



2021 *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, 2021. 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 2021 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 2021 fiscal year were as follows:

- Courtney Schell, President (Saskatchewan Athletic Therapists Association Representative)
- 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
- Dr. Martin Heroux, Saskatchewan Academy of Sports Medicine Representative
- Jill Apshkrum, Sport Physiotherapy Canada - Sask Section Representative
- Bart Arnold, University of Saskatchewan, College of Kinesiology Representative
- Dr. Brad Waddell, Director-at-Large
- 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 2021 the committee members included; Courtney Schell, President, 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 2021, 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, 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 2021, committee members included; Chairperson-Dr. Cole Beavis, Saskatchewan Academy of Sports Medicine, Courtney Schell, Saskatchewan Athletic Therapists Association, Jill Apshkrum, Sport Physiotherapy Canada-Sask Section, Dr. Marty Heroux, 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 clients sporting events. In 2021, committee members included; Chairperson-Dale Pitura, Saskatchewan Athletic Therapists Association, Louise Ashcroft, Sport Physiotherapy Canada-Sask Section, Jill Apskrum, 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 2021, 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 Injury Prevention and Care (SIPaC) Workshop Working Committee

This Committee is responsible to review and update the Council's SIPaC Workshop. In 2021, committee members included; Chairperson-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, Staff.

Sport Wrapping and Taping (SWaT) Workshop Working Committee

This Committee is responsible to review and update the Council's SWaT workshop. In 2021 the committee consisted of Chairperson-Courtney Schell, SATA, Charlene Storey, Sport Physiotherapy- Sask Section, Al Bodnarchuk, CSMTA-Sask Chapter, Scott Julé, 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 2021 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 2021 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 2021 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 2021, 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 2021, 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 2021, committee members include Chairperson-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 2021, 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 2021 day-to-day operations of the Council were the responsibility of the following staff:

- Mark Henry, Executive Director
- Scott Julé, Manager, Sport Medicine Programs and Services
- Travis Laycock, Manager, Sport Science Programs and Services
- Heather Hynes, Sport Dietitian Consultant
- Lisa Hoffart, Mental Performance Consultant
- Tyson Brinkworth, Programs Coordinator (Started full-time on November 15)
- Robyn Klein, Programs Coordinator/Administrative Assistant (part-time until August)

In addition to the above staff, qualified approved consultants and service providers 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 another unprecedented year in 2021 due to the global pandemic that has affected most if not all of the world. The Council did its part to mitigate the effects of COVID-19 and ensure the safety of our clients (athletes and coaches) by implementing a vaccination policy for all board, staff, consultants and service providers.

Sports continued to deal with the effects of the pandemic which resulted in the Council providing less services to our clients than in a normal year. The pandemic continued to force the Council to think of new ways to deliver services to our clients as getting together with teams and athletes was either restricted or in some cases not allowed in 2021. As a result, the Council continued to provide online (eg. Zoom) educational and consulting services for our clients 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 2022 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. However, in person consulting services is still the preferred way for a lot of our clients and it is hoped we will continue to work towards delivering more in person services in 2022 and beyond. In summary, the Council now has two options for clients requiring services: (1) in person and (2) online (eg. Zoom). Having these two options will actually assist us in meeting our goal of increasing services to our clients.

We completed the third (and final) year of our current three-year, 2019-2021 strategic plan in 2021. The overall general goal and objective for this plan was to increase service provision to our clients, however, the pandemic has had a significant effect on the Council accomplishing these goals. (Please see our 2019-2021 Forward Plan Final report for further details).

We received 719 requests for our sport science and sport medicine services which resulted in 3026 contact hours (see statistics for further details). Both of these numbers were slightly higher than last year. These services were provided by a combination of our staff (Heather Hynes, Sport Dietitian and Lisa Hoffart, Mental Performance Consultant) and approved casual consultants and service providers.

Where possible, we continued to offer our sport medicine and science programs and services to our priority clients, the Provincial Sport Governing Bodies (PSGB's) designated high-performance athletes, coaches and officials (eg. Canada Games). Sports (PSGB's) receive a certain amount of free (in-kind) services from the Council based on a tier system. 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 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 (in-kind) services than a sport categorized into a Tier 4. PSGB's requests for service decreased significantly across most of sport science and sport medicine categories in 2021 due to the pandemic.

In addition, our other designated clients, University athletes, Coaches Association of Saskatchewan, Provincial Sport Districts, and the Saskatchewan High School Athletic Association are 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 2021. The Council is contracted to provide sport medicine and science services to all the Saskatchewan athletes and coaches who are registered (carded) with the CSCS. These athletes and coaches are members of Canada’s national, international and Olympic teams.

