

Background

Engagement in sport and physical activity by the wider community is vital in helping create a better and healthier Australia. One of the ways to build participation is by a greater emphasis on injury prevention.

Injury is a notable barrier to participation in sport and physical activity. Statistics have shown more than one-quarter of parents/carers of active children have reported discouraging children from playing sport due to injury and safety concerns. The cost of sports injuries also impacts greatly on the Australian economy, with annual costs exceeding \$1.65 billion.

This is all despite the fact that research shows that more than 50 per cent of all injuries can be prevented - and this is where the experiences of Sports Trainers can help make a difference.

The Minister for Sport, Kate Ellis, recently outlined in the Commonwealth Government's directions paper *Australian Sport: Emerging Challenges, New Directions* the need for widespread and continuing reform of Australia's sporting system.

The Government is looking for submissions that address set terms of reference, from organisations and individuals with an interest in identifying new directions for Australian sport, **one of which is removing barriers to people participating - like injury and fear of injury.**

Make your voice heard - tell your story

Sports Medicine Australia will be putting forward a submission around all of the terms of reference and is encouraging all accredited Sports Trainers and Sports First Aiders to do the same. The focus of the submissions need to be on **Terms of Reference 2 "Better placed sport and physical activity as a key component of the Government's preventative health approach"**. You can influence the future of Australian sport by sharing your story about your work in community sport and the challenges that you face by making a submission.

Submissions must be made online using the web-based submissions process. All submissions will be accepted at the discretion of the Sport Panel. Responses to each Term of Reference will be limited to a maximum of 1,000 words. All accepted submissions will be made publicly available on the Sport Panel website. You will receive an automated confirmation of receipt of your submission.

How to submit

1. Visit <http://www.sportpanel.org.au/internet/sportpanel/publishing.nsf>
2. Click on the button entitled "Submissions" located on the left hand side of the screen.
3. Scroll to the bottom and click the link "Lodge your submission".
4. Fill in the appropriate boxes.
5. When addressing the Terms of Reference Section 2, to highlight your involvement with SMA, you might find it helpful to begin your story with the following statement, or something similar:

"Injury is a major barrier to participation in sport. Sports injuries cost the Australian economy up to \$1.65 billion each year. Injury prevention practices can reduce the incidence and severity of sports injuries up to 50 per cent allowing more of the Australian community to become and remain physically active. Sports Medicine Australia's members, programs, Sports Trainers and Sports First Aiders play a key role in breaking down the barrier of injury to sport and physical activity. The Federal Government can support grassroots sport through injury prevention and management strategies".

Then write about a situation where you have prevented and managed injury at your club and how.

6. Submit your submission.

The closing date for submissions addressing the terms of reference is November 7, 2008.

If you have any questions about your submission please call Gary Moorhead, Chief Executive Officer, Sports Medicine Australia on (02) 6241 9344 or Annabel Sides, Health Programs Manager on (03) 9674 8704.

Working with children checks

A national comparison

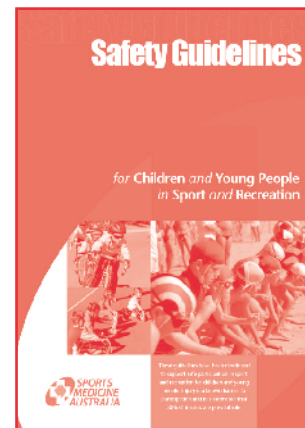
Those working with children should refer to the table below and opposite for an overview of the checks available in each State or Territory.

If travelling to another state for work, make sure that you have undergone the correct working with children check for that state.

State/Territory	Legal requirements
Australian Capital Territory	Currently there are no legal requirements for a police check. However, organisations which require employees and/or volunteers to work with children may have their own policies in this regard.
New South Wales	The NSW Commission for Children and Young People is responsible for the Working with Children Check. For more visit http://www.kids.nsw.gov.au/kids/check.cfm
Northern Territory	Currently there are no legal requirements for a police check. However, organisations which require employees and/or volunteers to work with children may have their own policies in this regard. In addition, the Northern Territory Government has released draft legislation for the creation of a screening scheme which outlines minimum standards for child-related occupations and activities.
Queensland	People working or volunteering with children need to hold a Blue Card. The Commission for Children and Young People and Child Guardian is responsible for administering and conducting criminal history checks on people who want to work with children to determine whether or not they are eligible to hold a Blue Card. For more visit http://www.ccypcg.qld.gov.au/employment/index.html
South Australia	Currently there are no legal requirements for a police check. However, organisations which require employees and/or volunteers to work with children may have their own policies in this regard.
Tasmania	Currently there are no legal requirements for a police check. However, organisations which require employees and/or volunteers to work with children may have their own policies in this regard. In 2005 the Commissioner for Children Tasmania released a consultation paper discussing proposals for the Government to introduce screening procedures for Tasmanian organisations who want to employ people to work with children.

