



# SPORT MEDICINE & SCIENCE COUNCIL of Saskatchewan Inc.

*Providing Sport Medicine and Science  
Programs and Services  
to Athletes and Coaches in Saskatchewan*

**2019 - First Edition**

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## 2019 WESTERN CANADA SUMMER GAMES LOOKING FOR MEDICAL PERSONNEL

The Western Canada Summer Games are coming to Swift Current August 8-19, 2019. They are looking for a variety of medical practitioners to be part of the Games by volunteering their time and expertise. Roles would include working in the Games medical clinic (Polyclinic) or working at a sport venue. Assistance for food, accommodation, and travel may be available. Sign-up on their website [2019wcsg.ca](http://2019wcsg.ca). For more information please contact 306-778-1678 or [info@2019wcsg.ca](mailto:info@2019wcsg.ca).



## SMSCS Annual General Meeting

**Wednesday, March 27, 2019 @ 6:15pm**

**Video Conference Locations: 2205 Victoria Avenue, Regina  
510 Cynthia Street, Saskatoon**

For more information, contact Mark Henry 306.780.9208 or 1.888.350.5558 Ext 5  
Email: [smcs@sasktel.net](mailto:smcs@sasktel.net)

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**Mental Training Consultant - Lisa Hoffart**

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**Nutrition Consultant - Heather Hynes**

Saskatoon Office - Direct Line: 975.0849  
Email: [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net)

**PRESIDENT'S MESSAGE**

**Cole Beavis, MD, FRCSC, Dip  
Sport Med**

Happy New Year to all SMSCS members, consultants, and the Saskatchewan sports community. Despite the many noteworthy athletic performances, Canada's success at the Winter Olympics and many local and regional sport highlights, 2018 will forever be remembered for the Humboldt Broncos tragedy. This event that shocked the sporting community worldwide and touched so close to home remains fresh in our minds and will not be forgotten.

As we begin 2019 and look forward to new opportunities, the Sport Medicine and Science Council of Saskatchewan is here to help support the athletes of Saskatchewan with a variety of programs and services. Our dedicated consultants and staff can provide Science and Medicine expertise in fields of nutrition, strength and conditioning, mental training, biomechanics, exercise physiology, drug education, concussion education, sport first aid, sport taping, along with injury prevention, initial injury assessments, treatment and rehabilitation.

The Council is also busy providing medical coverage throughout the province supporting local, regional and national events hosted in Saskatchewan. A recent email was distributed to the Sports Medicine consultant group with 13 events taking place across the province in the next six months in need of medical coverage (therapy, sport medicine and sport 1st aid). This is a great opportunity to get involved with Council activities and offer your sport medicine expertise. Please contact Scott Julé for more information.

Finally, I would like to acknowledge Sask Sport Inc. and the Saskatchewan Lotteries along with the Council staff: Mark Henry, Scott Julé, Travis Laycock, Heather Hynes, and Lisa Hoffart. The Council wouldn't exist and could not support the athletes of Saskatchewan without the funding support from the Lotteries program and tremendous dedication and commitment of the staff. Thank you!

All the best in 2019.

Cole

# SPC First Responder Course for Sport & Healthcare Professionals

**Regina, SK (April 12-14)**

This is a 3-day lecture and practical course (The last two days for those requiring recertification only) that meets the requirements of the Canadian Red Cross Society and Sport Physiotherapy Canada for First Responder Certification.

The examples/scenarios used will be sport-specific to enhance the learning of all participants with regard to event coverage situations (whether planning to challenge the SPC Certificate/Diploma exams or not).

## Registration and Deadline

Please [click here to register](#)

Please Register by Wednesday, April 3 2019  
(space is limited, please register early)

If you require assistance, please go to:  
[www.sportphysio.ca](http://www.sportphysio.ca) or  
[email program@sportphysio.ca](mailto:program@sportphysio.ca).

