



2018

Annual Report

-Membership-
-Programs and Services-
-Statistics-



TABLE OF CONTENTS

	<u>Page</u>
Table of Contents	2
Introduction	3
Membership.....	4
Board of Directors	6
Staff and Consultants.....	9
President and Executive Director’s Report.....	10
Member’s Annual Reports.....	13
Program and Services.....	23
A. Overview – Page 23	
B. Sport Science Programs & Services – Page 25	
C. Sport Medicine Programs & Services – Page 27	
D. Major Multi-Sport Games Programming – Page 33	
E. Canadian Sport Centre Saskatchewan – Page 34	
F. Marketing, Promotion, Communication, Sponsorship and Fundraising) - Page 37	
G. Capacity and Interaction (Organizational and Professional Development and Volunteer Recognition) – Page 38	
H. Other Committees – Page 40	
Statistical Summary of Service Requests.....	41
• 2018 Overall Statistical Summary and Comparison (2016) – Page 41	
• Total Requests and Service Areas – Page 41	

INTRODUCTION

The Sport Medicine and Science Council of Saskatchewan is pleased to present this report for the period of January 1 – December 31, 2018. This year's annual report provides comprehensive information on the program and services offered to our clients as well as statistical summaries. Please note for financial information see our 2018 Audited Financial Statements.

The Sport Medicine and Science Council of Saskatchewan is a non-profit multi-sport organization that receives the majority of its funding from Sask Sport Inc via the Saskatchewan Lotteries Trust Fund.

Our Mission - To support and optimize competitive sport performance through the delivery of high quality and evidence based sport medicine and science services to athletes and coaches with a priority on the Sask Sport Inc. membership.

Our Vision - To be recognized in the Sask Sport Inc community as experts and leaders in the development and delivery of quality sport medicine and science services and to contribute to the optimal performance and enhanced health and safety of all designated Sask Sport Inc. members.

Our Fundamental Principles:

- The SMSCS believes in being an expert and leader in sport medicine and science services.
- The SMSCS believes in providing the highest quality, evidence based sport medicine and science services.
- The SMSCS believes in services being provided by the most qualified professionals (consultants and staff) available.
- The SMSCS believes in continuous learning for all its professional members, consultants and staff.
- The SMSCS believes in “True Sport” the national ethics strategy for sport.
- The SMSCS believes in governance, management and operation that is consistent with democratic principles.
- The SMSCS believes in providing accessibility to all programs and services it offers to designated Sask Sport Inc. members.
- The SMSCS believes participation in sport contributes to a healthy lifestyle and improves the quality of life.

MEMBERSHIP

The members of the Sport Medicine and Science Council of Saskatchewan (SMSCS) are as follows:

Charter Members

Charter Members shall consist of representatives of the two service provider group organizations who founded the Sport Medicine and Science Council of Saskatchewan:

- Saskatchewan Academy of Sports Medicine
- Sport Physiotherapy Canada-Saskatchewan Section.

Each Charter Member group/association must be a founding member organization of the Sport Medicine and Science Council of Saskatchewan. They must have a nationally registered body and provincial chapters in Ontario, Quebec, B.C. and three other provinces/territories, one of which must be Saskatchewan. They must have a code of ethics and an endorsement or certification of members. They must have qualified sport medicine and science professionals that meet the SMSCS's educational standards for their profession. They must contribute to the development of the field of sport medicine and science and actively participate in providing the services of the SMSCS.

Each Charter Member shall have the right to two votes at the Annual, Semi-Annual or any other General Meetings of the Sport Medicine and Science Council of Saskatchewan.

Active Members

Each Active Member must be either be: (1) an Active User Group/Organization of the Sport Medicine and Science Council of Saskatchewan's services or (2) an Active Provider Group/Organization that; (1) has a nationally registered body and provincial chapters in Ontario, Quebec, B.C. and three other provinces/territories, one of which must be Saskatchewan; (2) has a code of ethics and an endorsement or certification of a minimum of 5 members who are qualified sport medicine or science professionals that meet the SMSCS's educational standards for their profession; and (4) contribute to the development of the field of sport medicine and science and actively participate in providing the services of the SMSCS.

Each Active Member group/association shall have the right to one vote at Annual, Semi-Annual or any other General Meetings of the SMSCS.

Active Members shall consist of:

- Saskatchewan Athletic Therapists Association
- University of Saskatchewan, College of Kinesiology
- University of Regina, Faculty of Kinesiology and Health Studies
- Sask Sport Inc.

Affiliate Members

Affiliate members shall consist of organizations/groups who have the potential to be an Active Provider group/organization member. They must have a registered national body and provincial chapters in Ontario, Quebec and B.C. and three (3) other provinces/territories, one of which must be Saskatchewan. Their provincial organization must have a code of ethics and an endorsement or certification of 6 members. They must contribute to the development of the field of sport medicine and science.

Each Affiliate Member group/organization shall have no votes but will have a voice at the Annual, Semi-Annual or any other General Meetings of the SMSCS.

Affiliate members shall consist of:

- Chiropractors Association of Saskatchewan-Sport Interest Group
- Canadian Sport Massage Therapists Association – Saskatchewan Chapter

BOARD OF DIRECTORS

The Council operates under the direction of a volunteer Board of Directors. The Board of Directors manages the property and business of the SMSCS, develops policy and provides leadership, direction and guidance to the Management Committee and Staff in order to fulfill the mission and strategic goals of the SMSCS.

The **SMSCS Board of Directors** for our 2018 fiscal year were as follows:

- Dr. Cole Beavis, President (Saskatchewan Academy of Sports Medicine Representative)
- Ms. Courtney Leavins (nee Schell), Vice President Saskatchewan Athletic Therapists Association Representative
- Dr. Kim Dorsch, Secretary/Treasurer (University of Regina, Faculty of Kinesiology and Health Studies Representative)
- Ms. Louise Ashcroft, Past President
- Dr. Wendy Chrusch, Saskatchewan Academy of Sports Medicine Representative
- Ms. Jill Apshkrum, Sport Physiotherapy Canada - Sask Section Representative
- Dr. Daysha Shuya, Sport Physiotherapy Canada - Sask Section Representative
- Mr. Doug Hillis, University of Saskatchewan, College of Kinesiology Representative
- Mr. Al Bodnarchuk, Director-at-Large
- Dr. Brad Waddell, Director-at-Large

The following Committees provide advice and guidance to the Board of Directors.

Management Committee

This Committee serves as the operational component of the Board of Directors on all matters between Board meetings. In 2018 the committee members included; Dr. Cole Beavis, President, Ms. Courtney Leavins (nee Schell), Vice-President Dr. Kim Dorsch, Secretary/Treasurer and Ms. Louise Ashcroft, Past President and Mark Henry, Staff.

Sport Science Programs Committee

This Committee is charged with providing direction to the Board regarding all related sport science programs and services the Council offers. In 2018, committee members included; Chairperson Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies; Doug Hillis, University of Saskatchewan, College of Kinesiology; Heather Hynes, Staff Dietitian; Lisa Hoffart, Staff Mental Trainer, Travis Laycock, Staff and Mark Henry, Staff.

Sport Medicine Programs Committee

This Committee is charged with providing direction to the Board regarding all related sport medicine programs and services the Council offers. In 2018, committee members included; Chairperson, Louise Ashcroft, Sport Physiotherapy Canada-Sask, Dr. Cole Beavis, Saskatchewan Academy of Sports Medicine, Dale Pitura, Saskatchewan Athletic Therapists Association, Jill Apshkrum, Sport Physiotherapy Canada-Sask, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Garth LaPlante, Chiropractors Association of Saskatchewan(sport interest group), Scott Julé and Mark Henry, Staff members.

Sub (working) Committees of the Sport Medicine Program Committee included the following:

Event Coverage Committee

This Committee is responsible to review the current policies and procedures governing the Council's medical personnel who provide injury care and prevention services at members sporting events. In 2018, committee members included; Louise Ashcroft, Sport Physiotherapy Canada-Sask, Dale Pitura, Saskatchewan Athletic Therapists Association, Jill Apshkrum, Sport Physiotherapy Canada-Sask, Dr. Garth LaPlante, Chiropractors Association of Saskatchewan-Sport Interest Group, Scott Julé, Staff member.

Temporary Concussion Committee

This Committee was established as a temporary committee of the Sport Medicine Programs Committee. It is charged with developing the Council's Concussion Education Policy and related resources. In 2018, committee members included: Rhonda Shishkin, Sport Physiotherapy Canada-Sask, Dr. Kate Thompson, Saskatchewan Academy of Sports Medicine, Trevor Len, Saskatchewan Athletic Therapists Association, Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies and Scott Julé and Travis Laycock, Staff Members.

Sport First Aid Workshop Committee

This Committee is responsible to review and update the Council's Sport First Aid Workshop. In 2018, committee members included; Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Kristie Mueller, Sport Physiotherapy Canada-Sask, Dr. Daysha Shuya, Sport Physiotherapy Canada-Sask, Adrienne Stinson, Sport Physiotherapy Canada-Sask, Scott Julé, Staff member.

Professional Development Committee

This Committee is charged with developing a strategic and operational plan for the provision of professional development opportunities for our members and consultants. In 2018 committee members included; Chairperson, Dale Pitura, Saskatchewan Athletic Therapists Association, Louise Ashcroft, Past President, Doug Hillis, University of Saskatchewan, College of Kinesiology, Scott Anderson, Sport Physiotherapy Sask, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies and Scott Julé, Travis Laycock and Mark Henry, Staff Members.

Constitution Committee

This Committee is charged with providing advice to the Board regarding the SMSCS's Articles of Incorporation and Bylaws. In 2018 committee members included; Chairperson Louise Ashcroft and Mark Henry, Staff.