State/Territory	Legal requirements
Victoria	The Victorian Government has introduced the Working with Children Check, which is compulsory for people who wish to work with or volunteer with children. For more visit http://www.justice.vic.gov.au/workingwithchildren
Western Australia	A Working with Children Check is compulsory for people who carry out child-related work in Western Australia. For more visit http://www.checkwwc.wa.gov.au/checkwwc

New Safety Guidelines for Children and Young People in Sport and Recreation



Sports Medicine Australia has recently developed guidelines to help schools, teachers, coaches, parents, administrators and officials support the safe participation of children and young people in sport and recreation.

Injury is a known barrier to participation and it is estimated that 50 per cent of injuries are preventable. These guidelines help to reduce the risk of injury, providing participants lifelong access to physical activity.

By undertaking physical activity (a minimum of 60 minutes per day for good health) children and young people will not only reduce their risk of chronic illness, mental illness and obesity but also develop healthy lifestyles, friendships, life skills and a strong sense of belonging and community.

Through using these guidelines, key stakeholders in junior sport and recreation will possess the knowledge and share the responsibility to ensure sport and recreation is safe.

The guidelines outline that safety can be achieved in the following areas:

- * Prevention strategies including the environment, equipment, grounds and facilities.
- * Record keeping, managing illness and medical conditions including pre-participation screening, collecting information and keeping records, illness and participation, and medical conditions and participation.

* Considerations for participation including training sessions; warm up, cool down and stretching; amount and intensity of activity – preventing overuse injury; balanced competitions; strength training; recovery and injury management and return to play.

* Roles and responsibilities of key stakeholders such as schools, clubs and providers of sport and recreation opportunities; trained personnel; safety personnel; teachers and coaches; and officials (referees, umpires, judges, timekeepers and parents).

For more advice on keeping junior sport and recreation safe for children and young people download Sports Medicine Australia's Safety Guidelines for Children and Young People in Sport and Recreation at www.smartplay.com.au



Publication articles now available

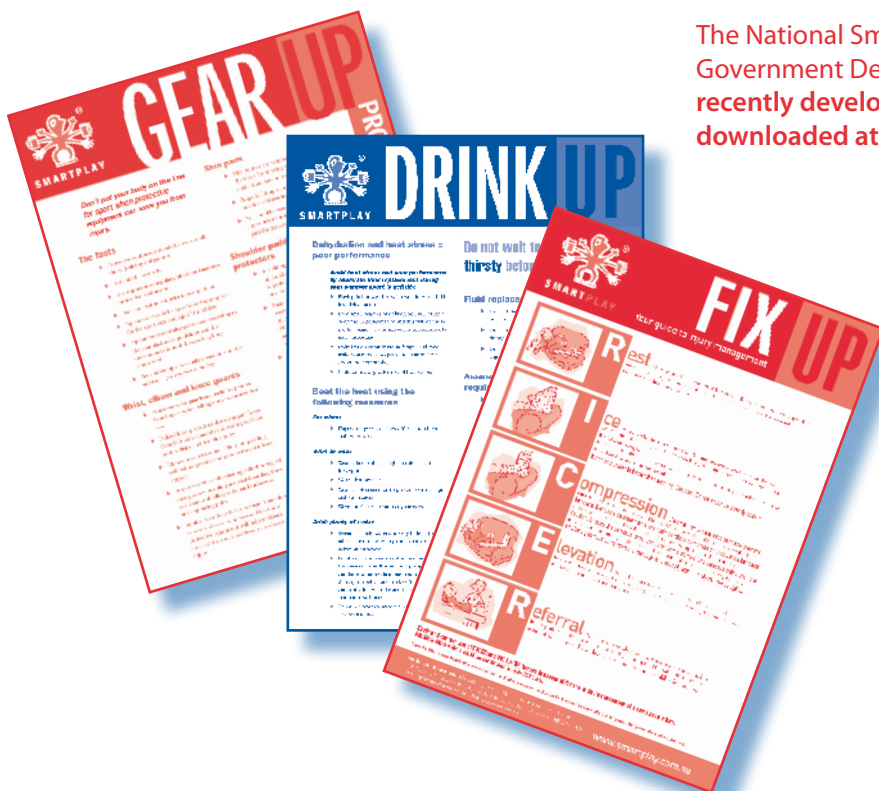
Smartplay has created articles for sports trainers to use within their sports club publications, newsletters or on their club's website, to inform players of the importance of sports safety and injury prevention.