## Course Dates & Times:

Friday, April 12, 2019: 12:00PM  
Saturday, April 13, 2019: 8:30AM  
Sunday, April 14, 2019: 8:30AM

\*Course time may vary and will be confirmed in the pre-course

## Course fees:

SPC MEMBERS FULL COURSE

\$565 plus taxes

RECERTIFICATION ONLY

\$440 plus taxes

NEW SPC STUDENT MEMBERS

FULL COURSE

\$510 plus taxes

NON MEMBERS

\$600 plus taxes

## Mental Training Sessions and Workshops

- Team building and group dynamics
- Attention, emotional and arousal control
- Self awareness
- Mental imagery
- Self-talk & thinking patterns
- Goal setting
- Routines
- Ideal performance state
- Mental toughness
- Practice effectiveness

For more information or to book a workshop, contact the SMSCS toll free at 1-888-350-5558 ext. 1



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# SMSCS NEWS AND NOTES

## **Sport 1st Aid Workshop Review - Working Committee**

This Committee, consisting of Daysha Shuya (Chair), Al Bodnarchuk, Kristie Mueller, Adrienne Stinson, and staff member Scott Julé, has worked tirelessly over the last 7 - 8 months redesigning and updating the workshop material, format, and resources. A few months ago, two 'pilot' workshops were presented utilizing the committee's work up to that point. They have now all forwarded their final suggestions and adjustments. The next step is for everything to be formatted into two separate documents – those being a Participants Workbook, and an Instructor Manual. Additionally, various resources must be developed. The new goal is to have everything completed by mid-summer 2019 with an Instructor In-Service session being held in early fall.

## **Event Coverage Program Review - Working Committee**

Dale Pitura (Chair), Louise Ashcroft, Garth LaPlante, Jill Apshkrum, and staff member Scott Julé make up this committee that has been tasked with updating the SMSCS's Event Coverage Program policies and procedures. Scope of practice, confidentiality & legal issues, as well as service contract development are just some of the agenda items this committee will deal with as they continue on with their work.

## **Western Canada Summer Games - Drug Education Program**

The SMSCC will once again be providing Drug Education and Awareness Workshops to all athletes and coaches from Saskatchewan that will be

attending the Western Canada Summer Games in Swift Current. All PSGBs attending the Games are asked to contact Scott Julé ([s.jule@sasktel.net](mailto:s.jule@sasktel.net)) to schedule your workshop.

## **Rest, Sleep, and Performance - Working Committee**

As a result of PSGBs inquiring about this topic, the SMSCS struck a committee to develop an educational resource (power point presentation). A 'pilot' session was presented twice in September which resulted in great feedback that was used to put the finishing touches on the presentation. An Instructor In-Service session is currently being planned for some time in March. If your sport would like the SMSCS to present an educational session on this topic (approx.1-hr) you asked to contact Travis Laycock ([travis.laycock@sasktel.net](mailto:travis.laycock@sasktel.net)) after April 1st. Thanks to the following committee members for their contributions: Louise Ashcroft, Al Bodnarchuk, Amanda Kleisinger, Rob McCaffrey, as well as SMSCS staff members Heather Hynes, Lisa Hoffart, and Tavis Laycock.

## **Medical Personnel Needed for Event Coverage**

The SMSCC has already received 13 requests this year to access our Medical Coverage of Events Program. The Council utilizes our medicine members/consultants to 'cover' these events. We encourage all PSGBs to utilize this program to ensure the utmost in athlete safety and care, as well as ensuring certain liability issues associated with hosting a major event are taken care of.

## **DRUG EDUCATION AND AWARENESS WORKSHOPS**

### **Schedule Your Workshop Today!**

This is just a reminder to all PSGB's, with special emphasis on the those participating in the 2019 Western Canada Summer Games, to book your Drug Education and Awareness Workshop as

soon as possible. We can arrange to have a consultant attend a training camp or competition in order to 'fit in' to your training and competition plans.

**CALL 1-888-350-5558 EXT 2 to schedule your workshop**



# Concussion Management Plan. Do You Have One?

The goal of an effective *Concussion Management Plan* is to protect athletes and return them safely to their sport and learning environment. A *Concussion Management Plan* will promote concussion awareness, teach safe techniques, ensure proper and well maintained equipment, teach respect for opponents and self, and promote good officiating. All stakeholders need access to accurate and current concussion information.