In addition, to the services to the CSCS registered (carded) athletes the Council also provided enhanced services to targeted provincial sport governing bodies (PSGBs) high performance athletes through the CSCS’s PSGB Enhanced Service Program. The objective of this program is to increase the number and success of Saskatchewan athletes, coaches, officials and teams who compete at regional, national (eg. Canada Games) and international competitions. The main purpose of the program is to increase the strength and conditioning activity of the athletes targeted by the program. This includes development, implementation 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 (athletes) are encouraged to develop and overall sport science and medicine plan for their high-performance athletes which includes; nutrition, mental performance, sport medicine, 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 2020 due to the pandemic but not substantially due to the effort by our staff promoting the programs and services, as well as our consultants being available to continue to provide service while dealing with the pandemic.

For 2021, the Council received approximately \$279,208 in grant funds from the CSCS and national organizations (e.g., Own the Podium) for the above-mentioned targeted athletes. Although the service provided to the targeted CSCS athletes was down in 2021 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 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 continues to be very beneficial for the Council, our members, and our dedicated consultants and service providers.

The Council continues to work with aboriginal groups and organizations to promote and provide sport science and medicine services to aboriginal athletes and coaches in 2021. However, this proved difficult in 2021 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.

We will continue to look for new ways to encourage all designated athletes and coaches 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.

From a financial perspective, the Council had a significant surplus of approximately \$67,585.00. The surplus was mainly due to cost savings resulting from a lack of in-kind (free) services being provided to our core clients and a one-time payment from the Canadian Sport Centre Saskatchewan for \$20,000 for staff services provided by the Council to the Centre. 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 \$991,007 which was an increase when compared with 2020 (\$916,524). The increase was mainly due to an increase in the service provided to the CSCS designated athletes as a result of the easing of the pandemic restrictions. It should be noted that overall revenue is still down when compared with pre-pandemic levels (2019 = \$1,008,563).

Total expenditures in 2021 were \$923,422 which was a significant increase of approximately \$78,500 when compared with 2020 (\$844,845). The increase in expenditures was mainly due to an increase in the consulting and services provided to our targeted athletes due to the lessening of the pandemic. It should be noted that our 2019 pre-pandemic expenditures were significantly higher (\$998,590) then during the 2021 and 2020 pandemic years.

The financial situation for 2022 and beyond will be challenging. The Council continues to require significant resources (financial and human) in order to operate efficiently. We will be reviewing our strategic plan in 2022. This review will coincide with our staff succession plan. The results of this planning could also have an effect on our finances due to a possible increase in: (1) program and services and (2) staff resources needed to provide these services. However, it should be noted that the Council does have savings (surplus funds) to assist our budget if our financial situation requires it.

In closing, 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 2021. 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 Schell, President



Mark Henry, Executive Director

MEMBER'S ANNUAL REPORTS

1. Saskatchewan Academy of Sports Medicine

Membership and Meetings

SASM continued to navigate the uncertainty of COVID throughout 2021. SASM meetings were converted to Virtual Meetings in place of the usual in-person meetings.

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 increase student membership including advertising SASM to medical students and residents across the province. Student memberships are free of charge.

Executive

The Executive for 2021 was as follows:

- Dr. Kate Thompson as President with Dr. Marty Heroux taking over as President in September of 2021
- Vice-President is currently vacant
- Dr. Wendy Chrusch and Dr. Marty Heroux 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 2021

- Board Members (Dr. Marty Heroux, Dr. Wendy Chrusch)
- Past President (Dr. Cole Beavis)
- 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 working towards completion of her year until she left on maternity leave in May 2021. She plans to return in March of 2022 to complete her training. Another fellow began his training in July of 2021 and is working towards completion. The members of SASM were fortunate to have these Fellows host educational presentations as part of their training in April and October of 2021.

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.

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 in May 2022.

Respectfully submitted,
Marty Heroux
President, Saskatchewan Academy of Sports Medicine.

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

SPC Current Board Members:

- **Kristie Mueller**– Executive Chair
- **Michelle Keene** – Secretary/Treasurer
- **Betsy Mawdsley**– Education Coordinator
- **Jaelyse Gorgchuk**– Communications and Marketing Coordinator
- **Sarah Langevin** – Membership and Events Coordinator
- **Jill Apshkrum** – Sports Medicine & Science Council of Saskatchewan (SMSCS) Board Representative/Liaison
- **Daysha Shuya** – Sports Medicine & Science Council of Saskatchewan (SMSCS) Board Representative/Liaison
- **Carson Blight** – Student Representative
- **Sam Whiting** – Student Representative

With Covid-19 restrictions constantly changing over the last year there was a return to therapist involvement in athlete care, concussion education/planning, injury prevention education and event medical coverage. SPC had 12 different consultants/service providers that provided service in 2021 for the SMSCS.