Communications, Promotion and Sponsorship Committee

This Committee is charged with providing advice to the Board regarding promotion, sponsorship and communication issues. In 2018 staff members Scott Julé and Mark Henry, Staff handled the duties of the Committee.

Nominations Committee

This Committee is charged with soliciting nominations for positions open on the Board of Directors. In 2018, committee members included; Chairperson, Louise Ashcroft, Past President and Mark Henry, Staff.

Dispute Resolution and Harassment Committee

This Committee is charged with handling any harassment complaints that may be brought forward by or against any director, officer, volunteer, member or staff of the SMSCS. In 2018, committee members include Chairperson, Dr. Cole Beavis, President and Mark Henry, Staff.

Canadian Sport Centre Saskatchewan Management and Staff Committees

These Committee's are charged with determining the day to day operations of the Canadian Sport Centre Saskatchewan. In 2018, CSCS Management Committee members included Dr. Kim Dorsch and Travis Laycock. CSCS Staff Committee Members were, Scott Julé, Staff, Travis Laycock, Staff and Mark Henry, Staff.

Sleep (rest) and Performance "Working" Committee

This Committee is charged with developing a presentation on the topic of sleep (rest) and performance. In 2018, Committee members included Dr. Amanda Kleisinger, Sport Physician Consultant, Ms. Louise Ashcroft, Sport Physiotherapy Consultant, Mr. Al Bodnarchuk, Sport Massage Consultant, Mr. Rob McCaffrey, Mental Performance Consultant, Lisa Hoffart, Staff Mental Performance Consultant, Heather Hynes, Staff Dietitian, Travis Laycock, Staff and Scott Julé, Staff.

STAFF AND CONSULTANTS

The 2018 day-to-day operations of the Council were the responsibility of the following staff:

- Mr. Mark Henry, Executive Director
- Mr. Scott Julé, Manager, Sport Medicine Programs and Services
- Mr. Travis Laycock, Manager, Sport Science Programs and Services
- Mrs. Heather Hynes, Sport Dietitian Consultant
- Mrs. Lisa Hoffart, Mental Performance Consultant

In addition to the above staff, qualified approved consultants representing all sport medicine and science areas assisted the Council by providing science and medicine services on a “fee for service” basis.

PRESIDENT AND EXECUTIVE DIRECTOR'S ANNUAL REPORT

The Sport Medicine and Science Council of Saskatchewan had a productive and successful year in 2018. The highlights are listed below.

We completed the third year of our current three year (2016-2018) strategic plan in 2018. The overall general goal and objective for the plan was to increase service provision to our clients. This goal was accomplished. Please see our 2016-2018 Forward Plan final report for further details.

We received 1110 requests for our sport science and sport medicine services which resulted in 3825 contact hours (see statistics for further details). Both of these numbers were an increase from the previous three-year average of 988 requests and 3247 contact hours. These services were provided by a combination of our staff and approved consultants. Staff consisted of Heather Hynes, Sport Dietitian Consultant (Saskatoon), Lisa Hoffart, Mental Performance Consultant (Regina), and Scott Julé, Drug Education Consultant (Regina). Approved Consultants consisted of approximately 85 sport science consultants and 140 sport medicine consultants (number includes event coverage personnel) across Saskatchewan.

From a financial perspective, the Council had a deficit (\$18,671) for the first time since 2001. Total revenue was at \$960,568 which was up over \$50,000 when compared with 2017 (\$909,021). The majority of the revenue increase was due to a \$32,000 increase in the funds utilized from the CSCS contract for service and an annual funding increase from the Sask Lotteries Trust Fund of \$17,000. Total expenditures were \$979,239 which was a major increase (10%) when compared with 2017 (\$879,118). The increase in expenditures was mainly due to an increase in CSCS funding utilized (\$32,000) and expenditures in our Awards and Recognition category (\$14,500) due to our 30th anniversary celebration. The remaining increase in expenditures (\$40,000) was due to the fact that Lisa Hoffart returned to work in 2018 following an approved leave in 2017.

In summary, the Council's deficit of \$18,671 was approximately 2% of the total overall budget. The deficit was mainly due to an increase in service provision and spending on souvenirs for our 30th anniversary celebration. The financial situation for 2019 and beyond will continue to be challenging. However, the Province renewed the lottery license agreement with Sask Sport Inc. The new agreement is for 5 years with no increase in the license fee so funding will be stable. In addition, the Council does have savings (surplus funds) to assist our budget if our financial situation requires it.

We continued to offer our sport medicine and science high performance programs and our educational and sport safety programs to our priority clients, the Provincial Sport Governing Bodies (PSGB's) designated athletes and coaches. Sports (PSGB's) receive a certain amount of free service from the Council depending on which tier (1-4) they fall into. The tier system was developed by the Council and Sask Sport Inc. It is based on certain important performance criteria established by Sask Sport Inc. Sports are then put into a Tier from 1-4 depending on their evaluation score. Sports that score high in their evaluation are categorized as Tier 1 and receive more free service than a sport categorized into a Tier 4.

Sports requests for service were steady across all sport science and sport medicine categories in 2018. In addition, University athletes, Coaches Association of Saskatchewan, Provincial Sport Districts and the Saskatchewan High School Athletic Association continue to receive a limited amount of free service as well. Finally, grassroots athletes and coaches and schools and community groups across Saskatchewan continued to access our programs on a “fee for service” basis.

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2018. The Council receives \$240,000 in grant funds and some other national funds for targeted athletes in Saskatchewan that varies from year to year. These funds are based on the CSCS’s fiscal year (April-March) which is different from the Council’s fiscal year (January-December). This fact makes it difficult to compare the Council’s CSCS financial numbers from year to year as the CSCS’s funds are utilized over two different fiscal years of the Council’s. The Council utilized approximately \$262,440 in funding for services provided this past year. The Council provides services to all the recognized CSCS athletes under the contract for service with the CSCS as summarized below.

The Council provided sport medicine and science services to all the Saskatchewan athletes and coaches who were registered with the CSCS. These athletes and coaches are members of Canada’s national, international and Olympic teams.

The Council was also actively involved in setting up services for the CSCS nationally recognized athlete teams/groups in Saskatchewan. In 2018, funding from Sport Canada through the Own The Podium (OTP) Program and national sport organizations was approved for the following sports; Para Cycling, Para Hockey, Sask Para Fencing and Sask Diving. This approved funding was for the CSCS’s fiscal year (April-March).

The Council and the CSCS’s PSGB Enhanced Program’s objective is to increase the pool of Saskatchewan athletes, coaches, officials and teams who are consistently achieving success at regional, national and international competitions. The main purpose of the program is to increase the strength and conditioning activity of the sports targeted by the program. This includes development, implementation, monitoring and supervision of a comprehensive strength and conditioning program (core strength, weight training, stretching, etc.). Physiological field and/or lab testing are also components of the program. Although, strength and conditioning is the primary focus for this initiative, sports were encouraged to develop and overall sport science and medicine plan for their high performance athletes which included; nutrition, mental training, sport medicine, drug education, injury prevention, and biomechanical analysis consulting services. It should be noted that the Council and the CSCS combine funds to provide for the PSGB Enhanced Program.

Council Staff also provided administrative support to the Centre by assisting with the athlete intake interview process, medical treatment reimbursements and participation in Centre Staff and Management Committee meetings. Our association with the CSCS has proven very beneficial to the Council, our members, and our dedicated consultants.

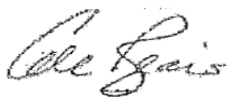
The Council also continued to work with aboriginal groups and organizations to promote and provide sport science and medicine services to aboriginal athletes and coaches in 2018. The purpose of the service is; (1) to raise the performance level of aboriginal athletes, coaches

and officials and (2) to increase participation in mainstream sport, aboriginal competitions, and multi-sport games.

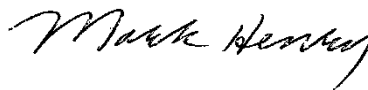
In closing, we will continue to look for new ways to encourage our clients to access our programs and services and look to expand and enhance the programs and services available to our clients where appropriate.

Finally, we would like to take this opportunity to thank Saskatchewan Lotteries for their continued financial support. We would also like to thank the Members, Board, Executive, Committee's, Consultants and Staff for all your hard work and dedication to the athletes and coaches of Saskatchewan in 2018. It is because of you we have an organization that is one of the leading sport medicine and science service providers in Canada. We are also doing our part to educate society that sport is more than "just a game" and is an important component to living a healthy and active lifestyle.

Respectfully Submitted;



Dr. Cole Beavis, President



Mark Henry, Executive Director

MEMBER'S ANNUAL REPORTS

1. Saskatchewan Academy of Sports Medicine

Membership and Meetings

The Saskatchewan Academy of Sports Medicine (SASM) met in May and November 2018 in Regina. The 2019 meetings will be in Saskatoon. Membership numbers have remained stable at approximately 50 physician members. A 5-year prepaid dues structure is now in place to facilitate member retention and minimize the need for yearly renewal.

Executive

The executive structure has changed for 2019 and we are pleased to announce Dr. Kate Thompson as President and Dr. Marty Heroux as Vice-President. Cole Beavis and Wendy Chrusch will remain as representative to the SMSCS and Cary Brunett remains the administrator.

Education and Professional Development

SASM members are exploring the possibilities of expanding the available post-graduate training opportunities in Sports Medicine. Currently there is a FMR3 Sports Medicine fellowship program in Regina which is intermittently filled. Either developing a second program in Saskatoon or blending the program to incorporate both sites is being considered. In addition to academic and research endeavors, SASM members continue to provide high quality Sports Medicine care to the people of Saskatchewan from the recreational to elite level.

