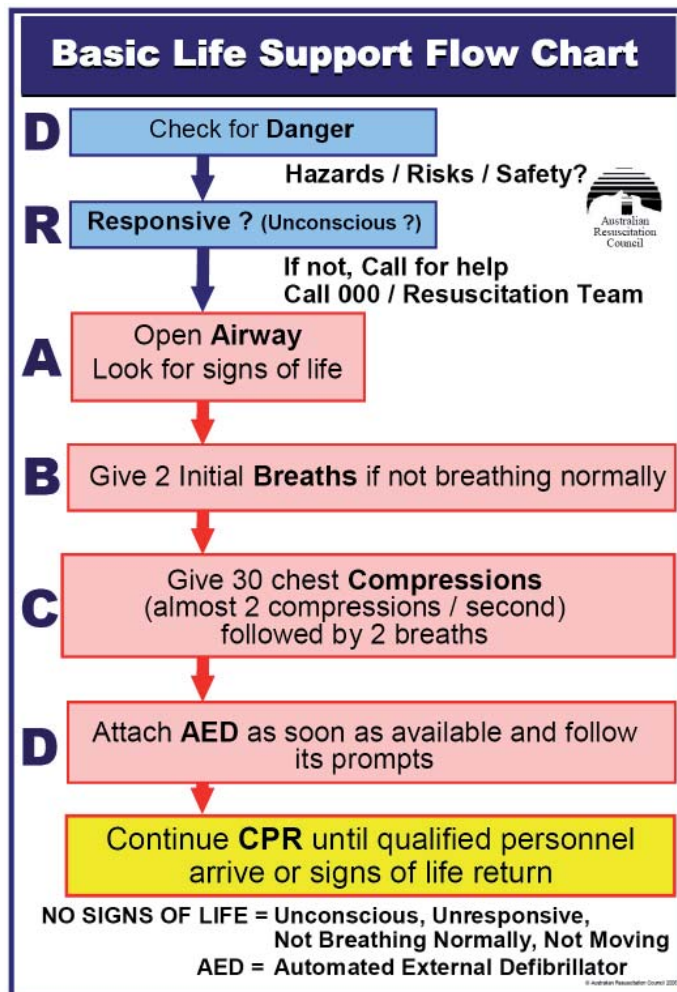
Sustagen wants to hear from Sports Trainers. You will find enclosed a short survey to complete. For every survey returned to Sustagen, a supply of Sustagen Sport product (cans and sachets) will be sent to you.



New Resuscitation Guidelines



Previous Resuscitation Protocol
(Expired)



NEW Resuscitation Protocol
(Effective 1 July 2006)

Come and rub shoulders with the Team

ASICS Conference of Science and Medicine in Sport

19 - 21 October 2006, Fiji

The ongoing development of the Sports Trainer system is something that SMA prides itself on. In turn, Sports Trainers pride themselves on staying abreast of the issues and information that can benefit them both on and off the field.

Attending the 2006 ASICS Conference of Science and Medicine in Sport (ACSMS) in Fiji this year would be a fascinating experience for any sports trainer – a chance to develop skills, increase knowledge and make contacts. As well as high powered science, there will be a lot of other sessions that get down to the “nitty gritty” of injury prevention and treatment.

Best of all you can turn your trip into a holiday.

visit www.sma.org.au/ACSMS/2006/ for more information.



Looking for the right equipment?

SMA is proud to announce a sponsorship arrangement with Health Management Group. Health Management Group aims to provide the latest in technological advancements in health and fitness products. As part of the sponsorship arrangement, all SMA members can directly purchase Heart Rate Monitors, Pedometers and X-Vests at special SMA rates.

Other products available from HealthMG include the Powerbreathe respirator, developed by a team of British scientists, which increases the strength and endurance of breathing muscles; and a range of manuals on such issues as pedometer power, training for triathletes, endurance athletes, and specialised timing products.

