



# COMMONWEALTH GAMES AUSTRALIA

## MEDICAL & SPORT SCIENCE ADVISORY GROUP CHARTER

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### 1. INTRODUCTION

Commonwealth Games Australia (CGA) recognises the health and safety of team members (athletes & officials) is paramount to the Australian Commonwealth Games Team.

For CGA, integrity in sport is paramount. Athlete performance is enhanced through the integration of evidence-based scientific principles and methods and innovative sports medicine support.

CGA Medical and Sport Science Advisory Group (MSSAG) is an expert panel made up of sport physicians, sport scientists and high-performance personnel. It will oversee focused, applied and performance-impacting sport science, technology and medical services for Australia's Commonwealth and Youth Games Teams (Games Team) delivered ethically and with a strong emphasis on athlete well-being.

The MSSAG makes recommendations on any matter relating to

- i. the health and well-being of team members focusing on the prevention of injury and illness;
- ii. the protection and promotion of clean Australian athletes; and
- iii. the ethical use of medical and sport science services provided to enhance team performance.

The MSSAG is an advisory body only. It is not authorised to make any public statements or comments or take any public position on any issues without prior approval from CGA.

### 2. PURPOSE

MSSAG purpose is to analyse, develop and where necessary disseminate information relevant to sport medicine and sport science to maximise healthy participation in Commonwealth Games teams, reduce injury risk, and to facilitate optimal performance. It plays a leading role in the appointment of Games medical and sport science personnel to support Team members in their pursuit of excellence.

### 3. AUTHORITY

- i. Advise and guide CGA on matters pertaining to sports medicine and sport science as it relates to Games Team's performance.
- ii. Develop and promote the adoption of ethical standards in sports medicine and sports science for Games Teams.
- iii. Ensure excellent healthcare and doping compliance for Games teams.
- iv. Provide recommendations on all policies and operational matters related to the medical care and anti-doping compliance for Games athletes.

### 4. RESPONSIBILITIES

Attention to the physical and mental health and performance of athletes is at the forefront of MSSAG. The responsibilities of the MSSAG are:

- i. Determine and recommend guidelines, policies, position statements, rules and regulations for Games Teams;
- ii. Determine, oversee and recommend sports medicine and sport science requirements to the highest ethical standards for Games Teams to enhance performance;
- iii. Assist with determining the pharmaceutical, medical, physiotherapy and MSSAG equipment needs of Games Teams;
- iv. Confirm recommendations from the Team Medical Director (TMD) and GM Team Performance (GMTP) regarding Games Team sport medicine and sport science nominations ensuring a focus on cohesion & succession and they are accredited and up to date with their national accreditation agency (e.g. SMA, ESSA, SDA, APA etc.);
- v. Advise CGA and member sports on sports medicine, environmental and general health issues pertaining to forthcoming Commonwealth Games;
- vi. Provide guidance on research priorities for the CGA over the cycle based on where the next Games are to be held in order to be incorporated in any research/innovation grants;
- vii. Advise the CGA on anti-doping matters including compliance;
- viii. Comply with the World Anti-Doping Code and Commonwealth Games Federation (CGF) Anti-Doping Standards; and
- ix. Provide other sports medicine and sport science advice and services as requested by CGA.

CGA may, from time to time, refer matters to the MSSAG for its input and feedback.

## **5. MEMBERSHIP**

### **5.1. Composition**

MSSAG is an expert panel on applied and performance-impacting sport medicine and sports science. This collaborative structure allows experts to share insights and knowledge across performance disciplines. In turn, this makes CGA more targeted and effective in developing game-changing programs that enhance athletes' ability to reach their true potential and excel in a Commonwealth Games.

The MSSAG shall consist of up to ten (10) individuals representing medical, scientific and high-performance areas relevant to enhancing a Games Team performance:

- i. healthcare (medicine, physiotherapy, clinical psychology, nutrition, soft tissue & recovery),
- ii. performance (sports psychology, strength & conditioning, biomechanics),
- iii. technology (performance analysis) and
- iv. management (performance director/manager).

The Medical Director for the 2022 Australian Commonwealth Games Team will also be a member once appointed by the CGA Board as well as the GM Team Performance. A standing invitation remains for representation from the CGF Medical Commission on the MSSAG.

Membership of the MSSAG is on a voluntary basis with CGA paying reasonable agreed expenses where relevant to attend meetings.

### **5.2. Application Process**

Post a Commonwealth Games, CGA will seek nominations from individuals within Australia's high-performance system. This includes but is not limited to Institutes of Sport and professional discipline bodies.

Appointment to the MSSAG is solely at the discretion of CGA.

### **5.3. Criteria for Applicants**

Successful applicants will require the following attributes:

- i. Appropriate professional qualifications;
- ii. Current registration with their relevant professional body/ AHPRA;
- iii. Well respected for expertise in sports medicine, a sport science discipline or high-performance management, both nationally and internationally;
- iv. Knowledge of medical requirements, anti-doping requirements, sport science disciplines and operations for Games Teams and how these areas can work collaboratively to enhance performance;
- v. Interest in giving input and feedback into Games planning;
- vi. Knowledge and passion for the Commonwealth Games and interest in its future growth; and
- vii. Ability to give objective advice and opinions.

With respect to the Chairman:

- viii. Demonstrated leadership ability on committee, commissions and other similar bodies.

### **5.4. Tenure**

All members shall be appointed no later than three years prior to the forthcoming Commonwealth Games and remain on the MSSAG for six months after the Games so as to allow them to participate in any post Games review process.

### **5.5. Chair**

CGA will appoint the Chair from either the MSSAG members or externally.

## **6. MEETINGS**

The MSSAG will meet up-to two times per year either in person, video conferencing or a combination of the two. CGA will meet the travel costs for MSSAG members to attend meetings.

A quorum will consist of 50% of the MSSAG, the Chair and Team Medical Director (once appointed).

Members of the MSSAG are expected to keep any matters raised at meetings confidential where required by CGA.

Members are required to disclose any conflicts of interest and not be present whilst the matter is discussed or voted on the matter.

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#### **DOCUMENT REVISION HISTORY**

<b>Version no.</b>	<b>Approved</b>	<b>Date</b>	<b>By Committee</b>	<b>By BOM</b>
1	Draft	15/08/2018	N/A	Pending
1	Final	16/11/2018	N/A	Approved

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