



2020 *Annual Report*

*-Membership-
-Programs and Services-
-Statistics-*

Funding provided by:



SASK LOTTERIES

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INTRODUCTION

The Sport Medicine and Science Council of Saskatchewan is pleased to present this report for the period of January 1 – December 31, 2020. 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 2020 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 in Saskatchewan 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 2020 fiscal year were as follows:

- Ms. Courtney Leavins (nee Schell), President (Saskatchewan Athletic Therapists Association Representative)
- Dr. Daysha Shuya, Vice-President (Sport Physiotherapy Canada-Sask Section Representative)
- Dr. Kim Dorsch, Secretary/Treasurer (University of Regina, Faculty of Kinesiology and Health Studies Representative)
- Dr. Cole Beavis, Past President
- Dr. Wendy Chrusch, Saskatchewan Academy of Sports Medicine Representative
- Ms. Jill Apskrum, Sport Physiotherapy Canada - Sask Section Representative
- Mr. Bart Arnold, University of Saskatchewan, College of Kinesiology Representative
- Dr. Brad Waddell, Director-at-Large
- Mr. Al Bodnarchuk, 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 2020 the committee members included; Ms. Courtney Leavins (nee Schell), President, Dr. Daysha Shuya, Vice-President, Dr. Kim Dorsch, Secretary/Treasurer, Dr. Cole Beavis, 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 2020, committee members included; Chairperson-Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies; Bart Arnold, University of Saskatchewan, College of Kinesiology; Heather Hynes, Staff Dietitian; Lisa Hoffart, Staff Mental Performance Consultant, Travis Laycock 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 2020, committee members included; Chairperson-Dr. Cole Beavis, Saskatchewan Academy of Sports Medicine, Courtney Schell, Saskatchewan Athletic Therapists Association, Jill Apskrum, Sport Physiotherapy Canada-Sask Section, Dr. Wendy Chrusch, Saskatchewan Academy of Sport Medicine, 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.

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

Event Coverage Program Working 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 2020, committee members included; Chairperson-Dale Pitura, Saskatchewan Athletic Therapists Association, Louise Ashcroft, Sport Physiotherapy Canada-Sask Section, Jill Apshkrum, Sport Physiotherapy Canada-Sask Section, Dr. Garth LaPlante, Chiropractors Association of Saskatchewan-Sport Interest Group, Scott Julé and Mark Henry, Staff.

Concussion Education and Management Working Committee

This Committee was established as a temporary committee of the Sport Medicine Programs Committee. It is charged with developing and updating the Council's Concussion Education Policy and related resources. In 2020, committee members included: Chairperson-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 Working Committee

This Committee is responsible to review and update the Council's Sport First Aid Workshop. In 2020, committee members included; Chairperson-Dr. Daysha Shuya, Sport Physiotherapy Canada-Sask Section, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Kristie Mueller, Sport Physiotherapy Canada-Sask Section, Adrienne Stinson, Sport Physiotherapy Canada-Sask Section, Scott Julé and Mark Henry, Staff.

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 2020 committee members included; Chairperson-Dale Pitura, Saskatchewan Athletic Therapists Association, Scott Anderson, Sport Physiotherapy Canada-Sask Section, Bart Arnold, University of Saskatchewan, College of Kinesiology, Al Bodnarchuk, Canadian Sport Massage Therapists Association-Sask Chapter, Dr. Kim Dorsch, University of Regina, Faculty of Kinesiology and Health Studies, and Scott Julé and Travis Laycock, Staff.

Constitution Committee

This Committee is charged with providing advice to the Board regarding the SMSCS's Articles of Incorporation and Bylaws. In 2020 committee members included; Chairperson Dr. Cole Beavis, Past President and Mark Henry, Staff.

Organizational Development (strategic and forward planning) Committee

This Committee is charged with developing and updating the Council's strategic and forward plans for presentation and approval by the Board. In 2020 committee members included Dr. Brad Waddell, Chairperson, Daysha Shuya, Vice-President and Mark Henry, Staff.

Marketing (Communications, Promotion and Sponsorship) Committee

This Committee is charged with providing advice to the Board regarding promotion, sponsorship and communication issues. In 2020 Travis Laycock, Scott Julé and Mark Henry handled the duties of the Committee.

Nominations Committee

This Committee is charged with soliciting nominations for positions open on the Board of Directors. In 2020, committee members included; Chairperson-Dr. Cole Beavis, Past President and Mark Henry, Staff.

Dispute Resolution and Harassment Committee

This Committee is charged with handling any complaints that may be brought forward by or against any director, officer, volunteer, member or staff of the SMSCS. In 2020, committee members include Chairperson-Ms. Courtney Schell, President and Mark Henry, Staff.

Canadian Sport Centre Saskatchewan Management and Staff Committees

These Committees are charged with determining the day-to-day operations of the Canadian Sport Centre Saskatchewan. In 2020, CSCS Management Committee members included Dr. Kim Dorsch and Travis Laycock. CSCS Staff Committee Members were Travis Laycock and Mark Henry.

STAFF AND CONSULTANTS

The 2020 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
- Ms. Heather Hynes, Sport Dietitian Consultant
- Ms. Lisa Hoffart, Mental Performance Consultant
- Ms. Robyn Klein, Programs Coordinator/Administrative Assistant (part-time)

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 an unprecedented year in 2020 due to the global pandemic that has affected most if not all of the world. Sports were forced to at least partially shutdown (some training for athletes 18 and under was allowed) for most of the year due to the government restrictions to minimize the spread of Covid-19. This resulted in the Council providing less services to our clients than in a normal year.

The pandemic forced the Council to think of new and innovative ways to provide services to our clients as for the most part getting together with teams and athletes was not allowed in 2020. Thus, in April, the beginning of providing online (eg. Zoom) educational services for our clients was established and continued throughout the year for a number of our service areas, where feasible. Coaches and athletes embraced its convenience and it looks like the online service deliver option will be here to stay with us moving forward into 2021 and beyond. Athletes and coaches no longer have to be in the same place (eg. camp, competition, practice) in order to receive many of our services. So, in summary, the development on of the online service option will in fact actually assist us in meeting our goal of increasing services to our clients.

