

# **GYMNASTICS AUSTRALIA**

## **SPORTS SCIENCE & SPORTS MEDICAL COMMITTEE**

### **1. INTRODUCTION**

In 2005, Gymnastics Australia (GA) established a Sports Science/Sports Medical (SSSM) Committee with a view of establishing a closer relationship between coaches/athletes and sports science/sport medicine. It is of particular importance in a sport such as gymnastics where sports science plays a vital role in the training and performance of the athlete.

### **2. OBJECTIVES**

- Establish and maintain a network of Sports Science and Sports Medical Service providers to service the needs of the National Team and Squads of all gymsports.
- Monitor international advances in training and competition techniques
- Identify and support research that may improve the performance and maintain the health of our athletes
- Continue to improve the performance monitoring systems for tracking elite and potentially elite athletes

### **3. ROLES AND RESPONSIBILITIES**

- Advise Gymnastics Australia (GA) on all sports science and sports medical matters affecting athletes and officials within the sport of gymnastics
- Recommend sports medical support personnel for events and National Team duties both in Australia and overseas;
- Specify and review the necessary qualifications and experience of sports science and sports medicine support staff for National Teams;
- Supervise medical examinations and sport science testing of National Team members and report to GA and appropriate team officials;
- Advise GA on all sports science and sports medical legal matters where appropriate
- Review and report on any medical control procedures as implemented by FIG, IOC, AOC or ACGA;
- Supervise any drug control procedures as above or otherwise, following the direction of, or on behalf of GA;
- Advise GA and its National Teams on any environmental and medical factors which may affect athletic performance or place the athlete at risk, such as altitude, diet, travel, heat humidity, standards of hygiene, infectious diseases, etc.;
- Assist GA with education programs on sports science and sports medical matters aimed at athletes, officials, coaches, parents, sports science and sports medicine personnel;
- Initiate and support research projects that will improve the performance and health of our athletes
- Advise GA of any sports science, medical and related matters from external sources that it considers appropriate.

## **4. OPERATING GUIDELINES**

### **4.1 Composition of the Advisory Committee**

The Sports Science/Sport Medical committee shall consist of:

- Committee Chair – the Chief Medical Officer of GA
- Committee Support – Gymnastic Australia Sport Director
- Appointed Women’s National Physiotherapist
- Appointed Men’s National Physiotherapist
- National Coaches employed by GA – National Coaches are invited to attend meetings and will receive all SSSMC communications
- Possible co-opted positions (not limited to):- Researcher, Biomechanist, Physiologist, Psychologist, Nutritionist/Sports Dietitian

### **4.2 Appointment process**

The Sports Science/Sports Medical Committee shall be appointed by the GA board in the year following the Olympic Games and the persons so appointed shall hold office for four (4) years unless the appointments are terminated by the Board or by resignation. Vacancies shall be filled by the Board as they occur.

- Committee Chair – the Chief Medical Officer of GA who shall be appointed by GA and who shall be a qualified Medical Practitioner with appropriate sports medicine experience in gymnastics. Nominations for this position will be called for at the completion of each cycle. Nominations must be submitted on the official nomination form and submitted within the required timeframe to GA. The nominations will be provided to the GA Board who will make the appointment.
- Committee Support – Gymnastic Australia Sport Director as employed by Gymnastics Australia
- Women’s National Physiotherapist – as appointed by GA to oversee National Squad Training Camps and major International Events
- Men’s National Physiotherapist – as appointed by GA to oversee National Squad Training Camps and major International Events
- National Coaches as employed or appointed by GA

### **4.3 Operating Guidelines**

The Sports Science/Sports Medical Committee will operate under the following basis:

- The SSSM Committee shall have the authority to co-opt other members when required.
- The SSSM Committee shall always recognise the superior authority of GA and shall subject itself to the jurisdiction of GA
- The SSSM Committee shall meet twice a year with additional meetings as determined by the Chairperson. A medical forum(s) will be held annually to incorporate input and feedback from the wider medical community (to be held in-conjunction with a major event).
- The SSSM Committee shall report on a regular basis to GA through the GA Sport Director or Chair as required
- In the event of any assets being acquired by the Committee, these shall remain always the property of Gymnastics Australia