Updates:

- The number of SPC-Sask members who were SMSCS members in 2021 = 62
- The number of SPC-Sask members who are SMSCS consultants = 25
- The number of SPC-Sask members who are SMSCS service providers = 18
- The number of consultants (physiotherapists) actively Involved in providing SMSCS service in 2021 = 12
- SPC has come out with a NEW Core Competency Course Program – It will now be required courses for physical therapists who are wanting to do their credentialing exam.
- We will be hosting two Sport First Responder Courses in Saskatchewan (one in Saskatoon and one in Regina in early 2022. Both are full.
- We will be tentatively hosting another Sport First Responder Course in Saskatoon - April 8-10, 2022.

The SPC-Sask board members look forward to continuing to work with the SMSCS in 2022-2023.

Respectfully submitted,
Jill Apshkrum, SMSCS Board Representative/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 Schell 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 2021 were limited.
- Other members were involved in a number of SMSCS committees

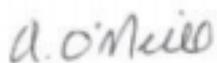
The SATA AGM was held on May 31 2021 via video conference call. Trevor Len completed his term as president and Adam O'Neill began his 2-year term as the new president. The SATA wishes to thank Trevor for his many years volunteering on the SATA board. Alistair Wilson continues in his role as registrar. 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 Cognitive Athletic Training Laboratory (CAT lab) 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. 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
Council Board:	Dr. Kim Dorsch (Secretary/Treasurer)

Cougar Athletics

During the season, five of the thirteen University of Regina teams used the services of the Council. See the table below for the breakdown of services. Services utilized were considerably down from the previous year (11.7% in 2021-22 compared to 33.7% in 2020-21). 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	\$0 / \$575	0% used
Football - m	\$115 / \$575	20% used for Nutrition
Hockey - f	\$575 / \$575	100% used for Mental and Nutrition
Soccer – f	\$115 / \$575	20% used for Mental and Nutrition
Swimming – m/f	\$0 / \$1150	0% used
Basketball - f	\$115 / \$575	20% used for Nutrition
Track and Field – m/f	\$70 / \$2,300	3% used for Nutrition
X Country Running – m/f		
Hockey - m	\$0 / \$575	0% used
Basketball - m	\$0 / \$575	0% used

The following teams took advantage of the Medical Coverage provided by the SMSCS on a fee-for-service basis:

- Men's basketball
- Women's basketball
- Women's hockey
- Soccer
- Volleyball

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 2021 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

Mental Training

Dr. Kent Kowalski
Dr. Kevin Spink
Dr. Leah Ferguson
Danielle Cormier (PhD student)

Board Member

Bart Arnold

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.
- Huskie Athletics have allowed for services to be planned for on an August – July planning period. As a result, their planning period overlaps to different years of the SMSCS. However, stats below are still reported on the calendar year.
- 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. As a result some sports may have accessed a larger amount of services while others have not.
- Services the SMSCS provided were in the areas of Nutrition, Strength or Mental Performance.

Sport Science Service Summary Chart (reporting period is Jan-Dec, 2021)

Track and Field – m/f X Country Running – m/f	\$1820	Nutrition
Soccer – f	\$1324	Strength, Nutrition & Mental Performance
Hockey - f	\$1024	Nutrition
Wrestling – m/f	\$1658	Strength, Nutrition & Mental Performance
Football - m	\$86	Nutrition
Volleyball - f	\$825	Strength, Nutrition & Mental Performance
Soccer – m	\$513	Strength
Volleyball – m	\$1289	Strength, Nutrition & Mental Performance
Hockey – m	\$821	Strength
Basketball – f	\$1024	Strength & Nutrition
Basketball – m	\$0	

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 twenty-seven active members in 2021.

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 2021, the events of the COVID-19 pandemic severely impacted all of society, including sports.

The CAS-SIG had planned to meet in 2021 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 2022.

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

Dr. Garth LaPlante, who was the Chair of the CAS-Sport Interest Group and the CAS' representative to the SMSCS for many years, has retired from this position and handed it over to Dr. Ryan Debusschere. We thank Dr. LaPlante for his many years representing the chiropractic profession in these forums, and hope he continues his involvement in other capacities into the future!

Respectively Submitted,

Dr. Ryan Debusschere

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

The CSMTA SK Chapter AGM was held in Saskatoon on October 4, 2021.

In 2021 some of our member worked the Olympic Curling Trials held in Saskatoon. Thank you to member, Monty Churchman for organizing that event.

As in the past, members continue to work with the University of Saskatchewan Huskie teams.

Some members worked with our local (Rattlers) Basketball team as well as Lacrosse (SWAT)team and the local women's Football team(Valkyries).

One of our members worked with Athletics Canada at a training camp in Baton Rouge La, in 2021.

Other members were to volunteer at the Saskatchewan Winter Games in Regina in February of 2022.

We are happy welcome Renee Tong from BC and Anamaria Vallejo from Alberta as liaison/ reps working with our executive.

A possible combining of the BC, Alberta and Saskatchewan chapters into one Western chapter is something the National office is considering. We hope that such a change would not affect our Sask. Chapter involvement with the SMSCS. Further discussion will occur as more information becomes available.