For more information visit www.healthmg.com.au



How dangerous is sport?

Flinders University's Research Centre for Injury Studies has recently produced arguably the most comprehensive report on sport and recreation injuries causing hospitalisation, titled Hopsitalised Sports Injury: Australia 2002-03. Written by Louise Flood and James Harrison, the report covers 14 different sport and recreation activities.

The findings are as follows:

- There were 45,452 sports and recreation related hospitalisations in the 2002-03 financial year in Australia. This accounted for 0.7% of total hospitalisations.
- The greatest number of sports and recreation related hospitalisations was in the 0-14 year age group with 14,218 hospitalisations.
- 73.9% of sports and recreation hospitalisation occurred in males but there were a greater number of females (15 years and over) participating in sports and recreation.
- Football had the highest number of hospitalisations with 12,600. Almost 4,000 were as a result of playing Australian football, while 3,270 were due to playing Soccer. Of the football codes, Rugby Union had the fewest hospitalisations with 516 - notably lesser than Rugby League 1,612.
- Water Sport injuries were the second highest and made up 6.2% of all sport related hospitalisations with 2,799, closely followed by 2,725 Cycling-related injuries.

The data in this report will aid in the development of strategies to improve sport and recreation safety. The full report can be found at www.nisu.flinders.edu.au

To help insure the safety of your players, SMA conducts a variety of workshops such as: Advanced Taping, Sports massage and Emergency Asthma Management. For more information, contact your state branch.

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|--------------------|--------------------|
| - ACT 02 6247 5115 | - SA 08 8234 6369 |
| - NSW 02 9660 4333 | - VIC 03 9654 7733 |
| - NT 08 8981 5362 | - WA 08 9285 8033 |
| - QLD 07 3367 2700 | |

Pro Conditioning



Pro Conditioning is an Exercise prescription software program that saves time in prescribing & presenting exercise routines. It has over 600 exercises including all your favourites with a special Yoga module.

It is a valuable tool for any Sports Trainer, Club or Medical Professional wishing to provide simple to follow specifically tailored exercise programs. Having 3 versions available it is easy to follow with the ability to email, print or save workouts and can be presented in 9 different print layouts.

As a special offer, for a limited time, all SMA Sports Trainers are being offered 20% discount to the current prices. For more information and to download a sample online please visit: www.proconditioning.com.au

Elastoplast Sport 'Poach a Coach' Competition

If you play, coach or are a sports trainer for an AFL, Rugby league, Rugby Union, Football, Netball, Basketball or Hockey team or club then you can put them in the running for the chance to win the Ultimate coaching session!

To enter, visit www.elastoplastsport.com.au Click on the 'Poach a Coach' competition, answer 4 short questions and explain in 50 words why your team deserves to win an ultimate coaching session.

If you are the lucky winner you and your team will enjoy a two-hour coaching session at your home ground with an elite coach relevant to your sport. Such former greats as Mark Ella (Rugby Union), Liz Ellis (Netball) and Tony Liberatore (AFL) will share their game success secrets and may provide one on one advice to individual players in your team.

The competition closes on Monday 31st of July 2006. Once you have completed the entry take time to check out the all the new information available for sports trainers and help Elastoplast encourage Aussies to help prevent injuries by strapping up this sporting season.

Do your Insurance premiums increase each year? Not at SMA

SMA is pleased to announce that 2006-07 Sports Trainers Membership fees will remain the same as 2005-06.

So join the 'team behind the teams' with Sports Trainers Membership. Not only does it give you insurance coverage as a Sports Trainer, you also receive an annual subscription to Sport Health, discounts on SMA clothing, merchandise, publications, and all SMA conferences, as well as invitations to SMA exclusive events and access to the Member Benefits Program.

Sports Trainers Membership costs \$152 for 12 months cover (July to June), although you can join at any time with pro-rata fees made available. This policy covers SMA accredited Sports Trainers while in Australia and New Zealand.