We completed the second year of our current three year (2019-2021) strategic plan in 2020. The overall general goal and objective for this plan is to increase service provision to our clients, however, the pandemic will have an effect on the Council accomplishing these goals. (Please see our 2019-2021 Forward Plan report for further details).

We received 634 requests for our sport science and sport medicine services which resulted in 2861 contact hours (see statistics for further details). Both of these numbers were substantially lower from previous years due to the pandemic. These services were provided by a combination of our staff (Heather Hynes, Sport Dietitian and Lisa Hoffart, Mental Performance Consultant) and approved consultants.

Where possible, we continued to offer our sport medicine and science high performance programs and services 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 based on a tier system. The 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 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 decreased substantially across most of sport science and sport medicine categories in 2020 due to the pandemic. In addition, University athletes, Coaches Association of Saskatchewan, Provincial Sport Districts and the Saskatchewan High School Athletic Association were also offered a limited amount of free service as well. However, it was used minimally due to the pandemic. Finally, grassroots athletes and coaches and schools and community groups across Saskatchewan continued to access our programs, where possible, on a "fee for service" basis.

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2020. The Council is contracted to provide sport medicine and science services to all the Saskatchewan athletes and coaches who are registered with the CSCS. These athletes and coaches are members of Canada's national, international and Olympic teams. The Council received \$224,025 in grant funds from the CSCS and national organizations (e.g., Own the Podium) for the above-mentioned targeted athletes in Saskatchewan in 2020. Although the service provided to Centre athletes was down in 2020 when compared to previous years it was not significant as most athletes were able to find a way to continue training as our consultant's gyms and training facilities remained open with the required government-imposed restrictions.

The Council also provided enhanced services to targeted provincial sport governing bodies (psgb's) high performance athletes through the CSCS's PSGB Enhanced Service Program. The objective of this program 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 are encouraged to develop and overall sport science and medicine plan for their high-performance athletes which includes; nutrition, mental performance, 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 services for the PSGB Enhanced Program. The service in this area was down when compared to 2019 due to the pandemic but not substantially due to the effort by our consultants to continue to provide service while abiding by the imposed government restrictions. The Council Staff also provide administrative support to the Centre by assisting with athlete medical treatment reimbursements and participation in Centre Staff and Management Committee meetings. Our association with the CSCS has continues to very beneficial for the Council, our members, and our dedicated consultants.

The Council tried to work with aboriginal groups and organizations to promote and provide sport science and medicine services to aboriginal athletes and coaches in 2020. However, this proved difficult as the 2020 North American Indigenous Games were cancelled due to the pandemic. The purpose of this 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.

From a financial perspective, the Council had a significant surplus of \$71,678.85. The surplus was mainly due to cost savings resulting from a lack of services (free) provided to our core clients. As mentioned most sport organizations and groups were in a partial shutdown due to the pandemic and the government-imposed restrictions. Total revenue was at \$916,524.42 which was down over \$92,000 when compared with 2019 (\$1,008,563). The revenue decrease was due to; (1) a decrease in the funds received from the CSCS contract for service provision and (2) a decrease in self-help revenue. Both were a result of the pandemic.

Total expenditures were \$844,845.57 which was a significant decrease of approximately \$154,000 when compared with 2019 (\$998,591). The decrease in expenditures was mainly due to a decrease in the consulting provided to our targeted athletes due to the pandemic.

The financial situation for 2021 and beyond will be challenging. However, the Province recently 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.

In closing, we will continue to look for new ways to encourage athletes to access our programs and services so we can assist them in reaching their sport performance goals and educate them (and society) on the fact that sport is more than “just a game” but is an important component to living a healthy and active lifestyle. We will also continue to look for ways 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 2020. It is because of you we have an organization that is one of the leading sport medicine and science service providers in Canada.

Respectfully Submitted;



Ms. Courtney Leavins (nee Schell), President



Mark Henry, Executive Director

MEMBER'S ANNUAL REPORTS

1. Saskatchewan Academy of Sports Medicine

Membership and Meetings

Not surprisingly, things were somewhat different with respect to meetings for The Saskatchewan Academy of Sports Medicine (SASM) this year. Our usual May meeting was cancelled as we were in the middle of pandemic planning. Our Fall meeting was held virtually at the end of October. Membership numbers have remained stable at approximately 50 members (physicians, residents, student). A 5-year prepaid dues structure is now in place to facilitate member retention and minimize the need for yearly renewal. We are working on strategies to increased student membership.

Executive

The Executive for 2020 was as follows:

- Dr. Kate Thompson as President
- Dr. Marty Heroux as Vice-President
- Cole Beavis and Wendy Chrusch were the representatives to the SMSCS
- Cary Brunett remains the administrator.

Contributions to the SMSCS

The following are the service areas SASM was involved in in 2020

- Board Members
- Sport Medicine Programs Committee Members
- Event Coverage
- Injury care and prevention sessions
- Concussion education
- Injury assessments

Education and Professional Development

The FMR3 Sports Medicine fellowship program in Regina had one Fellow finish his training in June 2020 and another Fellow start her training at that time. The members of SASM were fortunate to have these Fellows host educational presentations as part of their training in April, May, June and November. 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.

SASM continues to offer research grants (2) up to a maximum of \$1500 per application. One of these grants was approved this year. It is anticipated that the results of this research project, entitled Saskatchewan Dance Teacher Demographics and Practice, will be presented at upcoming virtual meetings in the near future.

The next SASM meeting will be held in May 2021.

Respectfully submitted,
Kate Thompson
President, Saskatchewan Academy of Sports Medicine.