The next SASM meeting will be held Friday May 3th, 2019 in Saskatoon.

Respectfully submitted,
Cole Beavis
Immediate Past-President, Saskatchewan Academy of Sports Medicine.

2. Sport Physiotherapy Canada – Saskatchewan Division (SPC-Sask)

SPC Current Board Members:

- **Stephanie Pepler** – Executive Chair
- **Kristie Mueller** – Education Coordinator
- **Leah White** – Communications and Marketing Coordinator
- **Matthew Okrainec** – Secretary/Treasurer
- **Jill Apshkrum** – Sports Medicine & Science Council of Saskatchewan Liaison
- **Daysha Shuya** – Sports Medicine & Science Council of Saskatchewan Liaison
- **Vacant**– Membership Coordinator
- **Vacant**– Events Coordinator and SPA Representative

The Canadian Physiotherapy Association is recommending combining board member duties, thus decreasing the number of board members for consistency across the country. The Saskatchewan Division is in the midst of discussion with regards to practicality and process for this recommendation. The CPA is also advocating for a member meeting instead of a yearly AGM (again, consistency across the country and to be in line with the constitutional changes).

List of Sport Events that SPC-SK had members at providing Medical Coverage 2018:

- Western Canada Ringette Championships, Saskatoon, March
- Saskatchewan Cheerleading Provincials, Saskatoon, March
- Saskatchewan Amateur Wrestling Championships, Regina - March
- Regina High School Athletics Association – Wrestling Finals - March
- RBC Training Ground Event, Saskatoon – March
- Sask Judo Provincials, Saskatoon - April
- U of S Huskie Football camp, Saskatoon – April
- Sask Volleyball Provincials, Saskatoon – April 14,15
- Sask Volleyball Provincials, Saskatoon – April 20 - 22
- Sask Volleyball Provincials, Saskatoon – April 27 - 29
- Sask Volleyball Provincials, Saskatoon – May 5,6
- Western Canada Gymnastics/Trampoline Championship, Regina – June
- Eastside Bridge City Soccer Tournament, Saskatoon – June
- Man/Sask Rugby Cup, Regina - July
- Rugby Nationals, Saskatoon – July
- U of R Women’s Volleyball Games, Regina – September
- Provincial Rugby Semi-Finals, Regina – September
- Regina High School Athletics Association – Football Season – Sept. to Nov.
- U of R Women’s Hockey Games, Regina – October
- Canadian Pro Rodeo, Regina – November
- Saskatchewan High School Athletics Association, Football 3A Final, Regina – Nov.

Updates:

- Canada will host the 3rd World Congress of Sports Physical Therapy in Vancouver in 2019.
- International Federation of Sport Physical Therapy (IFSPT) has granted SPC sport diploma holders the title of Registered International Sport Physical Therapists
- SPC-SK has now finalized the details of the Lindsay and Chris Facca Memorial Credentialing Program Award application process. We are hoping to present it this coming year.
- The plan with the speaker series has been to move to a more National approach. The SPC-SK section hosted one this year by Dr. Scott Butcher as a webinar. The online attendance was minimal, but there was better uptake for purchasing the recorded course.

Upcoming Webinars:

- March 5th, 2019 (AB) “How to enhance and support resilience in your athletes”
 - April 15th, 2019 (BC) “Understanding Relative Energy Deficiency in Sport – Management and Recommendations.”
 - Rock Tape - May/June timing of webinar (considering a longer term sponsorship with SPC)
 - Dance-Related Injuries (pre-recorded in ON)
- The SPC-SK section would like to continue to run a Sport First Responder every spring and fall going forward. Updated program has rolled out from Red Cross that mandates a 4-day course, while the recertification remains at 2 days. SPC has been working to reduce the required hours in the certification course for physiotherapists. All of the instructors have now completed credential renewal.
 - SPC-SK continues to put regular postings on our Facebook and Twitter accounts and continues to update our website material. We are now featuring SPC-SK members in each newsletter by having a Member Showcase Bio.

Respectfully submitted,

Daysha Shuya

SPC-Sask Section representative on the SMSCS Board of Directors

3. Saskatchewan Athletic Therapists Association (SATA)

2018 was a great year for the SATA but was overshadowed by the loss of one of our certification candidates, Dayna Brons, in the tragic Humboldt Broncos bus accident on April 6th, 2018. This was something that hit home for not only people in our province, but across Canada and throughout the world. We received numerous messages from people providing their support to Dayna's family and the athletic therapists throughout the province. Dayna will surely be missed but will never be forgotten.

Members/Consultants

- We currently have 34 members who are all certified athletic therapists.
- 25 are consultants with the SMSCS.
- SATA members continued their contribution to the SMSCS event coverage program, instructing Sport First Aid and Sport Taping courses, as well as delivering Concussion and Drug Awareness workshops.
- Trevor Len was again part of the Temporary Concussion Education Committee which completed its mandate in 2018.
- Other members have been involved in the Nominations Committee, Professional Development Committee and the Sport Medicine Programs Committee.

Meetings

- The SATA AGM was held on May 16, 2018 via a conference call. Trevor Len assumed the president role on a 2-year term. Adam O'Neill moved into the vice-president position and Alistair Wilson remained as the association's registrar. The treasurer position remains vacant. Trevor Len will continue acting as treasurer until the position is filled.

Awards and Recognition

- The Saskatchewan Roughriders founded the Dayna Brons Memorial Scholarship to annually recognize the outstanding contributions of an athletic therapy certification candidate throughout the duration of the team's training camp. The first scholarship was presented to Maddie Colton from Sheridan College in Brampton, Ontario.
- The Sandy Archer Scholarship is under review as the University of Regina has discontinued its affiliation with Mount Royal University. There was no award presented in 2018.

Other Information

- The SATA website was redesigned in 2018 in an attempt to make it more user friendly and more easily managed.
- The Saskatchewan Roughriders digital media department graciously created a tribute video in memory of Dayna Brons that was played at the Canadian Athletic Therapy Association (CATA) Annual Awards Banquet. We are extremely grateful for the efforts they put forward.

Respectfully submitted,

A handwritten signature in black ink, appearing to be 'Trevor Len', written in a cursive style.

Trevor Len, MSc, CAT(C), CSCS, C.Ac
SATA President

4. University of Regina, Faculty of Kinesiology and Health Studies

Facilities

The Faculty of Kinesiology and Health Studies continues to support the Council's professional development workshops. The University of Regina fitness facility is a recognized SportFit Gym with the Canadian Sport Centre Saskatchewan (CSCS), which allows CSCS athletes to work out with no charge. The Dr. Paul Schwann Centre (DPSC) is also a recognized lab for exercise physiology testing.

The Sport Psychology Laboratory (SPL) has two Neurotracker systems. This system is useful in training various types of attention and multiple object tracking. Also just acquired is a Dynaboard D2 which is useful in training peripheral awareness. Any interested athletes and/or teams may contact the SPL (Dr. Kim Dorsch) for information regarding training packages. A Fitlight system, used to train concentration, reaction and movement time is also available.

Consultants with the council have been engaged in discussions on how to enhance services to University of Regina athletes through the University of Regina's Athlete Health and Performance initiative (AHPi).

Faculty/Staff Consultants

The following individuals affiliated with the Faculty of Kinesiology and Health Studies are involved with the Council as consultants/board members:

Mental Training:	Dr. Kim Dorsch
Biomechanics:	Dr. John Barden
Strength/Conditioning:	Jon Silbernagel, Carmen Agar
Council Board:	Dr. Kim Dorsch

Cougar Athletics

During the season, eleven of the twelve University of Regina teams used the services of the Council. See the table below for the breakdown of services. This usage is an increase from the previous year, mainly due to our collaboration with AHPi. Some of the consulting services were provided to individual athletes versus in a team setting. It also needs to be noted that these figures do not include; (a) consulting as a volunteer consultant, (b) sport science service received through a different tier (e.g., Canadian Sport Centre, Provincial team, Canada Games Team), (c) fitness testing as that is provided directly by the Dr. Paul Schwann Centre, or (d) staff consulting over and above the given allocation.

Volleyball - f	\$575 / \$575	100% used for Mental and Nutrition
Football - m	\$115 / \$575	18% used for Nutrition
Hockey - f	\$575 / \$575	100% used for Mental and Nutrition
Soccer – f	\$575 / \$575	100-% used for Mental
Swimming	\$575 / \$575	100% used for Mental and Nutrition
Basketball - f	\$0 / \$575	0% used
Track and Field – m/f	\$2,300 /	100% used for Mental and Nutrition

X Country Running – m/f	\$2,300	
Hockey - m	\$115 / \$575	20% used for Mental
Basketball - m	\$105 / \$575	18% used for Nutrition

Submitted on behalf of the Faculty of Kinesiology and Health Studies by
Kim D. Dorsch, Ph.D., Professor

c.c. Dr. Harold Riemer, Dean
Lisa Robertson, Director of Sport, Community Engagement, and Athlete Development

5. University of Saskatchewan, College of Kinesiology

Sport Science Testing

The College continued to provide support in athlete testing services for the Council during the 2018 year.

Sport Medicine Programs

The College of Kinesiology contributed to the Sport Medicine programs when requested by providing classroom space and audiovisual equipment.

Faculty/Staff Consultants and Board Members

Several College of Kinesiology faculty and staff support the activities of the Council through their work as consultants and service to the Board.