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 \$1,000)

Sports Liability Cover includes:

- Public Liability (\$5 million)
- Professional Indemnity (\$5 million)
- Products Liability (\$5 million)

For more information please visit <http://www.sma.org.au/sportstrainers/membership.asp>





Ten Years of Service

Certificates of Recognition

In an effort to increase the official recognition and thanks Sports Trainers receive, Sports Medicine Australia together with Elastoplast Sport have awarded 39 people with a Certificate of Recognition for Ten Years or more for as a Sports Trainer.

From the applications, we at the SMA National Office received, we were able to gather some interesting information about long-serving Sports Trainers. Kevin Richardson from Gosnells in WA is the longest serving trainer awarded a certificate of recognition with Kevin first gaining a Level 1 Sports Trainer accreditation in 1983. Susan and Morgan Simmonds from Mt Eliza, Victoria, have also clocked up more than 20 years of Sports Trainer service, gaining their Level 1 Sports Trainer accreditation in 1984.

As part of their applications for recognition, Sports Trainers were asked to describe the greatest advances to benefit Sports Trainers. Mobile phones got a few votes, as did the scoop stretcher. Although, many of the trainers responded that the ongoing education and re-accreditation process was of most benefit to them.

However, the question that always featured the biggest response was that of 'Most memorable injury'. With Sports Trainers as the recognised frontline in medical care at most sporting events, any Trainer with over 10 years of experience is guaranteed to have seen their fair share of gruesome injuries – some of which they were happy to share with us.

Apart from the horror stories of spinal injuries described by Paul Hughes and Brian Skinner, other unforgettable injuries came from: Alicia Breasley and her account of a scalp laceration that later required 50 internal and 40 external stitches; Luke Egan and a players excruciating dislocation of the femur at the hip joint; and Gary Bovell's sickening memory of a players tongue bitten in half.

But the story that truly captured how tough it can be for a Trainer came from Charles Clough in Gisbourne, Victoria. Charles' most memorable injury came when a local Aussie Rules player was king hit from behind, fell forward unconscious with a broken nose and jaw – bleeding profusely and not breathing. After Charles carefully cleared the obstructed airway, the player started breathing again but he remained unconscious. Imagine the situation - and then add pouring rain, knowledge that the ambulance went to the wrong location and the fact that Charles was the only Trainer at the ground that day! Thankfully Charles was able to manage until the paramedics arrived and the player went on to make a full recovery.

Sports trainers are valued members of sporting teams and events, yet are rarely acknowledged as such. Congratulations to the following Trainers for Ten Years of Service, and for all Trainers out there making Australian sport safer.

John Albert, VIC
Brian Bannan, SA
Bobbie Blay, VIC
Gary Bovell, WA
Robert Bray, VIC
Alicia Breasley, NSW
Mark Brown, VIC
Tracey Callander, VIC
Alan Chong, NSW
John Clapton, SA
Charles Clough, VIC
Keith Collins, WA
Patrick Coonan, VIC

Rod Diamond, NSW
John Dunkin, NSW
Luke Egan, SA
Laurie Fawkner, NSW
Brendon Fotheringham, NSW
Ivan Friske, QLD
Glennyse Gilbert, WA
Peter Hastie, WA
Paul Hughes, NSW
Scott Humphrey, SA
Brian Hunt, VIC
David Jones, WA
Peter Lynskey, QLD

Patrick McCudden, NSW
Judith Pearce, ACT
Kevin Richardson, WA
Sean Reilly, SA
Irene Richter, VIC
Francis Scott, VIC
Susan Simmonds, VIC
Morgan Simmonds, VIC
Brian Skinner, VIC
Terry Vella, NSW
Neil Walls, NSW
Gary Wilkinson, VIC
Brian Willingham, VIC

If you have an interesting story for the Sports Trainer Digest, we'd love to hear about it.
Email: smanat@sma.org.au or visit www.sma.org.au for more Sports Trainers information.