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

SPC Current Board Members:

- **Leah White** – Executive Chair
- **Michelle Keene** – Secretary/Treasurer
- **Kristie Mueller** – Education Coordinator
- **Vacant** – Communications and Marketing Coordinator
- **Sarah Langevin** – Membership and Events Coordinator
- **Jill Apshkrum** – Sports Medicine and Science Council of Saskatchewan (SMSCS) Liaison
- **Daysha Shuya** – Sports Medicine and Science Council of Saskatchewan (SMSCS) Liaison
- **Danielle Drury** – Student Representative
- **Sam Whiting** – Student Representative

Due to the Covid-19 Pandemic there were very few event coverage opportunities in 2020. The Sport Physiotherapy Canada Sask members have been made aware that they will require a current Sport First Responder Certification going forward and two courses have been hosted in Saskatchewan since the last SMSCS AGM. One was hosted in Saskatoon and one in Regina – both were full. The plan is to host another one in the fall of 2021 to try and give SMSCS and Sport Physio Canada members the opportunity to update/maintain their certification.

Updates:

- Overall things still remain very quiet with the continuing of the Covid-19 Pandemic but our Sport Physiotherapy members look forward to providing ongoing services to the SMSCS and its members in 2021.

Respectfully submitted,
Jill Apshkrum, SMSCS Liaison

3. Saskatchewan Athletic Therapists Association (SATA)

As we bid farewell to what has been a difficult year for many during a global pandemic, we would like to take the time to reflect on the various contributions made by our members and regional association.

Over the past year, SATA members have continued their professional association with the SMSCS. We encourage all our members across the province to become involved. Please find below a brief summary of the highlights of last year Members/Consultants:

- We currently have 34 members, 33 are Certified Athletic Therapists and 1 is a Certification Candidate.
- A number of our members are working as consultants for the SMSCS and continue to provide services when the opportunity arises.
- Courtney Leavins continues in her role as the SATA representative to the SMSCS Board of Directors and is currently the acting President.
- SATA continued their contribution to the SMSCS via a number of different services areas, which typically include the event coverage program, injury care and prevention sessions, performing injury assessments as well as delivering concussion education workshops. Due to Covid-19 opportunities to provide these services in 2020 were limited.
- Other members were involved in a number of SMSCS committees

The SATA AGM was held on May 31 2020 via video conference call. Trevor Len completed his term as president and Adam O'Neill began his 2-year term as the new president. The SATA wishes to thank Trevor for his many years volunteering on the SATA board. Alistair Wilson continues in his role as registrar. Kacey Moffat, Racquel Marshall and Carmen Chan volunteered to help with the management of social media and marketing for the association. Awards and Recognition.

The Dayna Brons Memorial Scholarship is set to be rolled out for 2021 as a fall entrance scholarship for a Saskatchewan student with an interest in pursuing a career in Athletic Therapy who is beginning their university studies.

The Sandy Archer Scholarship is under review as no students have met the criteria in a number of years, the plan is to adjust the criteria and resume awarding the scholarship in the future.

The SATA continues to work in conjunction with the other regional chapters in realigning the structure of the national-provincial relationship with the Canadian Athletic Therapy Association. Adam O'Neill is the appointed member from the SATA working on this project.

Respectfully submitted,



Adam O'Neill 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 Schwan 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. A Dynaboard D2 which is useful in training peripheral awareness complements the SPL. 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 U of R athletes through the University of Regina's Athlete Health and Performance initiative (AHPI). Currently the 13 U of R varsity sport teams are offered limited free service (\$575/team for a total of \$7475) from the SMSCS. This year, because not all teams take advantage of the services offered, the SMSCS allowed for some flexibility in services providing more funding for teams that had a need for more. A description of use is provided below.

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 (Secretary/Treasurer)

Cougar Athletics

During the season, nine of the thirteen University of Regina teams used the services of the Council. See the table below for the breakdown of services. Even with the pandemic and the varsity schedule being cancelled, services provided were almost equivalent to previous years (33.7% utilized). Some of the consulting services were provided to individual athlete's vs 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	\$405 / \$575	70.4% used for Nutrition and Mental
Football - m	\$115 / \$575	20% used for Nutrition
Hockey - f	\$405 / \$575	70.4% used for Mental and Nutrition
Soccer – f	\$575 / \$575	100% used for Mental and Nutrition
Swimming – m/f	\$560 / \$1150	48.7% used for Mental and Nutrition
Basketball - f	\$0 / \$575	0% used
Track and Field – m/f	\$0 / \$2,300	0% used
X Country Running – m/f		
Hockey - m	\$460 / \$575	80% used for Nutrition and Mental
Basketball - m	\$0 / \$575	0% used

Respectfully 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 2020 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
Peter LeMessurier
Dr. John Farthing

Mental Training

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

Board Member

Doug Hillis – January-March
Bart Arnold - April-December

Sport Science Services

- 15 U of S Varsity sport teams are offered limited free services.
- In kind services valuing \$8625 is offered to the program based upon a formula of \$575/team x 15 teams.
- This year the Huskie Training Staff made changes effective August by developing an Integrated Support Team (IST).
- SMSCS funding was “pooled” so that all service requests came through Huskie Athletics on a “first-come-first need” basis and reviewed by the IST.
- Services the SMSCS provided were in the areas of Nutrition or Mental Performance.
- With the pandemic and the varsity scheduled being cancelled, services were still provided. Compared to the previous year, there was a 25% reduction in services provided.
- In addition, “in-house” free service was provided by Graduate students in the area of Mental Performance so that these students could acquire practical experience under the supervision of faculty.

Track and Field – m/f X Country Running – m/f	\$2669	Nutrition & Mental Performance
Soccer – f	\$203	Nutrition & Mental Performance
Hockey - f	\$245	Nutrition
Wrestling – m/f	\$822	Nutrition & Mental Performance
Football - m	\$1892	Nutrition & Mental Performance
Huskie Health Group	\$230	Nutrition & Mental Performance
Volleyball - f	\$122	Nutrition
Basketball - m	\$140	Nutrition
Soccer – m	none	
Volleyball – m	none	
Hockey – m	none	
Basketball – f	none	

Respectfully Submitted,
Bart Arnold, Associate Professor
c.c. Dr. Chad London, Dean

6. Chiropractors Association of Saskatchewan-Sport interest Group

The Chiropractors' Association of Saskatchewan (CAS) had thirty-six active members in the Sport Medicine and Science Council of Saskatchewan (SMSCS) in 2020.

