

BASRaT Annual General Meeting 2022

Thank you for joining us. We will be underway shortly.



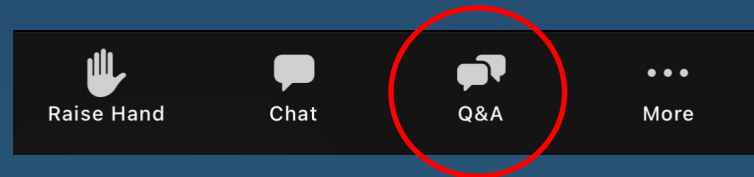
Wednesday 23rd November 2022

Housekeeping

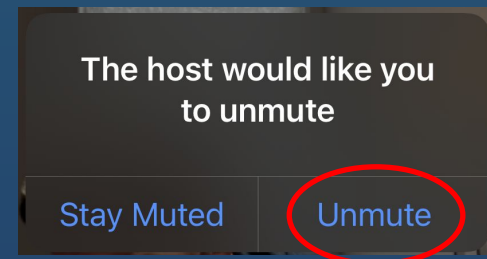
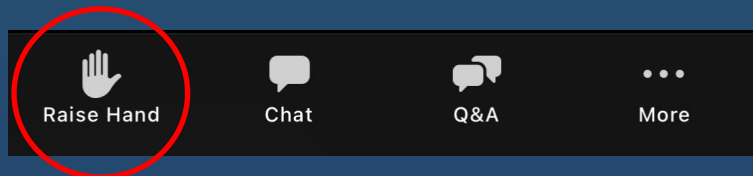
- The content of the AGM is for viewing by BASRaT members only, therefore, please do not record and/or share any of this presentation.
- The session is being recorded.

Housekeeping

- If you have a question, please post it in the Q&A. Before you post, please review the questions already posted and upvote existing ones rather than duplicating.



- In the time for questions at the end, we will use the "raise hand" function. We'll be able to bring you on to the panel to ask your question rather than typing it.



Welcome from the Executive Committee

23rd Nov 2022



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and regulating
Sport Rehabilitators*

Welcome

The format will be reports from the committee (approx. 45mins)

- Chair & CPD
- Institution Liaison Officer
- Registrant update
- Student Liaison
- Link Officers
- Accreditation
- Registrar & Quality Officers
- Lay executive committee reports
- Chief Executive report

Announcement of student awards and prizes.

Leaving ample time for Q&A.



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Secretary Update

Three executive committee roles were considered for re election this year. The membership were notified of the requirement to nominate candidates for the vacant roles:

- Quality Officer
- Accreditation Officer
- Student Liaison Officer

No nominations were received and the executive committee was happy to accept the re election of Chris Wilcox, Richard Moss and Jonty Ashton to these roles to serve their second term in the new governance model.

Lay executive committee members Drs John Morgan and Richard Collins have also agreed to complete their second term



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Chair & CPD Report

Allan Munro



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Chair & CPD report

CPD

- 2021-22 CPD audit
- Updates to CPD requirements
- Updates to Audit requirements

Chair

- Wider updates



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2021-22 CPD Audit

- 21-22 audit completed earlier this year
- 19 chosen for audit
 - 3 have failed to complete their portfolio audit and will not be able to renew registration*
- 2 referrals from 2020-21 due to maternity leave
 - 1 had not renewed
- Majority required resubmission

*in future will be removed from register immediately



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CPD – requirements update

BASRaT registrants must meet the following three requirements:

1. Maintain an up-to-date, continuous and accurate record of their CPD activities.
2. Engage in a variety of CPD activities, from at least two different categories, which reflect their current and future practice and the needs of those whom they work with.
3. Ensure that their CPD contributes to improvement in their practice as a GSR

Annual Audit

- Members are eligible for audit every two years (from date of graduation)
- 2020 graduation, CPD runs until December 2022
 - Following period Jan 2021 – Dec 2022
- 5% of eligible members are chosen for audit

New CPD Audit Portfolio Requirements

- Aim to make the audit more useful for Registrants and BASRaT
- Role Summary (max. 500 words)
 - Outline roles during the audit period
- CPD portfolio
 - Details of all CPD activities undertaken
- Reflective Summary (max. 1000 words)
 - Summary of how CPD has met the 3 required standards
- CPD plan (max. 250 words)
 - Following this reflection, what is your plan for future CPD
- Supporting evidence
 - Electronic evidence to support the portfolio