## **The SMSCS is your resource in developing a Concussion Management Plan.**

On our website, information and resources are presented for use in the development of your Plan. Topics include concussion education, prevention, management, return to play, and return to learn. The content is targeted to athletes, parents, coaches, educators and officials. We also have an easy-to-use TEMPLATE that can be used to develop your Concussion Management Plan.



All PSGB's have access to **free service and programming funding/hours** from the SMSCS. We strongly encourage all PSGB's to use one of your funding hours to host a concussion education session, and then one or two additional funding hours to have an approved SMSCS consultant review your concussion management plan.

### **FOR FURTHER INFORMATION CONTACT:**

Scott Julé • Toll Free: 1-888-350-5558 EXT. 2 • Phone: 306-780-9446 • Email: [s.jule@sasktel.net](mailto:s.jule@sasktel.net)

## Explanation of Sport Science and Sport Medicine Service Provider (Consultant) Qualifications

The Sport Medicine & Science Council (SMSCS) is a nonprofit organization under Sask Sport Inc (SSI) that has been providing sport science and sport medicine programs and services to athletes and teams for the past 30 years. We are also the contracted service providers for the Canadian Sport Centre Saskatchewan (CSCS).

Our priority clientele (Sask Sport Inc members) receive limited free funding to access the programs and services that we provide. This clientele includes Provincial Sport Governing Bodies, District Sport, Culture & Recreation Associations, University Varsity Teams, Sask Games Council, Saskatchewan High School Athletics Association, Coaches Association of Saskatchewan, NAIG, as well as registered CSCS athletes. Other athletes and teams may also access services on a fee-for-service basis.

The Council's services are extensive, with the majority being provided by a network of approved Consultants across the province. Consultants must apply to the SMSCS through a formal application process in order to represent the Council and be able to invoice us for services rendered to our clients. Consultants representing the SMSCS are deemed as "experts" by the Council within their science or medicine discipline they have been approved to provide consulting in.

Each discipline has high standards for educational qualifications which are in line with what the other Canadian Sport Centre's & Institutes across Canada utilize. It is because of these high quality educational qualifications that the SMSCS is seen as a leader of sport science and sport medicine expertise within the province by Sask Sport Inc and many other provincial organizations.

We are aware that there are many other educational credentials or certifications that service providers within the private industry may have obtained. However, the SMSCS has developed consultant minimum qualifications for each Science and Medicine discipline which are listed on the SMSCS website at [www.smscs.ca](http://www.smscs.ca)

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## ADVANCED SPORT MASSAGE COURSE – REVIEW

The weekend course on December 1 & 2, 2018 turned out to be a huge success! Eight participants attended with four of them sport massage therapy certifying candidates (cc) with the CSMTA. One was from the Kindersley area, one from the Battlefords, and two from Saskatoon. There was also two non CSMTA members from Regina, one from P.A. and one from Saskatoon.

The Instructors were Monty Churchman and Remo Bucci. Monty has been a registered Massage Therapist since 1996, and is also a Certified Sport Massage Therapist. He is a proud member of both the Massage Therapists Association of Saskatchewan (MTAS) and the Canadian Sport Massage Therapists Association (CSMTA), and practices in Saskatoon. He has served on various National and Provincial committees and boards, and has worked with various provincial and national sport teams. Remo has been a Registered Massage Therapist since 1995, a Certified Sport Massage Therapist since 2000, and like Monty has served on many National Committees including being the Certification Chair since 2009 for the CSMTA. He has also been a member of many National Core Medical Teams that have gone to various Olympics and World Championship events.

This course is ideal for Massage Therapists, Physiotherapists, Athletic Therapists and Sport Chiropractors who would like to improve their knowledge and skills of working with athletes in any environment. It provides participants with Sport Massage theory and practical techniques that can be utilized at sporting events, with athletic teams, or in their own clinic setting. The knowledge and practical experience that participants will gain would be of great benefit for anyone working with athletes at any level including those who will be working with athletes at any Major Games or Olympic Games.