Event Coverage and Education

The CAS re-established the Chiropractors' Association of Saskatchewan – Sports Interest Group (CAS-SIG) in 2019. The first meeting of the CAS-SIG took place at the CAS Annual General Meeting in September 2019 in Saskatoon.

In 2020, the events of the COVID-19 pandemic severely impacted all of society, including sports.

The CAS-SIG had planned to meet in 2020 at the fall CAS AGM, however this had to be cancelled.

Our members were encouraged to use online tools available for education and support of athletes during this time.

The CAS-SIG is hoping that a return to sporting events and regular training will occur in the fall of 2021.

We will continue to adhere to all recommendations put forward by the Ministry of Health to mitigate further risks.

Respectively Submitted,
Dr. Garth LaPlante

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

CSMTA Sk. Chapter Executive.

President: Lindsey Bean

Secretary: Al Bodnarchuk

Treasurer: Tim Rutley

CSMTA Rep: Lakyn Biberdorf

SMSCS – CSMTA(SF) Rep : Al Bodnarchuk

The CSMTA SK AGM was held in Saskatoon in October 2020 via zoom. After the AGM we had a sport massage workshop instructed by Al Bodnarchuk on using Soft Tissue Release in Sport Massage.

As in the past, some of our members continue to work with the University of Saskatchewan Huskie teams, until COVID 19 ended the season.

We are excited to be able offer the Self Massage sessions to athletes via Zoom starting in 2021.

We have made changes to our designation when advertising your services. As of 2021 you must use:

If you are a certified member, you are a Sport Fellow: John Smith, RMT, Canadian Sport Massage Therapists Association Sport Fellow **or** John Smith, RMT, CSMTASF **or** John Smith RMT, CSMTA (SF)

If you are a Sport Candidate: Jane Smith, RMT, Canadian Sport Massage Therapists Association Sport Candidate Member **or** Jane Smith, RMT, CSMTASCM **or** Jane Smith, RMT, CSMTA (SCM)

All of our members are happy to be working with athletes and doing what we love. 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. Hoping 2021 is a great year for everyone.

Thank you for your continued co-operation and support.

Respectfully submitted, Al Bodnarchuk CSMTA (SF), 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. member’s affordable access.

Provincial Sport Governing Bodies (PSGB’s) receive the largest amount of 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 noted above also receive some “free service”. 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 2020 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 \$345 per year ● Other reasonable expenses (i.e.: travel) will also be provided on a case per case basis.
<p>GRASS ROOTS aka "FEE-for-SERVICE"</p>	<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 & 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 2020. 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, lactate, lean body mass, fat mass, and capacities, aerobic/anaerobic power etc.
4. Physiological Testing-Field
 - Testing includes: leger, vertical jump, sit-ups, etc.)

2020 Summary/Highlights

January – The Council contracted a part-time Program Assistant (Robyn Klein) to fill in for Scott Julé (Manager, Sport Medicine) while he was on leave. The implementation of the “Criminal Record Check with Vulnerable Sector” (CRC-VS) occurred for all consultants and service providers.

March – Council activities operated as normal until the 20th of the month. The Government of Saskatchewan shut down the province on this date due to the pandemic and the majority of staff started to work from home. Dozens of requests for medicine, science, and medical coverage of events were cancelled. On the 23rd the Council staff started planning to offer services via the online web platform, Zoom. A large promotion for Mental Performance, Sport Nutrition, and Sleep Performance occurred.

April – The Council’s day-to-day operations were focused on promoting Zoom sessions, updating current programs and adapting to the changes due to the pandemic.

May - All major Sport Games & Competitions for 2020 were postponed

June – Scott Julé returned back to work after a leave of absence. Gymnasiums opened under strict government restrictions which allowed for group & team training to resume. The Council developed its own SERVICE PROVIDER POLICY, PROCEDURES AND PROTOCOL (relating to the delivery of our programs and services) for COMMUNICABLE(INFECTIOUS) DISEASE PREVENTION and SCREENING.

July – Robyn Klein was hired full-time as a Programs Coordinator. Phase 4 of the government’s “Re-open Saskatchewan” plan took effect which allowed majority of sports to start to operate under modified rules and restrictions. Some Council services started to be provided “in-person” once again.

Sept - All major Sport Games & Competitions for 2021 are postponed until 2022 with the exception of the Summer Olympics in Japan

November – The Government of Saskatchewan announced new restrictions taking effect on the 27th of the month resulting in no more competition. Some limited and restricted training in groups of 8 for youth under the age of 18 were still allowed to occur.

December – The majority of Council staff started to work from home once again due to infection rates being 10x what they were in the summer. The Board passed: (1) new Mental Performance requirements for applicants which indicates the new applicants must have either a professional membership with the Canadian Sport Psychology Association (CSPA) or be a certified consultant with the Association of Applied Sport Psychology (AASP) and (2) new Sport Nutrition requirements for applicants which indicates the new applicants must have one of the following: be a Certified Specialist in Sport Dietitian (CSSD), have the International Olympic Committee (IOC) Sport Nutrition Diploma or have a Master’s Degree in Science (MSc) in a field/discipline relevant to sport nutrition

Overall Sport Science Service Summary

- Four (4) new Strength Consultants and one (3) new Mental Performance Consultants were “approved” to be SMSCS Consultants during 2020.
- 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’s 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.
- In 2020, we received 492 total requests for sport science services. This accounted for 78% of the total service requests received. In comparison to 2019, we received 649 total requests for sport science services that accounted for 65% of the total service requests received.
- In 2020, we provided 2770 total sport science service hours. This accounted for 97% of the total amount of service hours provided. In comparison to 2019, we provided 3140 total sport science consulting hours. This also accounted for 73% of the total amount of consulting hours provided. It should be noted that most medical services were basically shut down for the entire year.
- In summary, due to the Covid-19 Pandemic sport science requests decreased when compared to 2019 as did the number of overall sport science service hours.