In the past year the following Faculty/Staff provided consulting services or supported testing services:

Faculty/Staff Consultants and Board Members

Strength Conditioning

Jason Weber
Gray Ferguson
Shane Schwanbeck
Bart Arnold

Sport Medicine

Rhonda Shishkin
Adrienne Stinson

Mental Training

Dr. Kent Kowalski
Dr. Kevin Spink
Dr. Leah Ferguson

Board Member

Doug Hillis

Huskie Athletics Usage of FREE Service up to \$575/team

Basketball - m	\$0 / \$575	0% used
Basketball - f	\$140 / \$575	24% used for nutrition & mental
Volleyball - m	\$115 / \$575	20% used for nutrition
Volleyball - f	\$0 / \$575	0% used
Football	\$575 / \$575	100% used for nutrition & mental
Hockey – m	\$230 / \$575	40% used for nutrition
Hockey – f	\$168 / \$575	29% used for nutrition & mental
Track and Field – m Track and Field – f X Country Running - m X Country Running – f	\$2300 / \$2,300	100% used for nutrition & mental & lab testing
Wrestle – m Wrestle – f	\$1150 / \$1150	100% used for nutrition & mental
Soccer – m	\$575 / \$575	100% used for nutrition
Soccer – f	\$575 / \$575	100% used for nutrition, mental & strength

Respectfully Submitted,
Doug Hillis, Assistant Professor
c.c. Dr. Chad London, Dean

6. Chiropractors Association of Saskatchewan-Sport interest Group

The Chiropractors' Association of Saskatchewan (CAS) had forty-three active sport interest members in 2018.

Event Coverage and Education

The CAS had a number of members active throughout the year in medical coverage and the continuing education programs, delivered through the Sport Medicine and Science Council of Saskatchewan (SMSCS).

Organizational Development

The Chiropractors' Association of Saskatchewan – Sport Interest Group (CAS-SIG) will be actively re-established in 2019, to support members in professional development, sharing of information and best practices, and to contribute to the field of sport medicine and science.

The CAS looks forward to continued involvement with the SMSCS in 2019 and in particular involvement with the Western Canada Summer Games in Swift Current this summer.

Respectively Submitted,

Dr. Garth LaPlante,
Chiropractors Association of Saskatchewan-
Sport Interest Group

7. Canadian Sport Massage Therapist Association (CSMTA)-Sask Chapter

CSMTA -Sask Committee

The Committee currently consists of Monty Churchman–CSMTA Vice President and Al Bodnarchuk–CSMTA-SMSCS Representative.

CSMTA-AGM

The CSMTA AGM was held in Vancouver in October 2018. The 2019 CSMTA AGM will be held in Saskatoon on October 24th in 2019. We hope many of our members are able to attend. We will also be inviting other massage therapists as well as the other sport medicine health care providers.

Professional Development

We were able to have some of our members attend and present at the professional development conference held in Regina in September.

Some of our members continue to work with some of the University of Saskatchewan Huskie teams. Some of our members also volunteered for the “Saskatoon Broncos Clinic” at the Parktown hotel that was held in April. We want to thank Geraldine Barrett for all her hard work organizing this event.

CSMTA has developed a one day Sport Massage Course for Physical Therapists and Chiropractors.

The Sask Chapter is currently having issues with securing enough volunteers to keep our Chapter established in Saskatchewan. We will work closely with the Council in 2019 to hopefully resolve these issues.

Finally, I would like to thank all the provider groups for their support and cooperation this year. Our group is very happy to be working with the other health care providers of the Sport Medicine and Science Council of Saskatchewan.

Thank you for your continued co-operation and support.

Respectfully submitted, Al Bodnarchuk (SMT©, RMT)

SUMMARY OF PROGRAMS & SERVICES

A. OVERVIEW

The Sport Medicine and Science Council of Saskatchewan (SMSCS) offers a unique service to Saskatchewan amateur sport by providing high quality evidence-based sport medicine and science services and programs. These programs and services are available to all levels and caliber of athletes, coaches and officials throughout Saskatchewan with a specific priority on the Sask Sport Inc. membership.

This membership includes:

- 1) Provincial Sport Governing Bodies (65)
- 2) Saskatchewan Games Council
- 3) Coaches Association of Saskatchewan
- 4) Provincial Districts for Sport, Culture and Recreation (9)
- 5) Saskatchewan High School Athletics Association
- 6) University of Regina Athletic Teams
- 7) University of Saskatchewan Athletic Teams
- 8) Canadian Sport Centre Saskatchewan Recognized Athletes & Training Groups
- 9) Aboriginal Excellence Programs (eg. North American Indigenous Games)

Services and programs offered to these groups are mainly “free” or in some instances at a “subsidized cost” thus enabling all designated Sask Sport Inc. members affordable access.

Provincial Sport Governing Bodies (PSGB’s) receive a certain amount of free service from the Council depending on which tier (1-4) they fall into. The tier system was developed by Sask Sport Inc and the Council based in part on the PSGB’s “excellence grade” in the sports 3-year performance review to Sask Sport Inc. During this process, the sports are evaluated on certain important performance criteria established by Sask Sport Inc. The PSGB’s are then put into a Tier from 1-4 depending on their excellence grade, past SMSCS consulting service usage, and whether they are a Canada Games sport. Sports that are categorized as Tier 1 receive more free service than a sport categorized into a Tier 4.

Other clients above also receive some “free service” as well. The amounts are based on our annual budget and by using the Tier system as a reference.

Some other groups that utilize our services on a “fee for service” include schools, recreations boards, private business and the general public.

The SMSCS Tier Service chart for 2018 was as follows:

TIER	ELIGIBILITY	SERVICES
PSGB (Tier 1)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> ● \$3000 Science Services ● \$1200 Medicine Services
PSGB (Tier 2)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> ● \$2500 Science Services ● \$1000 Medicine Services
PSGB (Tier 3)	<p>*See notes below in regards to SMSCS services.</p> <p>*In addition to the SMSCS "service eligibility" may also be eligible for "enhanced services" through the CSCS (see CSCS eligibility above)</p>	<ul style="list-style-type: none"> ● \$2000 Science Services ● \$800 Medicine Services
PSGB (Tier 4)	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> ● \$1000 for Science and/or Medicine Services
<p>Saskatchewan High School Athletic Assoc Coaches Association of Sask Districts for Sport, Culture and Rec. Sask Games Council</p>	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> ● \$1200 for Science and/or Medicine Services
<p>UNIVERSITY TEAM & INDIVIDUAL (University)</p>	<ul style="list-style-type: none"> ● Huskie athletes/teams ● Cougar/Rams athletes/teams <p>*See notes below in regards to SMSCS services.</p>	<ul style="list-style-type: none"> ● Each Saskatchewan University is allocated a specific dollar allocation, with each team receiving an equal amount of service. (currently \$575 per University team per year) ● Requests must be made through the Coach.
ABORIGINAL EXCELLENCE	<ul style="list-style-type: none"> ● Sport Teams preparing for North American Indigenous Games ● Other Elite Teams attending Nationals 	<ul style="list-style-type: none"> ● Each identified PSGB has access to \$300 per year ● Other reasonable expenses (i.e.: travel) will also be provided on a case per case basis.
GRASS ROOTS	<ul style="list-style-type: none"> ● Grassroots Athletes, Schools, Club Teams, Rec. Boards, Health Districts, Recreational Athletes, Non-Profits ● Corporate, Retail, and for-profit Businesses 	<ul style="list-style-type: none"> ● Cost of \$115/hr (+GST) for Group/Team ● Cost of \$70/hr (+GST) for Individual ● Consulting will be provided as per the SMSCS Policy.

B. SPORT SCIENCE PROGRAMS AND SERVICES

The Council offers the following sport science programs and services;

1. Mental Performance

Workshops & progressive consulting are available in the areas of:

1. Team building and group dynamics
2. Attention, emotional, and arousal control
3. Self-awareness
4. Mental imagery
5. Self-talk
6. Goal setting
7. Routines
8. Ideal performance state
9. Mental toughness
10. Practice effectiveness

2. Sport Nutrition

Workshops and services are available in:

1. Basic sport nutrition
2. Fluids
3. Weight issues
4. Pre/post event nutrition
5. Nutrition on the road
6. Tournament & multi-event nutrition
7. Supplements & herbal products

3. Strength & Conditioning

Workshops and services are available in:

1. Core strength
2. Concepts in warm-up/cool-down
3. Weight training
4. Resistance training
5. Foot speed & agility
6. Plyometric training
7. Exercise program design
8. Exercise ball training
9. Field physiological tests (eg. physical assessment, Léger, vertical jump, sit-ups)

In addition to the above the Council continued to sell a limited amount of exercise and rehabilitation training equipment and supplies in 2018. Products the Council sold were purchased from Diamond Athletics Medical Supplies as well as Thera-Gear Fitness. We receive a discount on all products which allowed the resale to occur at reasonable prices. The products sold included: Pro Gym Balls, Fit Tubing, Medicine Balls, and Therapy Bands. This program is slowly being phased out as clients can access this equipment from numerous other sources.

4. Biomechanics

Services are available in:

1. Technical Skill Analysis by looking at the muscular, joint, and skeletal actions while performing a given task.
- Can be accomplished through:
 - Qualitative research in order to understand a problem (ie: injury, skill flaw) and possibly develop potential quantitative research.
 - Quantitative research in order to generate numerical data in order to use statistics (ie: angles, speed, distances, etc)
 - May use: (Video, GPS, Accelerometry, Motion Sensors, Force Plates, Gyroscopes, Radar)

5. Exercise Physiology

Services available in:

1. Metabolic Conditioning: Training the Aerobic and Anaerobic Systems
2. Physiological Program Planning & Design
3. Physiological Testing-Lab
 - Testing includes: Max VO₂, flexibility, lean body mass, fat mass, and capacities, aerobic/anaerobic power etc.
4. Physiological Testing-Field
 - Testing includes: leger, vertical jump, sit-ups, etc.)