**Watch for information on a possible course the fall!**

- Physiotherapy • Massage • Chiropractic • Acupuncture • Psychology •
- Bracing • Occupational Therapy • Exercise Therapy •



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# SMSCS LEGACY FUND PROGRAM

The SMSCS, with assistance from Sask Sport Inc., has established the Sport Medicine and Science Council of Saskatchewan Legacy Fund. This program is a fundraising initiative developed and supported by Sask Sport Inc. The program's generic name is the Sport Legacy Fund. However each organization is encouraged to develop their self personalized fund name for marketing purposes.

This fundraising program has been developed to assist Sask Sport Inc. member organizations in implementing a gift giving campaign. The program provides an opportunity for individuals who have benefited from sport or those who believe in the value of sport (or in our case, Sport Medicine and Science) to contribute financially to sport organizations and programs for current and future generations. Cash, monthly/annual contributions, planned financial gifts (i.e. life insurance policies, interest free loans, bequests, etc.) or gifts in kind are all eligible donations.

A complementary "donor incentive program" has also been developed to assist Provincial Multi-Sport Organizations in attracting donors. Donor recognition and significant tax savings further add to the attractiveness of contributing to the Fund. To date, over 450 donors have contributed in excess of 3.2 million to 35 different sport and multi-sport organizations.

Each participating organization may develop directed program(s) within their respective fund to channel dollars toward specific causes. The Council will be targeting any funds received to the following initiatives:

1. Drug Education and Supplement Program
2. Sport First Aid and Taping Program
3. Medical Equipment
4. Professional Development Grants – Sport Medicine
5. Professional Development Grants – Sport Science
6. General Revenue

## For more information or to make a donation please contact:

Mark Henry, Executive Director • 2205 Victoria Ave, Regina, Sask S4P 0S4  
Email: [smcs@sasktel.net](mailto:smcs@sasktel.net) • Phone: 306-780-9208 • Toll Free: 1-888-350-5558

## Who are the SMSCS's 'Medicine' Provider Groups/Members/Consultants?

The Sport Medicine and Science Council of Saskatchewan (SMSCS) is made up of groups and individuals who provide medicine and science programs and services to athletes and coaches across the province. Five of these groups, which include individual consultants the SMSCS uses, are 'medicine' related and are absolutely essential for the SMSCS's success in providing the medicine related programs and services that we offer. These include the Saskatchewan Academy of Sports Medicine (SASM), Sport Physiotherapy Canada-Saskatchewan Division (SPC-SK), Saskatchewan Athletic Therapists Association (SATA), Canadian Sport Massage Therapists Association- Saskatchewan Chapter (CSMTA-SK), and the Chiropractors Association of Saskatchewan-Sport Interest Group (CAS-S). These groups and individuals provide consulting and educational expertise for the following SMSCS's programs/services:

- Sport First Aid Workshops
- Sport Taping Workshops
- Sport Medicine Education Sessions
  - o Injury Prevention (Warm up/Cool down, Stretching, Flexibility)
  - o Emergency Action Plan development
  - o Injury Care of Common Injuries
  - o Injury Prevention & Care of Life-Threatening Injuries
  - o Return to Sport Rehab/Programming
- Initial Injury Assessments Program
- Medical Screening (Injuries)
- Drug Education and Awareness Program
- Medical Coverage at Sporting Events (Personnel and Equipment/Supplies)
- Concussion Education and Management Program
  - o Education Sessions
  - o Consulting Services to Develop Concussion Management Plans

## WANT TO BECOME A MEMBER OR A CONSULTANT OF THE SMSCS?

The Sport Medicine and Science Council of Saskatchewan is comprised of groups and individuals from a diversity of scientific and medical disciplines who are committed to promoting safe and healthy participation in competitive sport and to supporting and optimizing competitive sport performance through the delivery of high quality and evidence based sport medicine and science services to our clients with a priority on the Sask Sport Inc. membership.

The Council provides numerous sport medicine and science programs and services (see chart) to the "user group" membership of Sask Sport Inc. (eg. PSGB's, CAS, Sport Districts, etc.), to its own "provider group" membership (SASM, SPC-SK Div, SATA, CSMTA-SK, CAS), as well as its consultant groups.