C. SPORT MEDICINE PROGRAMS AND SERVICES

1. Sport Safety Program -

This program consists of two 7-hour workshops used primarily by:

- 1) Sask Sport Inc. Sport Districts
- 2) PSGBs.

Sport Injury Prevention and Care (SIPaC) Workshop

- 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

Sport Wrapping and Taping (SWaT) Workshop

- 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
- types of tapes/wraps and their purpose
- practical hands-on taping and taping of:
 - ankle,
 - wrist taping,
 - thumb & finger
 - hip

2020 Summary/Highlights

Due to the pandemic and Julé being off on leave, only two SWaT workshops were held.

A committee was established in 2019 to review and update the SIPaC Workshop. The Committee finished off the development of the workshop and the final work in 2021 will fall onto the staff to format and prepare all three resource documents (Power Point presentation, Instructor Manual, and Participants Booklet).

2. Sport Medicine Education Sessions

Sessions are generally one hour in length and can be on one topic or a combination of many. Suggested topics include:

- Injury Prevention and Care - General (warm up/cool down, stretching, common injuries, 1st aid treatments)
- Injury Prevention and Care – Sport Specific (overuse, body part specific, etc.)

- Life threatening injuries – how to prevent and deal with them
- Development of emergency action plans
- Self Massage and the Athlete
- Taping and Wrapping session (1 to 2 hrs) – Individual one-on-one session

2020 Summary/Highlights

Due to the pandemic and Julé being off on medical leave, only 5 Sport Medicine Education sessions were completed.

3. Concussion Education and Management Program

This program consists of two primary components:

1. Education:
 - a. Two separate one-hour education sessions are available:
 - i. Athlete focused
 - ii. Coaches/parents/administrators focused
 - b. Website resources
 - c. Other ‘hand-out’ materials
2. Concussion Plan and Policy Development:
 - a. Assisting with the development and review of sport organizations’ Concussion Management Plans

The program is overseen by an ‘on-going’ Concussion Education “Working” Committee who is charged with fulfilling the following objectives:

1. To develop the Council’s Concussion Education and Management 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.

2020 Summary/Highlights

A total of 10 Concussion Education sessions were provided.

Two PSGB’s requested consulting services to assist in the development of their Concussion Management Plans. Over the last four years, we have had 14 requests from PSGBs to either develop or review their Concussion Management Plans.

The resources on our webpage were updated.

4. Initial Injury Assessments Program

This Program consists of personalized initial injury assessments that 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.

2019 Summary/Highlights

None were requested.

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.

2020 Summary/Highlights

This program continued to provide a valuable service to various user groups and organizations across the province. Even though the Pandemic shut down the activities of most PSGB's, we still had 37 sales requests.

6. Medical Coverage Program

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

1. Event Coverage Program - This Program's main focus is to provide coverage for provincial, western, Canadian and international events and teams with a priority on events hosted by the Sask Sport Inc. membership.
2. Equipment Rental and Loan Program
3. Consultative Services - administrative in nature relating to the overall development of the medical protocol plans (set-up, personnel and equipment requirements, MOU's, EAP's, etc).

Event Coverage Program - On a request basis we will make every attempt to assist sport groups with adequate and agreed-upon medical coverage for their athletes, teams, and host agencies during events. Program areas:

1. medical personnel (Consultants & Service Providers)
2. equipment
3. 1st aid supplies
4. personal protective equipment (PPE)
5. administrative services

The Medical Personnel for this program come from the five SMSCS member groups. Each of these groups has a specialized sport medicine/therapy division/chapter that is a member of the SMSCS.

- Physicians
- Physiotherapists
- Athletic Therapists
- Chiropractors
- Massage Therapists

Medical Equipment Loaner & Rental Program

Medical equipment and supplies are available for rent or loan on a first come-first serve basis. Some restrictions apply. See below for list:

1. Trainers Kits
2. Treatment Tables
3. Spine Boards
4. B-Splint Kits
5. CASM Medisac's (physician trauma kit)
6. Muscle Stimulator Units
7. Tens Units
8. Ultrasound Unit
9. Interferential/Ultrasound Unit
10. Metal Scoop Stretchers

2020 Summary/Highlights

2020 saw the Council involved with only 3 events, which was down from 27 in 2019, 23 in 2018, and 19 in 2017. The extremely low number were a direct result of the Covid-19 Pandemic.

The Event Coverage "Working" Committee finished their work, which started in 2019, revising the entire Medical Coverage Program. The committee was tasked to review and update this program with specific emphasis on:

MOU - There now exists an Initial Service Request Form and a MOU that the Council and the Host agency must fill out and agree to.

Equipment rental requests were down due to the Covid-19 Pandemic. Only Five requests for this service occurred in 2020. Last year thirty-nine (39) requests were filled, and 32 in 2018.

7. Drug Education & Awareness Program

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

- 1) provide workshops to 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. WADA prohibited substances and methods
2. Doping Control Procedures (testing)
3. Exemption procedures/forms
4. Athlete rights and responsibilities
5. Sport supplement awareness
6. Alternatives to doping
7. Fair play & ethics.

2020 Summary/Highlights

The SMSCS provided 4 workshops in 2020. Previous years saw 23 in 2019, 28 in 2018, 30 in 2017, and 9 in 2016

D. MAJOR MULTI-SPORT GAMES PROGRAMMING

2021 Canada Summer Games

The Canada Summer Games for Niagara originally scheduled for the summer of 2021 was postponed until the summer of 2022. As a result, no specific Canada Games services really occurred.

2020 North American Indigenous Games

The North American Indigenous Games for Kijipuktuk (Halifax) and Millbrook First Nation originally scheduled for the summer of 2020 was postponed until the summer of 2022. As a result, no specific services really occurred.

2020 Saskatchewan Summer Games

The Saskatchewan Summer Games for Lloydminster originally scheduled for the summer of 2020 was outright cancelled. As a result, no specific services occurred.