Other updates

IOC conference 2021

- Conversations with RFU
- Representation of SR
 - Craig Barden & Gemma Parry

Therapy Expo 2022

- Representation of SR
 - Aisha James, Chris Peil, Francine Zimbalist, Gemma Parry, Ollie Coburn, Stavros Daoukas

RFU & FAI medical standards changes

NATA 2022

- Meetings with WFATT, NATA, CATA and BOC

BASRaT Away Day

- Discussions and Link Officer presentations in 5 key areas
 - NHS, private practice, MoD, Corporate MSK, Sport
- Looked at current state of play, threats, priorities and actions in each area

Institution Liaison Officer's Report

Adam Naylor

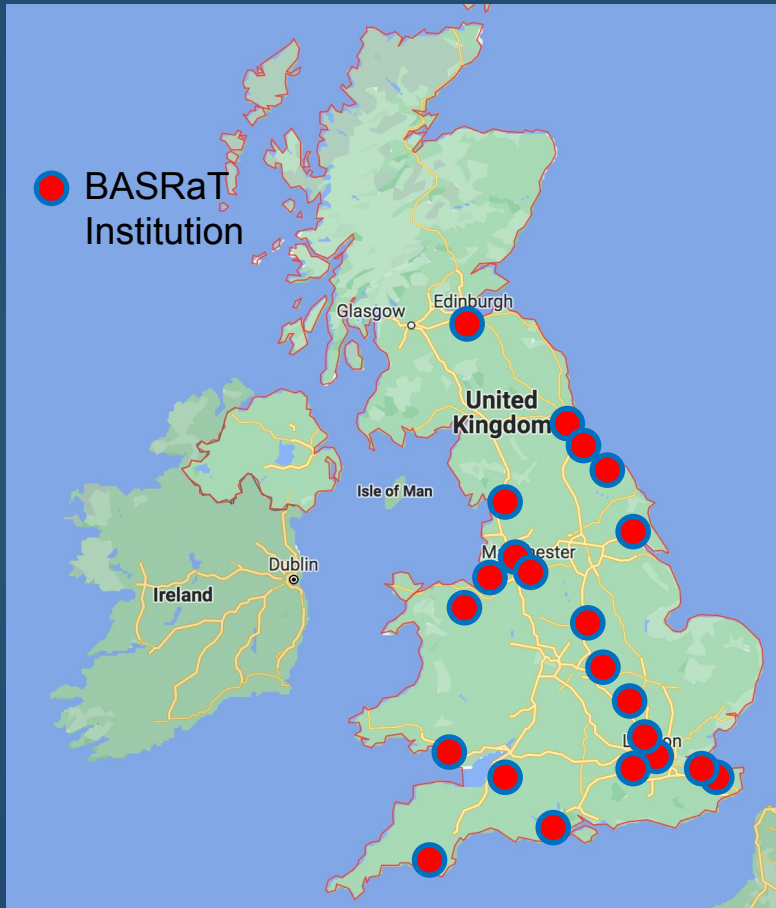


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Institution Liaison Role

- Relationships with Education Providers
 - Identify key areas of support
 - Offer support across teams and institutions
 - Facilitate programme enhancement
 - Facilitate resource sharing
 - Future establishment of research projects and pedagogical advancements

ILO Programme Survey



20 BSc programmes
7 MSc Programmes

Information from **14** accredited institutions:

Varying sized teaching teams, from **3 to 15** staff of clinical and non-clinical backgrounds; Median 7 staff.

Clinical staff % proportion: **14 – 100%**,
Average **3 – 4** clinical staff per team
(**61%**)

ILO Programmes Information

- **Common themes for programme goals:**
 - Expanding placement provision for students
 - Student satisfaction
 - Improve employability
 - Balancing workload
 - Expanding clinical provision for staff
 - Increasing equipment and resources
 - Developing a teaching clinic on campus
 - Research output

ILO Programmes information

- **Common programme challenges:**
 - Placement provision / hours
 - Staff workload / balance
 - Staff-student ratios / limited staff provision
 - Student expectations
 - Graduate employability
 - PHICIS delivery
 - Resources, equipment, investment

Aims for 22-23

Placements

Identify and share
strong placement
models

Establish placement
growth areas across
the country

New Institutions

Support programme
and student growth
alongside SLO

Institution Staff

Continue to explore
successful models of
work and resources

To continue support at
institution-level
challenges



BASRaT Communications Nov 2021 - Oct 2022

GSR sessions in the keynote theatre

Strength interventions for clinical populations.