Sport Taping Workshop	Resource Materials & Information
Sport First Aid Workshop	Sport 1st Aid Supplies & Kits Program
Drug Education & Awareness Program	Medical Coverage of Events Program
Nutritional Supplements Education Program	Medical Equipment Loan & Rental Program
Sport Nutrition Services	Movement Screens and Fitness Testing
Exercise Equipment and Supplies Sales Program	Professional Development Seminars / Conferences
Sport Medicine Services (Initial Injury Assessment Program; Injury care, prevention, and rehabilitation)	Sport Medicine Education Sessions (eg. Warm up/cool down; EAP's, recognition and care of common sport injuries, etc)
Exercise Physiology Services	Concussion Education & Management Program
Professional Development Grant Program	Mental Training Services
Biomechanics Services	Strength and Conditioning Services
Marketing Program (Sponsorship, Communication and Promotion)	Canadian Sport Centre-Sask (Service Contract)
	Other Special Projects

Individuals interested in becoming a member of the Council can do so by becoming a member of one of the Council's provider groups:

- Saskatchewan Academy of Sports Medicine
- Sport Physiotherapy Canada- Saskatchewan Division
- Saskatchewan Athletic Therapists Association
- Chiropractors Association of Saskatchewan
- Canadian Sport Massage Therapists Association – SK Chapter
- University of Regina, Faculty of Kinesiology and Health Studies
- University of Saskatchewan, College of Kinesiology

The Sport Medicine and Science Council of Saskatchewan offer consulting services in both Sport Medicine and Sport Science areas. The following are the science and medicine disciplines the SMSCS utilizes to provide consulting services and programming:

### Science:

Exercise Physiologist  
Biomechanist  
Strength and Conditioning Specialist  
Mental Trainer  
Sport Nutritionist

### Medicine:

Sport Physical Therapist  
Certified Athletic Therapist  
Sport Physician  
Sport Massage Therapist  
Sport Chiropractor

Individuals interested in becoming a consultant must complete an application form and submit to the Council for approval.

The SMSCS has established a set of minimum standards for Consultant Qualifications for each of the above disciplines. These minimum standards can be found on the Council's website at <http://smscs.qlx.sasktelwebhosting.com/directory.html>. Final approval must be granted by the SMSCS's Board of Directors. Exception Note: A Sport Designation is not required to provide Medical Coverage at Sport Events. However, priority is ALWAYS given to those that have their designation.

## Benefits of Membership and Consultant Approval

- The opportunity to serve as a volunteer on the Council's Board of Directors and/or Standing Committees (members only).
- Email Newsletter (3 times yearly).
- The opportunity to be listed on the Council's website as a professional interested in the area of sport medicine and science if you are a member of that provider group and are willing and approved to provide consulting on behalf of the Council.
- The opportunity to apply for Funding for Professional Development.
- The opportunity to rent medical and testing equipment at reduced rates.
- Reduced registration fee for professional development seminars/conferences hosted by the Council.
- General liability and malpractice insurance for any services provided on behalf of the SMSCS.
- The opportunity to represent the Council and be selected to provide consulting services on a fee for service basis (consultants only).

**NOTE:** A member and a consultant are two separate entities within the Council. You must be a member of one of our provider or user groups (above) to be a member. You must apply to be a consultant with the Council. It is possible to be both a member and a consultant, but you are not required to be a member in order to become a consultant.

For further details please contact Mark Henry, Executive Director, toll free at 1-888-350-5558 or email at [smcs@sasktel.net](mailto:smcs@sasktel.net).

● Mental Training Workshops ● Sport Taping & First Aid ● Medical Equipment Loan and Rental Program ●



## Professional Development Grants Available

**Are you a member or a consultant of the SMSCS and are considering attending a seminar, educational course or workshop?**

On an annual basis the SMSCS has available a limited amount of funding for members and consultants attending educational courses, workshops, or seminars. This funding is available to help offset a portion of the costs related to registration fees, travel and accommodations.