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
- Sport Nutrition
- Exercise Physiology
- Strength and Conditioning

- Mental Training
- Biomechanical Analysis
- Sport Medicine (injury assessment and rehabilitation)
- Fitness Testing/Athlete Monitoring
- Drug/Supplement and Doping Control Education

2020 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2020. The Council received approximately \$224,025 in grant funds and national funds for targeted athletes in Saskatchewan (national fund amounts vary from year to year). These funds are received 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 provides services to all the recognized (targeted) athletes under the contract for service with the CSCS. The areas of service are summarized below.

CSCS Individual Registered Athletes-Science Services - - This program had a decrease in requests in 2020 when compared with 2019. This was reflected in the individual sport science service hours which had a decrease in 2020 (415.75 hours) when compared to 2019 (762 hours). This decrease in service hours resulted in a decrease in funding utilized as well (2020 = \$29,104 versus 2019 = \$53,388)

CSCS Individual Registered Athletes Sport Medicine Services - Athlete Medical Reimbursement Program - This program had an increase in requests in 2020 when compared with 2019. Ironically though there was a decrease in funding utilized (2020 = \$19,117 versus 2019 = \$24,655). The explanation is that there were smaller reimbursements per athlete claim.

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 2020	77	415.75	n/a	n/a	58	n/a
Year 2019	109	762	n/a	n/a	54	n/a

<i>Year 2018</i>	89	461.75	0	0	73	6
<i>Year 2017</i>	83	404.75	0	0	96	9

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 2020, 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; Sask Diving = \$14,000.00. This approved funding was for the CSCS’s fiscal year (April-March).

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 2020/21. The Council received approximately \$120,540.00 (2019-\$132,671.00) from the CSCS for this program. This funding is in addition to the yearly SMSCS funding that is also provided to these PSGB’s. 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 \$213,000 of combined CSCS funding + SMSCS funding in 2020.

CSCS – Council Staff & Board Support Services -

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

The Council administrative Staff (Laycock and Henry) organize all requests for service and record and compile all service statistics. They also manage the athlete medical reimbursement program and contribute to strategic and program planning for the CSCS. In addition, staff also participated in the Canadian Sport Centre Saskatchewan staff meetings which were held on a monthly basis. Travis Laycock and Mark Henry represented the SMSCS. In addition, 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 consulting staff are also involved nationally representing the SMSCS and CSCS with the following:

High Performance Advisory Council (HPAC) - Performance Sciences Council-Nutrition (previously called-National Sport Science and Medicine Advisory Committee – Nutrition Working Group). Heather Hynes, Staff Dietitian represents the CSCS and SMSCS on this national committee. This HPAC nutrition working group is comprised of sport dietitians (RD) located at all the Canadian Sport Centre's and Institutes plus some additional consulting sport RDs (who are working directly with national team athletes) from across the country. Our Nutrition group has ongoing communications using the web platform Basecamp and discusses best practices, review latest research and works on a variety of projects.

Sport Scientist Canada Management Group. Formerly- Performance Sciences, Research and Innovation National Steering Group. Heather Hynes, Staff Dietitian represents the CSCS and SMSCS on this national steering group. This steering group includes representation for each Centre and Institute, Canadian Olympic Committee and Canadian Paralympic Committee representation and reports/collaborates with Andy Van Neutegem with Own The Podium. The goal of the group is to meet face to face 3 times per year and is working on a variety of national initiatives.

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 in Saskatchewan. The program supports high performance athletes in their pursuit of excellence during and beyond their sporting careers. This initiative takes a proactive approach to athlete wellness. It is designed to alleviate life's common stressors and distracters, allowing athletes to focus on performing when it matters most. The Game Plan program is supported by the Canadian Olympic Committee (COC), 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.

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 donations.

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 was ended in 2020 due to the pandemic.
- d. The Council's web address is **www.smscs.ca**. Staff update the site content numerous times throughout the year. The website provides information on our organization and promotes our programs and services. It also provides some limited educational resource information.

2020 Summary/Highlights

Robyn Klein, the Council's newest staff member, has been put in charge of updating and administering the Website

An internal staff review was started in 2020 to determine what the main purpose of the Newsletter should be.

Due to the Pandemic, advertisements were not solicited in 2020.

3. Promotional Brochure/Hand-Out

The Council continues to utilize a 1-page (two sided) hand-out that outlines our programs and services.

4. Display/Promotional Opportunities

- a) On a request basis the SMSCS attends events 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. Volunteer Recognition

a) Dr. Cole Beavis outgoing President

Cole Beavis finished his term as President following our Annual General Meeting in March. The highlights of his service with the Council are as follows:

In addition to his role as President, Cole served in the following capacities:

- Board Member from 2012 - 2016
- Vice-President – 2016-2018
- President – 2018-2020
- Sport Medicine Programs Committee Member – 2015-2020

During his volunteer time, mentioned above, Cole has been instrumental in the following program delivery and policy development:

- Event medical coverage policies and procedures revisions and updates
- Council's Sport Medicine Symposium planning
- Safety recommendations to the Govt of Saskatchewan's Athletic Commission for the sports of Mixed Martial Arts and Boxing
- CASMEM sport medicine bag revisions.
- Revisions to the Consultant application process

Cole joins a select group of sport medicine physicians who have graciously served as President of the Council.

b) Louise Ashcroft outgoing Past President

Louise Ashcroft finished her term as Past President following our Annual General Meeting in March. The highlights of her service with the Council are as follows. The Council incorporated in 1988. Louise was on the Board that year and has been involved with the Council in some manner ever since over 33 years.