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.

CSMTA Sk. Chapter Executive.

President: Lindsey Bean

Vice President: vacant

Secretary: Al Bodnarchuk

Treasurer: Tim Rutley

CSMTA Rep: Lakyn Biberdorf

SMSCS – CSMTA Rep : Al Bodnarchuk

Thank you for your continued co-operation and support.

Respectfully submitted,
Al Bodnarchuk RMT, CSMTA(SF)

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” determined by the sport’s most recent 3-year performance review conducted by 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 in-kind (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” basis include schools, recreations boards, private business and the general public.

The SMSCS Tier Service chart for 2021 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
Saskatchewan High School Athletic Assoc Coaches Association of Sask Districts for Sport, Culture and Rec. Sask Games Council	<p>*See notes below in regards to SMSCS services</p>	<ul style="list-style-type: none"> ● \$1200 for Science and/or Medicine Services
UNIVERSITY TEAM & INDIVIDUAL (University)	<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.
GRASS ROOTS aka "FEE-for-SERVICE"	<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 & consulting sessions are available in the areas of:

- Mental Performance Goals – this session will focus on goal setting, setting realistic short term & long-term goals, monitoring goals.
- Mental Performance Thinking Patterns - this session will focus on educating on Self-Talk and Negative thought.
- Mental Performance Stress and Relaxation – this session will focus on educating on stress, managing energy, and using coping strategies.
- Mental Performance Visualization – this session will focus on educating on how to use mental imagery & visualization effectively.
- Mental Performance Routines – this session will focus on educating on how to use routines & practices effectively.
- Mental Performance Ideal Performance State - this session will focus on educating on the factors and barriers in achieving one's IPS.
- Mental Performance Teams & Culture - this session will focus on educating on cohesion, trust, and team dynamics.

2. Sport Nutrition

Workshops & consulting sessions are available in the areas of:

- Optimal Sports Nutrition -Sport Nutrition workshop focusing on fuel requirements for sport performance (carbohydrates, proteins and fats), timing of intake (pre, during and recovery) and hydration planning.
- Protein Timing- this session focuses on the importance of optimal protein dosage, timing and type of dietary proteins. Education will be focused on maximizing the training response.
- Recovery snack preparation- this hands-on session will provide the participants with an opportunity to build the ideal recovery snack (based on their personal recovery nutrition needs). * There would be an additional cost for food ingredients (*in-person only*)
- Training camp planning- this session will focus on the training camp schedule and ensuring that foods and fluids are organized to meet the energy needs for each athlete. The athletes in attendance will have an opportunity to plan out their training camp with optimal meals and snacks.
- Cooking for Performance- this session will provide the athletes with a hands-on cooking experience and will encourage them to learn new skills in the kitchen. Recipes will be provided. * There would be an additional cost for the food ingredients (*in-person only*)
- Competition planning- this session will focus on nutrition planning in the week leading into a competition, travel foods to pack, grocery list development and planning a competition day (in relation to competition schedule)
- Grocery Store Tours- this session can be done in a local grocery store (max. of 12 participants/tour) or it can be held on a virtual platform (Zoom). The tour will focus on label reading and making informed food choices that can support the training demands of the sport.

- Sport Supplements - A workshop educating about the risks, research and possible benefits of sport supplements, review of the 3rd party certification programs that exist regarding supplements (NSF Certified for Sport, Informed Sport, Informed Choice, etc.).

3. Strength & Conditioning

Workshops & consulting sessions are available in the areas of:

- Core strength
- Concepts in warm-up/cool-down
- Weight training
- Resistance training
- Foot speed & agility
- Plyometric training
- Exercise program design
- 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 2021. 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. Products available for sale include: 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:

- 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:

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

2021 Summary/Highlights

January-April – The Council provided services mainly via Zoom sessions due to a spike in Covid cases.

May-September – Some in-person “live” sessions started to occur and many things started to resume back to normal due to a drop in Covid cases.

October – Tyson Brinkworth was hired full-time as a Programs Coordinator to replace the departure of Robyn Klein.

November – December – An increase in Covid cases once again resulted in many services returning back to on-line “virtual” sessions. In November, the Council also implemented a Vaccination Policy for all Consultants and Service Providers.