There are a number of criterion that applicants should be aware of and are available by contacting:

Mark Henry, Executive Director at  
306.780.9208, or at  
[smcs@sasktel.net](mailto:smcs@sasktel.net)



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### EASY ACCESS FOR ORDERING:

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### CONSULTANT BIOS

### UPCOMING WORKSHOPS

### CONCUSSION EDUCATION INFO (new)

...MUCH, MUCH MORE

## Sport Medicine Education Sessions

**Would you like a Sport Medicine Professional speak to your group?**

The SMSCS offers sessions ranging from one to three hours in length and can be on one topic or a combination of many. Suggested topics include:

1. Injury Prevention (warm up/cool down and stretching, etc.)
2. Recognition and Care of Common and Life Threatening Injuries In Your Sport
3. Developing Emergency Action Plans, and so on
4. Concussion Education

**Call 1.888.350.5558 or email [s.jule@sasktel.net](mailto:s.jule@sasktel.net) to book a session**

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### APPLICATION FOR SPORTS MEDICINE RESEARCH GRANT

The Saskatchewan Academy of Sports Medicine has two research grants of \$1,500 each available annually for projects that will improve knowledge in the field of Sports Medicine and Injury Rehabilitation

If you are interested contact:

Cary Brunett  
Saskatchewan Academy of Sports Medicine  
Box 338, Delisle, SK S0L 0P0

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## Sport 1<sup>st</sup> Aid & Sport Taping Workshops

- Are you a team trainer, parent or coach involved with a sports team?
- Are you prepared to handle minor sports injuries?
- Would you know what to do in the event of a medical emergency during a practice?
- Is not knowing how to tape an athlete's thumb becoming a problem?

If you answered "yes" to any of these questions, you have lots to learn at one of our seven-hour Sport 1<sup>st</sup> Aid or Sport Taping Workshops.

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## Sport Nutrition Workshops

The SMSCS offers workshops and services in the areas of:

- Basic sport nutrition
- Fluids, carbohydrates, proteins, etc....
- Nutrition timing & monitoring for optimal performance
- Pre/Post event nutrition
- Nutrition on the road
- Tournament and multi-event nutrition
- Grocery store tours & cooking class

## Nutritional Supplement Workshops

- What is a supplement?
- Risks and side effects
- What supplements can and can't do
- Possible benefits

**To book either workshop**, contact Heather Hynes toll free at 1.888.350.5558, ext. #4 or email: [heather.hynes@sasktel.net](mailto:heather.hynes@sasktel.net)

## Eligible Organizations Encouraged to Utilize Free Service Funding

The SMSCS provides specific 'free' service and program funding for consulting, workshops, educational sessions, etc. every year to each of the PSGB's, Sport Districts, University teams, SHSAA, CAS, and the SGC. The designated free service and program funding is divided into two categories, Sport Medicine and Sport Science.

## SPORT MEDICINE

- 1) Sport 1st Aid and Taping Workshops
- 2) Sport Medicine Education Sessions (Injury Care & Prevention)
- 3) Initial Injury Assessment Program
- 4) Medical Coverage of Events Program (some fees apply)
- 5) Drug Education and Awareness Program
- 6) Concussion Education & Management Program

## SPORT SCIENCE

- 1) Mental Training Workshops & Sessions
- 2) Strength and Conditioning Sessions/Services
- 3) Biomechanical Analysis Services
- 4) Sport Nutrition/Supplements Sessions/Services
- 5) Exercise Physiology Programming
- 6) Movement Screens

**To book a session or inquire about how many hours you're eligible for, contact Scott (Medicine) or Travis (Science) at 1.888.350.5558**

## Sport 1st Aid Supplies and Kits

The SMSCS has for sale an extensive line of Sport 1<sup>st</sup> Aid Supplies and Kits at extremely affordable prices. For more information email us at [s.jule@sasktel.net](mailto:s.jule@sasktel.net), call our toll free number at **1.888.350.5558** Ext. #2, or go to our website at [www.smscs.ca](http://www.smscs.ca) to download a price list and order form.



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