Highlights of her service to the Council (for the past 33 years);

- Board Member from 1989 -1990
- Secretary/Treasurer 1993
- Vice-President 1994
- President-Elect - 1995
- Sport First Aid Committee Member - 1994
- 1994 - Contributor to development of Medical Coverage Guidelines for Multi-Sport Games Manual
- 1995 – Contributor to development of Strength and Flexibility Manual
- 1995 – Member of Organizational Development Committee
- Member of the SMSCS Sport Medicine and Sport Science High Performance Services Working Committee - 1999
- Co-Developer of Team Trainers Program – 2000
- Co-Chair of the Personnel Unit for the Canada Summer Games - 2005
- Medical Liaison Canada Summer Games – 2009
- Vice-President from 2014-2016
- Chairperson – Sport Medicine Programs Committee - 2016 - 2018
- Member of Professional Development committee - 2016 - 2018
- Member of "Working Committee" for PD Conference - Fall - 2018
- President from 2016-2018
- Past President 2018-2020

In addition to the above volunteer work she is also an active consultant for the following programs and services

- Event Coverage Consultant
- Injury Assessment and Prevention Consultant
- Sport First Aid and Taping Instructor
- Sport Medicine “Dedicated Consultant” & Educational Sessions Instructor
- Drug Education Instructor
- Concussion Education Instructor

Louise is one of only a handful of members who has been involved with the Council for 30 plus years. She has been absolutely instrumental in the development of our organization and is a future Hall of Fame Member.

c) Dr. Marlys Misfeldt, Saskatchewan Sports Hall of Fame Nomination – Sport Medicine Builder

In 2020 the Council completed the application process to nominate Dr. Marlys Misfeldt (Founder and Past President) to the Saskatchewan Sports Hall of Fame as a builder in sport medicine. However, the application review process has been delayed due to the pandemic.

Highlights of her service with the Council is as follows:

- Saskatchewan Academy of Sports Medicine Rep./Vice-President for 4 years (1992-1993 2008-2009)
- President for 12 years (1994-2002 & 2010-2012)
- Past President for 6 years
- Instrumental in the amalgamation of the Sport Medicine Council of Saskatchewan and the University of Saskatchewan Sport Science Program back in 2000
- Council Representative to the Canadian Sport Centre Saskatchewan Management Committee
- Chairperson, Provincial Drug Education Advisory Committee
- Oversaw the development of our award-winning Body Image Video
- Member of the Sport Medicine Programs Committee

Marlys is the longest serving Board member in the Council’s history. From 1991 – 2014 she served on the Board in some capacity in all but 2 years. Her leadership and vision is responsible for the development of the majority of our policies and procedures.

2. Membership

In 2020 – Council membership totaled 270 which was similar to the previous year (277). The breakdown was as follows: Sport Physicians (SASM) = 35; Sport Physiotherapists (SPC-Sask) = 67; Athletic Therapists (SATA) = 35; University of Regina, Faculty of Kinesiology & Health = 45; University of Saskatchewan, College of Kinesiology = 41; Chiropractors Assoc of Sask-Sport Interest Group = 36 and Sport Massage Therapists (CSMTA) = 11.

3. Professional Development Committee

This Committee is responsible to oversee the development, implementation and evaluation of all current professional development programs and initiatives. This includes: (1) member/consultant professional development grant funding program; (2) ensuring a wide variety of multi-disciplinary professional development opportunities are available for consultants and members of the Council and; (3) developing partnerships with member provider and user groups and other organizations which will assist all parties involved in the development and delivery of professional development opportunities..

In 2020, the Council continued to provide professional development grants to our members and consultants. Maximum funding remains at \$1,000.00 per request. One (1) professional development grant was approved in the nutrition area. A total of \$236.05 in funds were granted to the recipient. This was obviously less than in previous years due to the pandemic.

4. Organizational Development Committee (strategic and long-range planning)

The Council completed the second year of our current three-year Strategic and Forward Plan (2019-2021) in 2020. The overall general goal and objective for the plan is to increase service provision to our clients, although this goal may be in jeopardy due to the pandemic. Please see our 2019-2021 Forward Plan report for further details

In addition, the Committee began working on the development of our 2022-2024 Strategic Plan. Important goals will include developing a five-year staffing plan that will include staff succession planning, consultant development and program review and evaluation.

H. OTHER COMMITTEES

The Council is involved in the following Other Committees:

Provincial Government-Sport Department – Concussion in Sport Committee

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

2020 PROVINCIAL SPORT GOVERNING BODIES (PSGB'S) STATISTICAL SUMMARY and COMPARISON

- This information is used as a measurement of the total amount of service used as per the SMSCS's Forward Plan
- Enhanced Sports
 - Sport Science services used was \$210,160
 - The 2020 usage was higher than in 2019 and was higher than the past 4-year average

$$\frac{\text{YR 2016}}{\$205857} + \frac{\text{YR 2017}}{\$154708} + \frac{\text{YR 2018}}{\$186315} + \frac{\text{YR2019}}{\$191968} = \$184,712 \text{ average}$$
 - Sport Medicine services used was \$3,397
 - The 2020 usage was lower than in 2019 and was lower than the past 4-year average

$$\frac{\text{YR 2016}}{\$5284} + \frac{\text{YR 2017}}{\$4997} + \frac{\text{YR 2018}}{\$7277} + \frac{\text{YR2019}}{\$6816} = \$6,094 \text{ average}$$
 - Note: The total amount of available funds through a combination of the SMSCS + CSC is \$220,825 yearly funds and this usage is a combined sport medicine & science service allocation.
- TIER 2 Sports
 - Sport Science services used was \$8,918
 - The 2020 usage was slightly higher than in 2019 but is still lower than the past 4-year average
 - Note: The total amount of available funds is calculated by 8 Tier 2 sports @ \$2500 = \$20,000 available yearly funds

$$\frac{\text{YR 2016}}{\$4341} + \frac{\text{YR 2017}}{\$11298} + \frac{\text{YR 2018}}{\$17422} + \frac{\text{YR 2019}}{\$8081} = \$10,286 \text{ average}$$
 - Sport Medicine services used was \$0
 - The 2020 usage was lower than in 2019 and was lower than the past 4-year average
 - Note: The total amount of available funds is calculated by 8 Tier 2 sports @ \$1000 = \$8,000 available yearly funds

$$\frac{\text{YR 2016}}{\$2060} + \frac{\text{YR 2017}}{\$2848} + \frac{\text{YR 2018}}{\$2661} + \frac{\text{YR2019}}{\$2490} = \$2,515 \text{ average}$$
- TIER 3 Sports
 - Sport Science services used was \$4,918
 - The 2020 usage was lower than in 2019 and was lower than the past 4-year average
 - Note: The total amount of available funds is calculated by 14 Tier 3 sports @ \$2000 = \$28,000 available yearly funds

$$\frac{\text{YR 2016}}{\$14892} + \frac{\text{YR 2017}}{\$8912} + \frac{\text{YR 2018}}{\$10321} + \frac{\text{YR 2019}}{\$8055} = \$10,545 \text{ average}$$
 - Sport Medicine services used was \$345
 - The 2020 usage was lower than in 2019 and was lower than the past 4-year average
 - Note: The total amount of available funds is calculated by 14 Tier 3 sports @ \$800 = \$11,200 available yearly funds

$$\frac{\text{YR 2016}}{\$460} + \frac{\text{YR 2017}}{\$2187} + \frac{\text{YR 2018}}{\$2935} + \frac{\text{YR2019}}{\$1498} = \$1,770 \text{ average}$$