The articles cover the topics of:

- Nutrition
- Hydration
- Injury management
- Protective equipment
- General injury prevention
- Injury prevention in hot and/or humid weather
- Sport preparation
- Dental protection
- Netball injuries
- Australian football injuries
- Running injuries

To view or download these articles visit the Media section of the Smartplay website , www.smartplay.com.au.

New Smartplay resources



The National Smartplay program, funded by the Australian Government Department of Health and Ageing, has recently developed the following resources which can be downloaded at www.smartplay.com.au:

- Warm Up
- Drink Up
- Gear Up
- Fix Up
- Australian football
- Basketball
- Cricket
- Football
- Golf
- Hockey
- In-line skating
- Lawn bowls
- Mouthguards
- Netball
- Rugby League
- Rugby Union
- Running
- Softball
- Squash
- Tennis
- Volleyball
- Walking

SMA relies on sponsors to support Sports Trainers and the Safer Sport Program. Please support our sponsors where you can.



Upcoming courses in your state

Sport safety personnel are an integral part of all sports. They play a key role in keeping sport safe. Through their knowledge, skills and involvement, injuries are minimised, keeping players in action, which contributes to sporting success.

Interested in broadening your skills to help make sport safer or updating your accreditation? Then why not enroll in a SMA Safer Sport Program course.

The courses aim to provide practical, hands-on skills in injury prevention and immediate injury management.

Courses include:

Reaccreditation
Sports First Aid
Level 1 Sports Trainer
CPR
Level 2 Sports Trainer
Advanced Sports Taping
Sports Massage
Spinal Injury Management
Emergency Asthma Management
Strap Smart Course

View upcoming courses in your state below:

ACT	NSW	NT	QLD
SA	VIC/TAS	WA	

Safer Sport Program staff contacts

Not sure who to contact regarding Safer Sport Program queries in your state?

Below are the updated Safer Sport Program staff contacts.

National Office

Emma Sullivan
Phone: 02 6241 9344
Email: emma.sullivan@sma.org.au

ACT Branch

Trish Donoghue
Phone: 02 6247 5115
Email: admin@sportsmedicineact.org.au

NSW Branch

Shaun Dutailis
Phone: 02 8116 9815
Email: sdutailis@smansw.com.au

NT Branch

Beckie Taylor
Phone: 08 8981 5362
Email: smaeducation@octa4.net.au

QLD Branch

Bob Shallcross
Phone: 07 3367 2700
Email: bshallcross@sportsmedicine.com.au

SA Branch

Narelle van Leuven
Phone: 08 8234 6369
Email: narelle@smasa.asn.au

VIC/TAS Branch

Tate Davidson
Phone: 03 9674 8777
Email: ssp@vic.sma.org.au

WA Branch

Corrine McGowan
Phone: 08 9285 8033
Email: corinne@smawa.asn.au

Become part of the SMA team

Join the 'team behind the teams' with Sports Trainer Membership. As well as providing 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.

The Sports Trainer Membership fee is \$152 for 12 months cover. This policy covers SMA accredited Sports Trainers while in Australia and New Zealand.

Personal Accident Cover includes:

- Capital Benefits (*Death and total disablement \$70,000*)
- Loss of Income (*\$300 a week up to 52 weeks*)
- Medical Benefits (*non Medicare costs up to \$1,500*)

Sports Liability Cover includes:

- Public Liability (*\$10 million*)
- Professional Indemnity (*\$5 million*)
- Products Liability (*\$10 million*)

For more information please visit www.sma.org.au/sportstrainers/membership.asp