2018 Summary/Highlights

January - Staff Mental Trainer, Lisa Hoffart came back from Maternity Leave.

April – The Council started to develop a presentation on “Sleep (Rest) and Performance”.

April – August – The Council worked with the Coaches Association of Saskatchewan on making the final plans for the joint professional development conference for coaches and sport medicine and science consultants.

August/September - The Council piloted the presentation on “Sleep (Rest) and Performance” to Coaches at 2 different events and received good reviews.

September – The Council staff was involved in presenting at the Canadian Sport Centre Saskatchewan’s “YXE Game Plan” Athlete Coach Conference in Saskatoon.

September – The Council co-hosted a professional development Conference with the Coaches Association of Saskatchewan for coaches and sport medicine and science consultants in Regina.

October – Laycock and Hynes attended a 2-day Sask Sport Diversity Training Workshop that occurred in Moose Jaw.

Six (6) new Sport Science Consultants were “approved” to be SMSCS Consultants.

In 2018, we received 682 total requests for sport science services. This accounted for 61% of the total service requests received. In comparison to 2017, we received 573 total requests for sport science services that also accounted for 58% of the total service requests received.

In 2018, we provided 2813 total sport science service hours. This accounted for 73% of the total amount of service hours provided. In comparison to 2017, we provided 2421 total sport science consulting hours. This accounted for 68% of the total amount of consulting hours provided. It should be noted that ‘total’ SMSCS service hours also include “Medical Coverage at Events hours” so fluctuations in the overall total can occur.

Overall, sport science requests increased when compared to 2017. This was due to an overall increase in strength and conditioning and mental performance services with the Provincial Sport Governing Bodies. It should be noted that even though the Council operates on a calendar year, we have allowed the PSGB’s to plan to use services over any 12-month period that they deem necessary. As a result, these PSGB may utilize services at different times of the year which will either positively or negatively affect the overall usage from year to year based upon each sport’s need. Finally, it should also be noted that the overall Canadian Sport Centre’s sport science service hours usage slightly increased.

When comparing the percentage of the sport science service usage provided to the provincial sport governing bodies (our priority client group), there is always some fluctuations when compared to the previous years. However, for our Forward Plan, we strive to maintain or increase the overall percentage of used based upon a 3-year period. During 2018, all PSGB Tiers increased their overall sport science service usage.

A comparison of the percentage usages is provided below.

<u>PSGB</u>	<u>2018</u>	<u>2017</u>	<u>2016</u>	<u>2015</u>	<u>2014</u>
Tier 1	100%	94%	87%	84%	81%
Tier 2	78%	71%	69%	80%	63%
Tier 3	36%	27%	42%	33%	57%
Tier 4	24%	13%	5%	19%	5%

Note: Tier 4 sports statistics include science and medicine services

C. SPORT MEDICINE PROGRAMS AND SERVICES

The Council provides the following sport medicine programs and services;

1. Sport Safety Program

- 1a. Sport 1st Aid Workshop – 7-hour workshop with content consisting of:
 - role of the sport first-aider
 - liability concerns
 - fitness & injury prevention (warm up; cool down, stretching, strength training, energy systems, and nutrition)
 - facility checklist

- protective equipment
- sport 1st aid kit and supplies
- E.A.P.'s (emergency protocols, pre-season medical, medical history)
- medical kit
- life threatening injuries
- injury recognition
- common sport injuries – prevention and care

1b. Sport Taping Workshop – 7-hour workshop with content consisting of:

- types of soft tissue injuries
- cycle and mechanism of injuries
- stages of healing
- assessing and return to sport guidelines
- knowing when to tape vs. not to tape
- ankle wrapping & taping, wrist taping, thumb & finger taping, hip wrap, and tensor bandaging.

2018 Summary/Highlights

In total 24 Workshops were held in 2018 (9 – Sport 1st Aid and 15 Sport Taping). This is the highest amount ever. The average from the previous four years is 12 Taping Workshops and 5 Sport 1st Aid Workshops. This program is used primarily by the Sask Sport Inc Sport Districts, schools, and PSGB's.

A committee was established in June to review and update the Sport 1st Aid Workshop. The committee members include:

1. Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter
2. Kristie Mueller, Sport Physiotherapy Canada-Sask,
3. Dr. Daysha Shuya, Sport Physiotherapy Canada-Sask,
4. Adrienne Stinson, Sport Physiotherapy Canada-Sask,
5. Scott Julé, Staff member.

After numerous meetings and much work doing initial revisions, two pilot workshops were held in October for the Saskatchewan Cheerleading Association. Upon completion of these two workshops, the committee decided to develop three separate resources:

1. One for the participants which will essentially become a workshop workbook.
2. An instructor 'teaching' manual used solely by those presenting the material.
3. Lastly, there will be a power point presentation that will be used by the Instructor during the workshop. In addition, various resources and handouts will also be developed.

The committee is hoping to have a final draft of all of these resources completed by the summer of 2019.

2. Sport Medicine Education Sessions

Sessions range from one to three hours in length and can be on one topic or a combination of many. Suggested topics include:

- Injury prevention (warm up/cool down, stretching, self-massage)
- Recognition & care of common injuries

- Life threatening injuries – how to prevent and deal with them
- Development of emergency action plans

2018 Summary/Highlights

Overall, we provided 45 individual requests for all types of the Sport Medicine Education sessions in 2018 which was the most we ever have done in one calendar year. The average of the previous four years was 25.

3. Concussion Education and Management Program

This program consists of two primary components:

1. Education:
 - a. 1-hour education session
 - b. Website resources
 - c. Other 'hand-out' materials
2. Assisting with the development and review of sport organizations Concussion Management Plans

2018 saw the continuation of the work of the Temporary Concussion Committee who were charged with fulfilling the following objectives;

1. To develop the Council's Concussion Education Program policies and procedures, including but not limited to:
 - a. The development, review, and updating of the SMSCS's concussion related educational/promotional resources.
 - b. Reviewing any/all new concussion education, policies, protocols, etc, that may come forward as a result of new research.
 - c. Recommendations on consultant requirements.
 - d. Recommendations on program development and initiatives.
2. To recommend policy to the SMSCS's Sport Medicine and Sport Science Programs Committee for approval by our Board of Directors.

2018 Summary/Highlights

- a) The 'second' presentation (interactive in nature) was finalized and reviewed. A 'pilot' presentation was completed at a school presentation in March. Some technical difficulties came up that will have to be fixed prior to using the presentation again. Currently, a search is being performed on finding an IT person/company that will assist us in with this project.
- b) An Instructor In-Service Education Session was held on February 5, 2018. Consultants attended both in person and by conference call. In total 19 consultants participated in the session which was presented by Dr. Kate Thompson (SASM) and Rhonda Shishkin (SATA & SCP-SK). Of these 21, approximately 9 are currently active.
- c) A total of 21 Concussion Education sessions were provided in 2018. This is more than double that were completed in each of the past two years (10 & 9).
- d) Four PSGB's requested consulting services in developing their Concussion Management Plans. Over the last three years, 10 PSGBs have now used this service that we offer.

4. Initial Injury Assessments Program

Personalized initial injury assessments are administered through the SMSCS only for specific high-performance athletes and only if the athlete does not have access/funding to their own/parents insurance program (ie. benefits plan at work). Each assessment must also be approved by the PSGB in order to use part of their SMSCS annual funding to pay for the assessment. It should be noted this program is only for an 'initial' assessment, not for continued treatment.

2018 Summary/Highlights

Nine were funded in 2018 which is significantly higher than any previous year.

5. Sport First Aid Kits & Supplies

The SMSCS continued to provide the availability for clients to purchase sport first aid kits and supplies. Items for purchase are wide ranging including everything from tensors and tape to ointments and finger splints. Consultation on developing sport specific kits is also available.

2018 Summary/Highlights

This program continued to provide a valuable service to various user groups and organizations across the province in 2018 with 133 individual sales transactions.

6. Medical Coverage of Events Program

The Medical Coverage Program is made up of three main components:

1. Event Coverage
 - a) Personnel (notification, scheduling, invoicing)
 - b) Equipment loan/usage
2. Equipment Rental and Supplies Sales
3. Consultative Services - administrative in nature relating to the overall development of the medical protocol (set-up, personnel and equipment requirements, EAP's, etc).

On a request basis the SMSCS will make every attempt to provide the above components to ensure sport and recreation groups provide adequate medical coverage for their athletes, teams and host agencies.

Personnel - The SMSCS utilizes five primary medical groups to cover events. They include: medical doctors, physiotherapists, athletic therapists, chiropractors and massage therapists. Each of these medical disciplines has a specialized sport medicine/therapy division. These specialized sport divisions are in essence the primary medical provider groups of the SMSCS. The SMSCS does however use other professionals as well as students in certain situations.

Equipment - The equipment we have available includes: Trainers Kits, Trauma Kits, Treatment Tables, Spine Boards, Air Splint Kits, B Splint Kits, CASM Medisac's, Muscle Stimulator Units, Tens Units, Ultrasound Unit, Interferential/Ultrasound Unit, and Metal Scoop Stretchers

There are established guidelines to ensure there is continuity for all events, user groups, as well as for those providing coverage at the events. It should be noted, that on rare occasions, variations from these guidelines might occur.

Every effort is made to provide all sport groups with the coverage they require, however, there may be times when a request cannot be filled or only partially filled. The SMSCS makes every attempt to provide the requesting agency adequate time to make alternative arrangements for event coverage should this problem arise.

2018 Summary/Highlights

- a) 2018 saw the Council involved with many events, 23 of which required personnel coverage for a total of 722 hours covered throughout the year. This was the most events covered ever and the second most hours covered. The previous four years had an average of 19 events per year.