- **TIER 4 Sports**

- Sport Science & Medicine services used was \$1,504

- The 2020 usage was lower than in 2019 and was lower than the past 4-year average

- Note: The total amount of available funds is calculated by 21 Tier 4 sports @ \$1000 = \$21,000 available yearly funds and this usage is a combined sport medicine & science service dollar used based on the SMSCS free allocation.

$$\begin{array}{cccccc} \text{YR 2016} & \text{YR 2017} & \text{YR 2018} & \text{YR 2019} & & \\ \$1427 & + \$3939 & + \$6784 & + \$4462 & = & \$4,153 \text{ average} \end{array}$$

2020 “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

- OTHER major user group requests such as SHSAA, Schools, Districts, Universities, etc

	<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 2020</i>	73	99.5	7	7.5	0
<i>Year 2019</i>	112	156	19	140	21
<i>Year 2018</i>	129	246	30	368	79
<i>Year 2017</i>	95	272	18	198.25	83

- Canadian Sport Centre Saskatchewan requests and hours:

CSCS	Science		Medicine		Medical Reimburse	Athlete Service Manager Intake Interviews & Product Distr.
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>	<i>Requests</i>
<i>Year 2020</i>	77	415.75	n/a	n/a	58	n/a
<i>Year 2019</i>	109	762	n/a	n/a	54	n/a
<i>Year 2018</i>	89	461.75	0	0	73	6
<i>Year 2017</i>	83	404.75	0	0	96	9

2020 “PSGB” vs “OTHER GROUPS” STATISTICAL SUMMARY and COMPARISON

PSGB Consulting Services

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Sleep Perf</u>		<u>Other requests</u>
	<u>requests</u>	<u>hours</u>	<u>requests</u>	<u>requests</u>	<u>requests</u>	<u>hours</u>	<u>req</u>	<u>hours</u>	
2020 (Jan-Dec)	341	2021	21	31	0	0	16	16.25	3
2019 (Jan-Dec)	447	1998.75	65	153.5	20	523.75	18	24	96
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

NON – PSGB Consulting Services

	<u>Science</u>		<u>Medicine</u>		<u>Medical Coverage</u>		<u>Sleep Perf</u>		<u>Other requests</u>
	<u>requests</u>	<u>hours</u>	<u>requests</u>	<u>hours</u>	<u>requests</u>	<u>hours</u>	<u>req</u>	<u>hours</u>	
2020 (Jan-Dec)	151	748.75	2	8	3	35.5	1	1.5	97
2019 (Jan-Dec)	202	1141.25	6	12.5	7	457.25	1	1	136
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

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

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

Other = (Sales, Equipment, Testing, etc)

2020 “SERVICE” STATISTICAL SUMMARY and COMPARISON

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.

	2020	Contact Hrs	2019	Contact Hrs	2018	Contact Hrs	2017	Contact Hrs	2016	Contact Hrs
SM - Sport Taping	2	14	7	49	15	102	12	84	12	84
SM - Sport 1st Aid	0	0	6	42	9	63	4	28	6	42
SM - Injury Assessments/Prevention consults	0	0	1	1	9	13	2	2	2	2
SM – Education Sessions (1-3 hrs)	5	5.5	21	26.25	45	45.5	25	28	33	41
SM - Drug Education Workshops/Sessions	4	6	23	34.5	28	41	30	47.25	9	9
SM - Concussion Education Sessions	10	11	11	11	21	21	10	10	9	9
SM - Concussion Plan Reviews	2	2.5	2	2	3	4	4	4.5	3	6
SS - Nutrition	130	195.75	208	326.25	206	357.75	224	347.25	197	359
SS - Mental Training	224	529.5	289	573.25	293	482	197	433.75	195	526.25
SS - Exercise / Strength	135	2024.75	151	2237.5	181	1936.25	151	1618.5	176	1936.5
SS – Biomechanics	3	19.75	1	3	2	37	1	21.25	3	23.25
Sleep Performance	17	17.75	19	25	*	*	*	*	*	*
OTH (SM) - Event Coverage – Medical Personnel	3	35.5	27	981	23	722.25	19	937	16	720.5
OTH (SM) - 1 st Aid Supplies & Kit Sales	37	*	112	*	133	*	149	*	173	*
OTH (SM) - Equipment Rental & Loans	5	*	39	*	32	*	34	*	38	*
OTH (SS) - Fitness Testing	0	*	27	*	30	*	57	*	42	*
OTH - Insurance Reimbursement Program CSCS	58	*	54	*	73	*	96	*	88	*
OTH - Resource Material	0	*	0	*	5	*	9	*	3	*
OTH - Display	0	*	0	*	2	*	0	*	2	*
SKMILK Nutrition Sessions	*	*	*	*	*	*	*	*	*	*
Fitness/Exercise/Rehab Supply Sales	*	*	*	*	*	*	*	*	0	0
Networking	*	*	*	*	*	*	*	*	*	*
Meetings/Assistance	*	*	*	*	*	*	*	*	*	*
Intake Interviews/distribution (CSC SK)	*	*	*	*	*	*	*	*	*	*
TOTAL	635	2862	999	4311.75	1110	3825.25	1024	3561.5	1029	3758.5