Overall Sport Science Service Summary

- 10 new Consultants were “approved” to be SMSCS Consultants during 2021, resulting in (9) new Strength Consultants, (2) new Biomechanics Consultants and (2) new Exercise Physiology Consultants. Some of those approved were approved in multiple science service areas.
- Due to Consultants leaving, 11 existing Consultants were removed from the Consultant List. This included (8) Strength Consultants, (2) Nutrition Consultants, (1) Mental Performance Consultant and (1) Exercise Physiology Consultant. Some of those who left were Consultants in multiple science service areas.
- 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 2021, we received 517 total requests for sport science services. This accounted for 70% of the total service requests received. In comparison to 2020, we received 492 total requests for sport science services that accounted for 78% of the total service requests received.
- In 2021, we provided 2669 total sport science service hours. This accounted for 93% of the total amount of service hours provided. In comparison to 2020, we provided 2770 total sport science consulting hours. This also accounted for 97% of the total amount of consulting hours provided. It should be noted that medical services were slowly up and operating with a few medical coverage at events and educational sessions.
- Due to the Covid-19 Pandemic sport science requests decreased when compared to 2020 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 tensoring of:
 - ankle,
 - wrist taping,
 - thumb & finger
 - hip

2021 Summary/Highlights

Due to the pandemic only 5 workshops were held toward the end of the year.

- 4 - SIPaC workshops
- 1 - SWaT workshop.

A Working Committee was established in 2019 to review and update the SIPaC Workshop consisting of Chairperson, Daysha Shuya (SPC-SK), Al Bodnarchuk (CSMTA-SK Chapter), Adriene Stinson (SPC-SK), Kristie Mueller (SPC-SK) and Scott Julé (staff). The Committee finished off the development of the workshop in 2021 (Power Point presentation, Instructor Manual, and Participants Booklet).

An Instructor In-Service session was held in September that was facilitated by Kristie Mueller. 20 people attended this Zoom session.

A second Working Committee was formed to review the Sport Taping Workshop. The committee consisted of Chairperson, Courtney Schell (SATA), Charlene Storey (SPC-SK), Al Bodnarchuk (CSMTA-SK Chapter), and Scott Julé (staff). As a result of the committee's work a new/revised Sport Wrapping and Taping (SWaT) workshop was developed. In addition, Trevor Len was contracted to develop video clips of various 'tape jobs' to be part of the resources available for the workshop.

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 Management Session – prevention and management of common and sport specific injuries (warm up/cool down, stretching, common injuries, 1st aid treatments, overuse, body part specific, how to prevent and deal with them)
- Self Massage and the Athlete session
- Sleep and Performance session
- Taping and Wrapping session (1 to 2 hrs) – Individual one-on-one sessions

2021 Summary/Highlights

The development and completion of the Injury Prevention and Management Session, as well as the Self-Massage and the Athlete session

2021 saw 19 Injury Prevention and Management sessions held and 13 Athlete Self-Massage sessions. (Note: Sleep sessions are reported in the Science area of this report).

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.

2021 Summary/Highlights

A total of 20 Concussion Education sessions were provided which was an increase from 10 in 2020.

The Sport Medicine Programs Committee, on recommendations from Rhonda Shishkin who is the chairperson of the Concussion Education committee, decided to put forward a motion to the Board of Directors to utilize Parachute Canada's resources rather than the SMSCS having to continuously update our resources as new research occurs and information is developed.

Three PSGB's requested consulting services to assist in the development of their Concussion Management Plans. Over the last five years, we have had 16 requests from PSGBs to either develop or review their Concussion Management Plans.

Organized and facilitated, in conjunction with Sask Sport and the Provincial Gov't, a very successful educational webinar on September 29 as part of National Concussion Awareness week. Members, Consultants, and staff involved included:

Rhonda Shishkin (SPC-SK, SATA), Chairperson and webinar moderator
Panel Members: Dr. Marty Heroux (SASM), Lisa Swallow (SATA), Patrick Neary (Exercise Physiologist), and former athlete Katie Miyazaki.
Staff: Scott Julé

4. Initial Injury Assessments Program

This Program consists of personalized initial injury assessments that are administered through the SMSCS only:

- 1) for specific high-performance athletes
- 2) if the athlete does not have access/funding to their own/parents insurance program (ie. benefits plan at work).
- 3) If approved by the PSGB in order to use part of their SMSCS annual in-kind funding to pay for the assessment.

It should be noted this program is only for an 'initial' assessment, not for continued treatment.

2021 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.

2021 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 many of the PSGBs at various times throughout the year we still had 46 sales requests, which was up from 37 in 2020.

Beginning on December 1st, new staff member Tyson Brinkworth took over the administration of this program.

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 (scheduling, MOU, etc)

The Medical Personnel (consultants and service providers) 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. Those that have obtained their sport designation are considered consultants and those that have not are classified as service providers.

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
11. FMS Testing Kit
12. Vertec Jump Stand
13. Sit and Reach Tester
14. AED

2021 Summary/Highlights

2021 saw the Council involved with 10 events, compared to only 3 events in 2020, which was down from 27 in 2019, 23 in 2018, and 19 in 2017. The extremely low numbers the last two years were a direct result of the Covid-19 Pandemic.

1. Canada Football ID Camp - August
2. Rugby Senior Nationals - September
3. Ultimate Disk Nationals – September
4. U of R – Soccer Games – September
5. U of R – Female Volleyball Games – September
6. U of R – Male Volleyball Games – September
7. U of R – Basketball Games – October
8. U of R – Hockey Games – October
9. SHSAA Football 5A Final - November
10. Softball Sask - Canada Games Camp – December

A ‘Release and Distribution of Medical Information’ policy was developed.