Events (23) covered that involved SMSCS Personnel:

- Western Canada Ringette Championships, Saskatoon, March
- Saskatchewan Cheerleading Provincials, Saskatoon, March
- Saskatchewan Amateur Wrestling Championships, Regina - March
- Regina High School Athletics Association – Wrestling Finals - March
- RBC Training Ground Event, Saskatoon – March
- Sask Volleyball Provincials, Saskatoon – April 14,15
- Sask Volleyball Provincials, Saskatoon – April 20 - 22
- Sask Volleyball Provincials, Saskatoon – April 27 – 29
- Sask Judo Provincials, Saskatoon - April
- U of S Huskie Football camp, Saskatoon – April
- Sask Volleyball Provincials, Saskatoon – May 5,6
- Western Canada Gymnastics/Trampoline Championship, Regina – June
- Western Canada Flag Football League – Saskatoon, June
- Eastside Bridge City Soccer Tournament, Saskatoon – June
- Man/Sask Rugby Cup, Regina - July
- Rugby Nationals, Saskatoon – July
- U16 Flag Football Nationals, Regina – July
- U of R Women’s Volleyball Games, Regina – September
- Provincial Rugby Semi-Finals, Regina – September
- Regina High School Athletics Association – Football Season – Sept. to Nov.
- U of R Women’s Hockey Games, Regina – October
- Canadian Pro Rodeo, Regina – November
- Sask High School Athletics Association, Prov Football 3A Final, Regina - Nov.

2018 saw the development of Working Committee to review the SMSCS’s entire Event Coverage Program. The committee was struck for a number of reasons but as whole it was tasked to review and update this Program with specific emphasis on:

1. Developing a Host Coverage Agreement/Contract
2. Review the Scope of the SMSCS coverage responsibilities
3. Review of al liability and risk factors associated with the Program
4. Ensuring communication ‘flow’ is developed for reporting injuries and care
5. Recommendations on Consultant requirements

The committee met a number of times during the last half of 2018 and hope to have all updates and resources completed by the summer of 2019.

7. Medical Equipment Loaner/Rental Program

Medical equipment and supplies such as ultrasound machines, sport 1st aid 'trainers' kits, splint kits, and portable treatment tables are available for rent or loan on a first come-first serve basis. Some restrictions apply.

2018 Summary/Highlights

Thirty-two (32) requests were filled in 2018 for the loan/rent of the Council's equipment. Last year there were 34 requests.

8. Drug Education & Awareness Program

The SMSCS's Drug and Awareness Program is designed to enable the Council to:

- 1) provide workshops to Western Canada and Canada Games athletes and coaches as well as other high-performance groups such as University teams, provincial teams, clubs, and nationally ranked athletes and coaches.
- 2) provide information and in some cases presentations to PSGB's & Sask Games teams.
- 3) act as a resource for all amateur athletes & coaches on drug education issues (i.e. prohibited substances, testing procedures, sanctions, supplement use, fair play and ethics in sport, alternatives to doping, etc).
- 4) assist all sport clients in the education and promotion of drug free sport and if requested, the development of sport specific educational programming and policy development.

The SMSCS can also assist organizations in developing drug education policies and programming.

Workshops consist of information on:

1. Banned substances and methods
2. Doping Control Procedures
3. Exemption procedures/forms
4. Athlete rights and responsibilities
5. Alternatives to doping
6. Fair play & ethics.

2018 Summary/Highlights

The SMSCS provided 28 workshops/sessions in 2018, which is average for a year that the Canada Winter Games will be taking place in February of the next year. Non-games sports that requested a workshop included Football Sask (4), Swim Sask (1), Softball Sask (1)

It should be noted that going forward the number of workshops we provide for Saskatchewan teams attending Games may be reduced significantly. Reasons for this are two-fold:

- 1) There has recent been discussions on whether or not the Western Canada Summer Games will continue on after the next Games are held in Swift Current in 2019.

- 2) There has been increased pressure on the Saskatchewan Games Council (SGC) and the Provincial Gov't Sport branch to make it mandatory for all athletes attending a Canada Summer or Winter Games to take the CCES's on-line Drug Education course. Essentially, the issue is the CCES has signed a contract with the Canada Games Council to have every athlete complete the CCES's on-line Drug Education session prior to attending a Canada Games. Saskatchewan was the lone 'hold-out' as the SGC and Provincial Gov't - Sport Branch believe that our face-to-face workshops are better than the 'on-line' course and provide the exact same information. Their plan was to continue to use our workshops. CCES was disappointed in this decision and in an effort to get Saskatchewan on board with their on-line program the CCES tried to prove that our workshop did not meet the standard that their course does (eg. they have quizzes at the end of each section that athletes have to pass before they can move on to the next section and also indicated that some of the workshop slides had used examples that were outdated). In the end, it looks like the provincial government and the SGC will not have any choice but to switch to the CCES's online course. This will probably result in a decrease in the number of workshops we provide to Canada Summer and Winter Games teams going forward. However, the Council will continue to recommend that all athletes attending a Canada Summer or Winter Games should participate in the Council's face-to-face drug education and doping control workshop.

D. MAJOR MULTI-SPORT GAMES PROGRAMMING

1. 2019 Canada Winter Games

The Council provided services to the athletes and coaches in their preparation for the Games that will take place in February 2019 in Red Deer, Alberta.

The Council and Sask Games Council reached an agreement to enhance the sport science and sport medicine support team that will attend the Games as part of the Team Sask Mission Staff. The Sask Games Council agreed to allocate four dedicated sport medicine and science positions to the Council on the Saskatchewan Mission Staff Team. These positions are in the areas of sport medicine (medical liaison) and 3 sport science (2 mental performance consultants & 1 nutrition consultant). Council member, Daysha Shuya (sport physiotherapist) will attend as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaisons will be; Lisa Hoffart, Staff Mental Performance Consultant, Kyle MacDonald, Casual Mental Performance Consultant, and Heather Hynes, Staff Sport Dietitian Consultant. It should be noted that the decision to send 3 sport science representatives is a "pilot project" to determine if there is the need to have more of an Integrated Science and Medicine Support Team (IST) presence at major games. The pilot project will be reviewed in the spring of 2019 to determine long term viability.

2. 2019 Western Canada Summer Games

The Council started to provide services to some the athletes and coaches in their preparation for the Games that will take place in August 2019 in Swift Current, Saskatchewan. The Council and Sask Games Council reached an agreement to send 1 sport science and 1 sport medicine consultant to the Games as part of the Team Sask Mission Staff. These positions will be filled by Council member, Julie Brandt (chiropractor) who will attend as the Saskatchewan Mission Staff Medical Liaison and the Saskatchewan Mission Staff Science Liaison will be filled by Lisa Hoffart, Staff Mental Performance Consultant.

E. CANADIAN SPORT CENTRE SASKATCHEWAN (CSCS)

The SMSCS continued its partnership and contract with the CSCS (operated by Sask Sport Inc.) to deliver sport medicine and science services to the following;

- CSCS individual registered athletes
- CSCS High Performance Enhanced Sport Science and Sport Medicine Service Program for Identified Provincial Sport Governing Bodies (PSGB's)
- CSCS National Training Groups funded by Own the Podium (OTP) and National Sport Organizations (NSO's)

The SMSCS provides the following science and medicine services to Centre athletes:

- Administration and Financial Management of the Medical Services/Treatment Reimbursement Program
- Athlete intake/retake interviews (for southern Saskatchewan athletes)
- Sport Nutrition
- Exercise Physiology
- Strength and Conditioning
- Mental Training
- Biomechanical Analysis
- Sport Medicine (injury assessment and rehabilitation)
- Fitness Testing/Athlete Monitoring
- Medical Equipment Rental
- Sport First Aid Supply Sales
- Medical Personnel for Event Coverage
- Drug/Supplement and Doping Control Education
- Administration of the Vitamins, Advil, Cold Fx, etc. distribution to athletes

2018 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2018. The Council receives \$240,000 in grant funds and some other national funds for targeted athletes in Saskatchewan that varies from year to year. These funds are based on the CSCS's fiscal year (April-March) which is different from the Council's fiscal year (January-December). This fact makes it difficult to compare the Council's CSCS financial numbers from year to year as the CSCS's funds are utilized over two different fiscal years of the Council's. The Council utilized approximately \$262,440 in CSCS funding for services provided this past year. The Council provides services to all the recognized athletes under the contract for service with the CSCS. The areas of service are summarized below.

CSCS Individual Registered Athletes-Science Services-The CSCS individual sport science service hours increased in 2018 (461 hours) when compared to 2017 (405 hours). This increase in service hours resulted in an increase in funding utilized as well (2018 = \$31,252 and 2017 = \$25,281.)

CSCS Individual Registered Athletes Sport Medicine Services - Athlete Medical Reimbursement Program - This program had a decrease in requests in 2018 when compared

with 2017 (see below). This decrease in requests resulted in a decrease in funding utilized as well (2018 = \$16,883 and 2017 = \$27,856.). Program usage varies from year to year depending on the number of athletes registered with the CSCS. The Council administers this program on behalf of the CSCS. The program operates like an insurance program whereby athletes pay for medical services and then submit receipts to be reimbursed. The program is to be a secondary program to assist athletes once they have utilized all additional insurance programs that they may have through work, school, or parents.