The Event Coverage “Working” Committee finished their work, which started in 2019, revising the entire Medical Coverage Program.

Worked with Sport Physiotherapy Canada on plans to co-host First Responder courses in 2022 which is an educational requirement to provide sport first aid and emergency services for .

Initial steps were taken in the development of the Council’s Taping and Wrapping member course for members who want to upgrade their taping and wrapping skills.

Equipment rental requests were up from 2020, but down from previous years. 2021 saw 23 requests, whereas 2020 had only five. 2019 had thirty-nine (39) requests, and 32 in 2018.

Beginning on December 1st, New staff member Tyson Brinkworth took over the administration of this Event Coverage Program.

7. Drug Education & Awareness Program

2021 Summary/Highlights

The SMSCS provided 2 workshops in 2021.

After much deliberation, the Sport Medicine Programs Committee recommended to the Council's Board of Directors' that the program be discontinued in its current form. The Board approved their recommendation. The reasons were as follows:

- The Canadian Centre for Ethics in Sport (CCES) has a mandate and is responsible for providing education on drug education, banned substances, doping control procedures, etc. to high performance athletes across Canada. The Council providing this service is somewhat a duplication.
- The CCES has an exclusive agreement with Canada Games Council to provide online drug education & doping control procedures, etc to all the Canada Games athletes. The Canada Games athletes are the Council's main clients as far as drug education program is concerned and they will no longer require or utilize our program as it is a duplicate to the CCES's.
- There could be liability issues if an athlete from Saskatchewan has a positive drug test, and the athlete states that during the workshop he/she attended in Saskatchewan did not include certain information that could have helped prevent a positive test. Having to take the on-line CCES Education Module ensures that all athletes from Saskatchewan (Canada Games, CIS, and teams attending Regional, National, and International events) are exposed to the exact same education as all other athletes across the country.
- The Council does not really have experts in drug education, banned substances, doping control procedures, etc. The CCES does and also has a significant budget to provide the education.
- The Council has a sport supplement workshop (which is part of drug education) and the experts to provide it
- The Council does not really have experts on ethics and fair play. This area is more the responsibility of the Coaches Association of Canada and Saskatchewan.

Note: The Board noted that even though the current recommendation is to discontinue the program in its current format the Council may want to re-visit this programming area again in the future dependent on the future goals and objectives of the CCES and/or sport system.

D. MAJOR MULTI-SPORT GAMES PROGRAMMING

2020 North American Indigenous Games

The North American Indigenous Games scheduled to take place in Kijikpuktuk (Halifax) and Millbrook First Nation in the summer of 2021 were postponed until the summer of 2023. As a result, no specific services really occurred.

2022 Saskatchewan Winter Games

The Saskatchewan Winter Games for Regina that were scheduled for February of 2022 has been cancelled. As a result, no specific services occurred in 2021.

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.

2022 Canada Summer Games

These games are scheduled to take place, Aug 6-21, 2022 in Niagara Ontario. The Council expects to be busy in 2022 providing services to athletes attending these games. In addition, the Council will be sending the following personnel to be part of the Team Sask mission staff. Dr. Julie Brandt (chiropractic member), Medical Liaison, Lisa Hoffart (Staff), Mental Performance Consultant and Heather Hynes (Staff), Dietitian.

2023 Canada Winter Games

These games are scheduled to take place, February 28th to March 5th, 2023 in Prince Edward Island. The Council expects to be busy in 2022 providing services to athletes attending these games. In addition, the Council will be sending the following personnel to be part of the Team Sask mission staff. Kristie Mueller (sport physio member)), Medical Liaison, Lisa Hoffart (Staff), Mental Performance Consultant and Heather Hynes (Staff), Dietitian. (To be determined)

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 as follows:

- To CSCS individual registered athletes
- To CSCS High Performance 'Enhanced' Sport Science and Sport Medicine Service Program identified Provincial Sport Governing Bodies (PSGB's)
- To 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
- Supplement Education

2021 Summary/Highlights

The Council renewed its service contract with the Canadian Sport Centre Saskatchewan (CSCS) in 2021. The Council received approximately \$279,208 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 slight increase in requests in 2021 when compared with 2020. This was reflected in the individual sport science service hours which had an increase in 2021 (479.75 hours) when compared to 2020 (415.75 hours).

CSCS Individual Registered Athletes Sport Medicine Services - Athlete Medical Reimbursement Program - This program had a slight decrease in requests in 2021 when compared with 2020. This was reflected in the number of claims of medical reimbursements which has a decrease in 2021 (51 claims) when compared to 2020 (58 claims).

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		Medical Reimburse
	Requests	Hours	Requests
Year 2021	70	479.75	51
Year 2020	77	415.75	58
Year 2019	109	762	54
Year 2018	89	461.75	73

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 2021, funding from Sport Canada through the Own The Podium (OTP) Program and national sport organizations (NSO) 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). In addition, a couple of National out-of-province individual athletes received services whereby their NSO was invoiced.

CSCS RBC Training Ground – The Council was actively involved in managing specific funding allocated to individuals and sport groups that participated in the RBC Training Ground sport talent search. Funding in the amount of \$3550 was provided to 6 individuals and 3 sport teams/groups for additional services through the SMSCS,

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 (eg. Canada Games) and international competitions. The main purpose of the program is to increase the strength and conditioning training of the sports targeted by the program. This includes development, implementation 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 consultants 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 performance, sport medicine and biomechanical analysis.

Twenty-five (25) targeted PSGB's were approved for the additional funding in 2021. The Council received approximately \$143,951 (2020 - \$120,540) from the CSCS for this program. This funding is in addition to the yearly SMSCS in-kind 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 \$210,000 of combined CSCS funding + SMSCS funding in 2021.

CSCS – Council Staff & Board Support Services -

The Council received \$45,000 in funding (part of the \$240,000 base annual grant) from the CSCS for staff services provided to the CSCS as summarized below. In addition, we also received another \$20,000 in a one-time grant for other staff (Hynes and Hoffart) consulting services provided on behalf of the CSCS through Own the Podium (national sport organization) for work done at the national level.

The Council administrative Staff (Laycock and Julé) organize all requests for service and record and compile all service statistics. They also contribute to strategic and program planning for the CSCS. Laycock also participated in the Canadian Sport Centre Saskatchewan monthly staff meetings and Management Committee meetings. In addition, Kim Dorsch represented the Council Board 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, 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 programs services to our members, consultants, service providers, athletes, coaches, sport districts, etc.
- b. Two separate Newsletters are published three times per year via email. One is distributed exclusively to our clients, and another edition to our members and consultants.
- c. Advertisement revenue from the Newsletter and website was ended in 2020 due to the pandemic, and was not undertaken again in 2021.

- 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.

2021 Summary/Highlights

Tyson Brinkworth, the Councils' newest staff member, has been put in charge of updating and administering the Website and Newsletter.

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

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

The Council completed the application process to nominate Dr. Marlys Misfeldt (SASM member and a Past President) as a builder in sport medicine and submitted it to the Saskatchewan Sports Hall of Fame. (Note: 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 and 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 many of our programs, policies and procedures.

2. Membership

In 2021 – Council membership totaled 255 which was lower than the previous year (270). The breakdown was as follows: Sport Physicians (SASM) = 33; Sport Physiotherapists (SPC-Sask) = 62; Athletic Therapists (SATA) = 37; University of Regina, Faculty of Kinesiology & Health = 45; University of Saskatchewan, College of Kinesiology = 40; Chiropractors Assoc of Sask-Sport Interest Group = 27 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, service providers 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 2021, the Council continued to provide professional development grants to our members and consultants. Maximum funding remains at \$1,000.00 per request. Two educational grants to staff members were provided for online courses in 2021. This was less than in previous years due to the pandemic.

4. Organizational Development Committee & Strategic and Long-Range Planning

The Committee (Dr. Brad Waddell, Chair) began preparations for a Board Strategic Planning session. This included establishing an agenda and format for the meeting.

The Council completed the third year of our current three-year Strategic and Forward Plan (2019-2021) in 2021. The overall general goal and objective for the plan was to increase service provision to our clients, although this goal will not be met due to the pandemic. Please see our 2019-2021 Forward Plan Final report for further details

The Council completed the 2022-2024 Strategic Plan and submitted it to Sask Sport Inc. The plan is a living document and will be updated as required.

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 Government's Concussion in Sport Committee. It is an advisory and resource provision role.

2021 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 \$188,170
 - The 2021 usage was a lot lower than in 2020 but was slightly higher than the past 4-year average
$$\frac{\text{YR 2017}}{\$154708} + \frac{\text{YR 2018}}{\$186315} + \frac{\text{YR 2019}}{\$191968} + \frac{\text{YR 2020}}{\$210160} = \$185,788 \text{ average}$$
 - Sport Medicine services used was \$3,108
 - The 2020 usage was slightly lower than in 2020 and was lower than the past 4-year average
$$\frac{\text{YR 2017}}{\$4997} + \frac{\text{YR 2018}}{\$7277} + \frac{\text{YR 2019}}{\$6816} + \frac{\text{YR 2020}}{\$3397} = \$5,622 \text{ average}$$
 - 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 (non "enhanced" sports)
 - Sport Science services used was \$8,856
 - The 2021 usage was slightly lower than in 2020 and is substantially 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
$$\frac{\text{YR 2017}}{\$11298} + \frac{\text{YR 2018}}{\$17422} + \frac{\text{YR 2019}}{\$8081} + \frac{\text{YR 2020}}{\$8918} = \$11,430 \text{ average}$$
 - Sport Medicine services used was \$892
 - The 2021 usage was higher than in 2020 and was higher 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
$$\frac{\text{YR 2017}}{\$2848} + \frac{\text{YR 2018}}{\$2661} + \frac{\text{YR 2019}}{\$2490} + \frac{\text{YR 2020}}{\$0} = \$2,000 \text{ average}$$