Individual Athlete Service Usage -

CSCS	Science		Medicine		Medical Reimburse	Athlete Service Manager Intake Interviews & Product Distr.
	Requests	Hours	Requests	Hours	Requests	Requests
Year 2018	89	461.75	0	0	73	6
Year 2017	83	404.75	0	0	96	9
Year 2016	71	645.5	0	0	88	1

CSCS - Own the Podium and Nationally Funded Provincial Training Groups/Athletes –
 The Council was actively involved in setting up services for nationally recognized athletes and training groups in Saskatchewan. In 2018, funding from Sport Canada through the Own The Podium (OTP) Program and national sport organizations was approved for the following sports; Para Cycling = \$2,800.00; Para Hockey \$2,500.00, Sask Para Fencing = \$2,500.00 and Sask Diving = \$10,000.00. This approved funding is for the CSCS’s fiscal year (April-March). Total funding utilized in our 2018 fiscal was \$13,876.87.

CSCS and the Council’s PSGB Enhanced Sport Science and Sport Medicine Program –
 This program’s main objective is to increase the pool of Saskatchewan athletes, coaches, officials and teams who are consistently achieving success at regional, national and international competitions. The main purpose of the program is to increase the strength and conditioning activity of the sports targeted by the program. This includes development, implementation, monitoring and supervision of a comprehensive strength and conditioning program (core strength, weight training, stretching, etc.). Physiological Field and/or Lab Testing are also components of the program. This program was led by the network of strength and conditioning experts currently available to our sports through the Council. Although, strength and conditioning was the primary focus for this new initiative, other service areas also include: nutrition, mental training, sport medicine and biomechanical analysis.

Twenty-two (22) targeted PSGB’s were approved for 2018/19. The Council receives approximately \$135,000 from the CSCS for this program. These funds are based on the CSCS’s fiscal year (April-March) which is different from the Council’s fiscal year (January-December). This fact makes it difficult to compare the Council’s CSCS financial numbers from year to year as the CSCS’s funds are utilized over two different fiscal years of the Council’s. It should also be noted that the Council and the CSCS combine funds to provide

the PSGB Enhanced Program. The targeted sports utilized approximately \$155,450 of CSCS grant funds in 2018.

CSCS – Council Staff & Board Support Services -

The Council receives \$45,000 in funding (part of the \$240,000 grant) from the CSCS for staff services provided to the CSCS as summarized below.

Scott Julé assisted the Centre by providing intake and retake interviews/meetings of athletes from southern Saskatchewan, administered the Medical Services/Treatment Reimbursement Program, as well as acted as the South Saskatchewan distributor of Pfizer products.

The Council Staff participated in the Canadian Sport Centre Saskatchewan Staff meetings which were held on a monthly basis. Travis Laycock, Scott Julé and Mark Henry represented the SMSCS. As well, Kim Dorsch represented the Council Board on the CSCS Management Committee while Travis Laycock represented the Council Staff on the CSCS Management Committee.

The SMSCS staff is also involved nationally representing the SMSCS and CSCS with the following:

National Sport Science & Medicine Advisory Committee (NSSMAC) - Nutrition Working Group - The NSSMAC-Nutrition Working Group is comprised of sport dietitians (registered dietitians) located at all the Canadian Sport Centres and Institutes plus some additional consulting sport registered dietitians who are working directly with national team athletes from across the country. The group gets together every two months via conference call to discuss ongoing projects in a variety of areas. Currently the group is working on a National Supplement policy. Heather Hynes, Staff Dietitian represents the CSCS and SMSCS on this national committee.

National Sport Science and Medicine Steering Group - This steering group includes representation for each Centre and Institute, Canadian Olympic Committee and Canadian Paralympic Committee and reports/collaborates with Andy Van Neutegem with the National Own the Podium Program. Heather Hynes, Staff Dietitian represents the CSCS and SMSCS on this national committee.

GAME PLAN – Athlete Career Transition Program - Lisa Hoffart (nee Benz), Staff Mental Performance Consultant is contracted by the CSCS to implement the National Game Plan Program. The program supports high performance athletes in their pursuit of excellence during and beyond their sporting careers. The Game Plan program is supported by the Canadian Paralympic Committee (CPC), Canadian Olympic and Paralympic Sport Institute Network (COPSI Network) and has a goal to provide Canadian athletes with resources for life beyond sport.

National Sport Science and Medicine Advisory Committee – Mental Performance Consultants Group - As of September 2018, Lisa Hoffart, Staff Mental Performance Consultant has joined the NSSMAC group of mental performance consultants. The group meets monthly via conference calls in order to discuss advancing mental performance consulting on a provincial and national level.

F. MARKETING, PROMOTION, COMMUNICATION, SPONSORSHIP AND FUNDRAISING

1. Sport Medicine and Science Council of Saskatchewan Legacy Fund

The Sport Medicine and Science Council of Saskatchewan Legacy Fund was established in 2015. This program was developed by Sask Sport Inc. to assist their member organizations in implementing a gift giving/fundraising campaign. The program encourages individuals who have benefited from sport or those who believe in the value of sport to give something back for current and future generations. Cash, monthly or annual contributions, gifts in kind or planned gifts are all eligible donations. A complementary “donor incentive program” has also been developed to assist Provincial Sport Organizations in attracting donors. Donor recognition and significant tax savings further add to the attractiveness of contributing to the Fund. The Council received its first donation in December 2015 from Dr. Jack and Cheryl Alexander. Dr. Jack Alexander is one of the founders of the Council and its first President. The fund receives interest payments each year on Jack and Cherie’s donation.

2. Web Page & Newsletter

- a. These two communication tools are used to promote our services to athletes, coaches, schools, rec. boards, etc. They also act as a great resource for the SMSCS’s members and consultants.
- b. The Newsletter is published 3 times per year and is distributed via email and posted on our website.
- c. Advertisement revenue from the Newsletter and website in 2018 was \$3,075.00 which was an increase when compared to 2017 (\$2,550.00).
- d. The Council’s web address is **www.smscs.ca**.

3. Promotional Brochure/Hand-Out

The Council continues to utilize a 1-page (two sided) hand-out that outlines our programs and services. In addition, 2018 saw the production of a few Concussion related resource hand-outs (Concussion Action Plan, and SMSCS EAP template).

4. Blood and Body Fluids Rules Hand-Out

The Council utilizes this resource as part of the Sport 1st Aid seven-hour workshop, as well as distributing it to all PSGB’s.

5. SASM Concussion Info Page

The SMSCS utilizes this resource as part of the Concussion Education Program.

6. Display/Promotional Opportunities

- a) The SMSCS attends a select number of events each year to promote the Council and our many programs and services. On other occasions when a staff member cannot attend, we provide the hosting agency with information handouts and our stand-up display that can be included in registration packages.
- b) Annually, the SMSCS also purchases promotional opportunities (eg. promotional flyer inserts in AGM packages) with selected organizations that have similar clientele to the Council. Examples include the Saskatchewan Physical Education Association and the Saskatchewan High Schools Athletic Association.

G. CAPACITY AND INTERACTION (Organizational and Professional Development and Volunteer Recognition)

1. Membership

In 2018 – Council membership totaled 281 which was higher than the previous three-year average of 268: Sport Physicians (SASM) = 42; Sport Physiotherapists (SPC-Sask) = 79; Athletic Therapists = 32; University of Regina, Faculty of Kinesiology & Health = 38; University of Saskatchewan, College of Kinesiology = 38; Chiropractors Assoc of Sask-Sport Interest = 44 and Sport Massage Therapists (CSMTA) = 8. Note: Membership numbers do fluctuate throughout the year.

2. 30th Anniversary Celebration

In 2018, the Council hosted a celebration of the Council's 30th Anniversary of incorporation (1988-2018). The celebration took place Saturday September 29th in the evening following the joint professional development conference put on by the Council and the Coaches Association of Saskatchewan. Dr. Cole Beavis, President and Ms. Louise Ashcroft, Past President hosted the event. Founders and Past Presidents in attendance included, Dr. Walter Hader, Dr Lionel Lavoie, Mr. Chuck Armstrong, Ms. Diane Crosby, Ms. Sue Meyers, Mr. Dale Pitura, Mr. Scott Anderson and Ms. Lisa Swallow. A great time was had by everyone who attended and the Council provided 30th anniversary souvenirs (shirts, mugs and usb drives) for all.

3. Members, Consultants, and Staff Professional Development

a) *Major Conference* – “From Grassroots to the Olympian & Paralympian” - One of the biggest undertakings of the year was the planning and hosting of a major professional development conference. The SMSCS co-hosted with the Coaching Association of Saskatchewan. The conference took place on September 28 & 29 in Regina. Approximately 120 members, consultants, coaches, administrators, and presenters participated in this two-day event.

Keynote speakers included:

- 1) Brianne Theisen-Eaton (Feature Speaker) – 2016 Olympic Bronze Medalist
- 2) Brittany Hudak – 2018 Paralympic Bronze Medalist
- 3) Dallas Soonias – World Class Volleyball Player
- 4) Trent Stellingwerff – Dir. of Performance Solutions, Canadian Sport Inst. Pacific
- 5) David Paskevich – Assoc. Dean (Kinesiology), Univ of Calgary
- 6) Paddy McCluskey – CMO, Canadian Sport Institute Pacific
- 7) Kati Pasanen – Sport Injury Prevention Centre, Univ of Calgary

The following local Experts also provided presentations throughout the weekend:

Al Bodnarchuk, Tom Graham, Hazem Hussein, Ryan Flett, Leah Ferguson, Derek Rope, Bob Reindl, Kyle McDonald, Heather Hynes, Lisa Hoffart, and Steve Hitchings.