- TIER 3 Sports

- Sport Science services used was \$12,254

- The 2021 usage was substantially larger than in 2020 and was higher 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

$$\begin{array}{cccccc} \frac{\text{YR 2017}}{\$8912} & + & \frac{\text{YR 2018}}{\$10321} & + & \frac{\text{YR 2019}}{\$8055} & + & \frac{\text{YR 2020}}{\$4918} & = & \$8,052 \text{ average} \end{array}$$

- Sport Medicine services used was \$3,175

- The 2021 usage was substantially larger than in 2020 and was higher 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

$$\begin{array}{cccccc} \frac{\text{YR 2017}}{\$2187} & + & \frac{\text{YR 2018}}{\$2935} & + & \frac{\text{YR 2019}}{\$1498} & + & \frac{\text{YR 2020}}{\$345} & = & \$1,741 \text{ average} \end{array}$$

- TIER 4 Sports

- Sport Science & Medicine services used was \$3,489

- The 2021 usage was higher than in 2020 and was still 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.

$$\begin{array}{cccccc} \frac{\text{YR 2017}}{\$3939} & + & \frac{\text{YR 2018}}{\$6784} & + & \frac{\text{YR 2019}}{\$4462} & + & \frac{\text{YR 2020}}{\$1504} & = & \$4,172 \text{ average} \end{array}$$

2021 “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 2021</i>	93	134	12	16.5	29
<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

- Canadian Sport Centre Saskatchewan requests and hours:

CSCS	Science		Medical Reimburse
	<i>Requests</i>	<i>Hours</i>	<i>Requests</i>
<i>Year 2021</i>	70	479.75	51
<i>Year 2020</i>	77	415.75	58
<i>Year 2019</i>	109	762	54
<i>Year 2018</i>	89	461.75	73

2021 “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>	
2021 (Jan-Dec)	357	1802.75	63	98.75	5	72.5	16	16.00	72.5
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

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>	
2021 (Jan-Dec)	160	865.75	1	1	5	13.5	3	3	13.5
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

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

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

Other = (Sales, Equipment, Testing, etc)

2021 “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.

	2021	Contact Hrs	2020	Contact Hrs	2019	Contact Hrs	2018	Contact Hrs	2017	Contact Hrs
SM - SWaT (Sport Taping)	1	7	2	14	7	49	15	102	12	84
SM - SiPAC (Sport 1st Aid)	4	28	0	0	6	42	9	63	4	28
SM - Injury Assessments/Prevention consults	3	3	0	0	1	1	9	13	2	2
SM - Injury Prevention Workshops/Sessions (1-4 hrs)	18	22.5	5	5.5	21	26.25	45	45.5	25	28
SM - Drug Education Workshops/Sessions	2	2.5	4	6	23	34.5	28	41	30	47.25
SM - Concussion Education Sessions	20	20	10	11	11	11	21	21	10	10
SM - Concussion Plan Reviews	3	3.75	2	2.5	2	2	3	4	4	4.5
SM - Self Massage	13	13	*	*	*	*	*	*	*	*
SS - Nutrition	148	263.25	130	195.75	208	326.25	206	357.75	224	347.25
SS - Mental Training	225	467.75	224	529.5	289	573.25	293	482	197	433.75
SS - Exercise / Strength	144	1937.5	135	2024.75	151	2237.5	181	1936.25	151	1618.5
SS – Biomechanics	0	0	3	19.75	1	3	2	37	1	21.25
Sleep Performance	19	19	17	17.75	19	25	*	*	*	*
OTH (SM) - Event Coverage – Medical Personnel	10	88	3	35.5	27	981	23	722.25	19	937
OTH (SM) - Event Coverage – Medical Personnel (referral)	5	*	*	*	*	*	*	*	*	*
OTH (SM) - 1 st Aid Supplies & Kit Sales	46	*	37	*	112	*	133	*	149	*
OTH (SM) - Equipment Rental & Loans	23	*	5	*	39	*	32	*	34	*
OTH (SS) - Fitness Testing	2	*	0	*	27	*	30	*	57	*
OTH - Insurance Reimbursement Program CSCS	51	*	58	*	54	*	73	*	96	*
OTH - Resource Material	1	*	0	*	0	*	5	*	9	*
OTH - Display	0	*	0	*	0	*	2	*	0	*
TOTAL	738	2875.25	635	2862	999	4311.75	1110	3825.25	1024	3561.5