Overall, the Conference (based on evaluations) was a huge success. The SMSCS would like to thank Scott Anderson, Louise Ashcroft, and Kim Dorsch for being on the planning committee, and to Dale Pitura and Doug Hillis for being the MC's during the Conference.

b) Professional Development Grants

In 2018, the Council continued to provide professional development grants to our members and consultants. Maximum funding remains at \$1,000.00 per request. Six (6) professional development grants were approved (sport medicine-3; strength-1; mental performance-1, sport nutrition-1). A total of \$3,324.00 in funds were granted to the recipients.

c) Staff Professional Development

Heather Hynes, Staff Sport Dietitian

In March 2018, Heather Hynes obtained her Board-Certified Specialist in Sport Dietetics (CSSD). What is a Board Certified Specialist in Sports Dietetics? The Commission on Dietetic Registration (the credentialing agency for the Academy of Nutrition and Dietetics in the United States) defines the Board Certified Specialist in Sports Dietetics as an individual who (1) has maintained Registered Dietitian (RD) status for a minimum of two years; (2) has completed 1,500 hours of practice in the specialty area within the last five years while maintaining registered dietitian status; and (3) has successfully completed the Board Certification as a Specialist in Sports Dietetics examination. The exam was made available to Canadian RDs in 2015. Board Certification (CSSD) is granted in recognition of an applicant's specific knowledge, skills and expertise for competency in sports dietetics practice, upon successful completion of an examination. The CSSD is the first and only sports nutrition certification program to be accredited by the National Commission for Certifying Agencies (NCCA). Created by the Institute for Credentialing Excellence. NCCA accreditation reflects achievement of the highest standards of professional credentialing. Specialty certification differentiates sports dietitians from those who are less qualified to provide sports nutrition services. Credibility, visibility, and marketability of sports dietitians are enhanced by specialty certification. The exam was supported and funded by SMSCS.

Lisa Hoffart, Staff Mental Performance Consultant

In 2018, Lisa obtained her "provisional" psychology status and is working towards becoming a registered psychologist.

4. Strategic and Long Range Planning

The Council completed the final (third) year of our current three year Forward Plan (2016-2018) in 2018. The overall general goal and objective for the plan was to increase service provision to our clients. This goal has been met. Please see our 2016-2018 Forward Plan final report for further details. The Council also continued developing our 2019-2021 strategic plan in 2018.

5. Sport Medicine Programs Committee

This Committee meets to discuss, recommend and set policy and direction as it relates to the sport medicine programs and services the SMSCS offers. In some cases, certain issues will need to be directed to the Board of Directors for ratification. There may be instances where the Committee is asked to provide consultation at the request of an outside agency.

A meeting was held on January 24, 2018.

6. Sport Science Programs Committee

This Committee meets to discuss, recommend and set policy and direction as it relates to the sport science programs and services the SMSCS offers. In some cases, certain issues will need to be directed to the Board of Directors for ratification. There may be instances where the Committee is asked to provide consultation at the request of an outside agency. Often, individual science specific concerns will be dealt with by seeking input directly from the service providers within that specific science.

H. OTHER COMMITTEES

The Council is involved in the following Other Committees:

1. Sask Sport Inc. Administration Centre Advisory Committee

The role of this Sask Sport Committee is to oversee the operational policies, plans, procedures and budgets of the Sask Sport Inc office buildings. The 'Administration Centers' exist to provide convenient quality office space, administrative services and other common support services at competitive service rates to assist in increasing the efficiency and effectiveness of volunteer non-profit organizations in sport, culture and recreation. Staff member Scott Julé is a member of this Committee.

2. Canadian Centre for Ethics in Sport (CCES) Cannabis in Sport Committee

Staff member Scott Julé sits on this National Committee as a contributor in the development of educational material relating to Cannabis in Sport.

3 Provincial Government – Concussion in Sport Committee

Scott Julé sits on the Provincial Governments Concussion in Sport Committee. It is an advisory and resource provision role.

2018 OVERALL STATISTICAL SUMMARY and COMPARISON (2018 & 2017)

- TIER 1 Sports had an overall increase in percentage of service utilized for sport science & maintained the percentage of service utilized for sport medicine when compared to 2017.
- TIER 2 Sports had an overall increase in percentage of service utilized for sport science & sport medicine compared to 2017.
- TIER 3 Sports had an overall increase in percentage of service utilized for sport science & sport medicine compared to 2017.
- TIER 4 Sports had an overall increase in percentage of service utilized for sport science & sport medicine compared to 2017.

	2018 Overall Science Hours Usage	2018 Overall Medicine Hours Usage	2018 "Non Consulting Requests"	2017 Overall Science Hours Usage	2017 Overall Medicine Hours Usage	2017 "Non Consulting Requests"	2016 Overall Science Hours Usage	2016 Overall Medicine Hours Usage	2016 "Non Consulting Requests"
Tier 1	100%	21%	35	94%	23%	74	87%	15%	48
Tier 2	78%	31%	30	71%	23%	21	69%	26%	46
Tier 3	36%	39%	5	23%	13%	3	42%	3%	3
Tier 4	24%		7		19%	5		4%	19

- OTHER major user group requests such as SHSAA, Schools, Districts, Universities, etc
 - An increase in sport science requests however a decrease in sport science hours
 - An increase in sport medicine requests and hours (note: includes medical coverage)
 - A slight decrease in non-consulting requests

	<u>Science</u>		<u>Medicine</u>		<u>"Non Consulting"</u>
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>
<i>Year 2018</i>	129	246	30	368	79
<i>Year 2017</i>	95	272	18	198.25	83
<i>Year 2016</i>	72	175	38	284.25	90

- Canadian Sport Centre Saskatchewan requests and hours:
 - Science requests and service hour usage increased.
 - Medicine requests and consulting hours are no longer applicable since the service of “Injury Assessment/ Treatment/Prevention” for the CSCS now go through the Medical Reimbursement. Reimbursements decreased.
 - Athlete Service Manager Stat now only tracks “Intake Interview”

	<u>Science</u>		<u>Medical Reimburse</u>	<u>Athlete Service Manager Intakes/Distr.</u>
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Requests</i>
<i>Year 2018</i>	89	461	73	6
<i>Year 2017</i>	83	404.75	96	9
<i>Year 2016</i>	71	645.5	88	1
<i>Year 2015</i>	98	590	60	10
<i>Year 2014</i>	121	636	80	64 (incl Dist)

Table 1a & b: Total Requests and Service Areas

The following table provides a summary of the **Total number of requests provided for each service area** with the **amount of contact hours** for each service.

	2018	Contact Hrs	2017	Contact Hrs	2016	Contact Hrs	2015	Contact Hrs	2014	Contact Hrs
SM - Sport Taping	15	102	12	84	12	84	14	98	10	56
SM - Sport 1st Aid	9	63	4	28	6	42	8	56	2	14
SM - Injury Assessments/Prevention consults	9	13	2	2	2	2	1	1	1	1
SM – Education Workshops/Sessions (1-4 hrs)	45	45.5	25	28	33	41	32	47	10	15.5
SM - Drug Education Workshops/Sessions	28	41	30	47.25	9	9	34	34	17	22.75
SM - Concussion Education Sessions	21	21	10	10	9	9	*	*	*	*
SM - Concussion Plan Reviews	3	4	4	4.5	3	6				
SS - Nutrition	206	357.75	224	347.25	197	359	174	283.25	205	394
SS - Mental Training	293	482	197	433.75	195	526.25	191	328.75	173	338.5
SS - Exercise / Strength	181	1936.25	151	1618.5	176	1936.5	149	1296	153	911.25
SS – Biomechanics	2	37	1	21.25	3	23.25	2	24	0	0
OTH (SM) - Event Coverage – Medical Personnel	23	722.25	19	937	16	720.5	22	254	20	486.75
OTH (SM) - 1 st Aid Supplies & Kit Sales	133	*	149	*	173	*	157	*	137	*
OTH (SM) - Equipment Rental & Loans	32	*	34	*	38	*	42	*	42	*
OTH (SS) - Fitness Testing	30	*	57	*	42	*	14	*	0	0
OTH - Insurance Reimbursement Program CSCS	73	*	96	*	88	*	60	*	80	*
OTH - Resource Material	5	*	9	*	3	*	9	*	6	*
OTH - Display	2	*	0	*	2	*	1	*	0	*
SKMILK Nutrition Sessions	*	*	*	*	*	*	*	*	*	*
Fitness/Exercise/Rehab Supply Sales	*	*	*	*	0	0	0	0	3	*
Networking	*	*	*	*	*	*	*	*	*	*
Meetings/Assistance	*	*	*	*	*	*	1	*	6	*
Intake Interviews/distribution (CSC SK)	*	*	*	*	*	*	*	*	64	*
TOTAL	1110	3825.25	1024	3561.5	1029	3758.5	911	2422	928	2227.75

PSGB Consulting Services

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Other</u>
	requests	hours	requests	hours	requests	hours	requests
2018 (Jan-Dec)	431	2056.25	114	198.5	12	442.25	87
2017 (Jan-Dec)	365	1680.5	78	156.75	12	668	110
2016 (Jan-Dec)	417	2042.25	67	150	10	512.25	105
2015 (Jan-Dec)	329	1116.5	79	190	4	89	61
2014 (Jan-Dec)	280	776	30	74.75	7	315.25	52

NON – PSGB Consulting Services

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Other</u>
	requests	hours	requests	hours	requests	hours	requests
2018 (Jan-Dec)	251	756.75	16	91	11	280.5	188*
2017 (Jan-Dec)	208	740.25	9	47	7	269	191*
2016 (Jan-Dec)	154	802.75	7	43	6	208.25	196*
2015 (Jan-Dec)	201	815.5	10	46	18	165	209*
2014 (Jan-Dec)	251	867.75	8	34.5	14	171.5	286

*no longer includes CSCS intake interviews & vitamin distribution

Science = (Strength & Conditioning, Nutrition, Mental Performance, Biomechanics, Exercise Physiology)

Sport Medicine = (Injury Prevent, Taping, 1st Aider, Concuss., Drug Ed)

Other = (Sales, Equipment, Testing, etc)