Chris Piel, Teaching and Learning Fellow - University of Salford

Exercises for Osteoporosis - getting the fundamentals right.

Dr. Patricia Christel, Sport Rehabilitation

Profiling the youth athlete - how much does measurement matter?

Dr. Gemma Parry, Physiotherapist

Break a leg! Rehabilitation considerations for dancers and performers.

Anna James, Performing Arts Specialist Sport Rehabilitation

Removing financial barriers to MSK services - the power of a social enterprise business model.

Oliver Cohen, Operations Manager - BASRaT

Education: an under used tool in treating chronic pain.

Elke sporting youth and the stigma of pain.

Zoe Potbury, Rehab Therapist Team Lead - Vita Health Group



An International profession offering International opportunities



BASRaT registered Sport Rehabilitators are now part of a Healthcare Profession with International Standards, International Recognition and International Opportunities.

International Recognition

The co-working agreement enables Sport Rehabilitators to apply for evaluation to work overseas.

THE INTERNATIONAL ARRANGEMENT For The Athletic Training and Therapy Profession



A global family of 75K healthcare professionals. **Collaboration ensures best practice and quality assured high standards**, both professionally and in standards of education.

Sport Rehabilitators within the NHS

Representing the profession and making a difference

BASRaT Registrants have a unique skillset which makes them a valuable asset within the NHS. Many Sport Rehabilitators work within the NHS and put themselves forward to work within the NHS redeployment scheme, to bring willing MSK clinicians together to help the NHS.

We talk to Sport Rehabilitators about their NHS experiences and take a closer look at the fantastic work they are doing.

Emily Field, NHS Technical Instructor in Osteopodex and Sport Rehabilitator at an NHS MSK Clinic

As part of the osteopodex team at Watford General Hospital, I mainly see neck of femur fractures.



Emily manages her own caseload, teaches and mentors exercises to patients, writes detailed SOAP notes, progresses mobility and communicates with patients and the multidisciplinary team.



"I enjoy working closely with my patients and seeing their progression over time. I thrive on facing challenges and modifying aspects to see improvements in patients."



Many skills from my degree have been transferable, being able to communicate effectively with anyone, time efficient, helping patients to be comfortable with their bodies, assessing gait and strength and writing detailed SOAP notes.

I previously worked in an Elderly ward regularly seeing patients suffering from falls, dementia, Covid, cellulitis and other comorbidities.

"There is no better satisfaction than hearing your patient explain what they can now do since starting their exercise programme."



"Sport Rehabilitators are trained to treat patient populations from day 1; completing a clinically focused BSc degree and gaining experience in varied clinical settings."



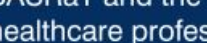
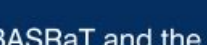
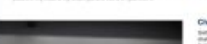
Sadie Pinchbeck



Senior MSK Clinician and Team Leader at Outpatient MSK

I work in a service that supports people from 16-65. In the MSK service, we have a lot of young people and we have a lot of young people. I work in a service that supports people from 16-65. In the MSK service, we have a lot of young people and we have a lot of young people.

Other notes: This is something I've always wanted to do. I couldn't imagine doing anything else. I had a passion for my job and I was in it for the long term.



Why I enjoy working at Connect Health

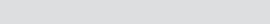
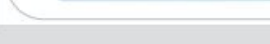
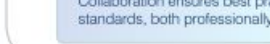
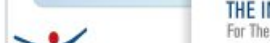
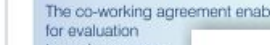
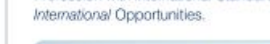
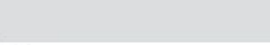
Being a Clinical Lead is a different role to being a clinician. I have to think about the whole team and how we can work together to provide the best possible service to our patients.

I enjoy working at Connect Health because I can work with a team of professionals who are all passionate about their work and who are all committed to providing the best possible service to our patients.

Other notes: This is something I've always wanted to do. I couldn't imagine doing anything else. I had a passion for my job and I was in it for the long term.



The nursing home residents who Chris worked with had become more mobile from being confined for long periods of time in their rooms. Due to lack of movement, some had lost mobility.



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Registrant Report

Ryan Gordon



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Membership & Registrant Developments

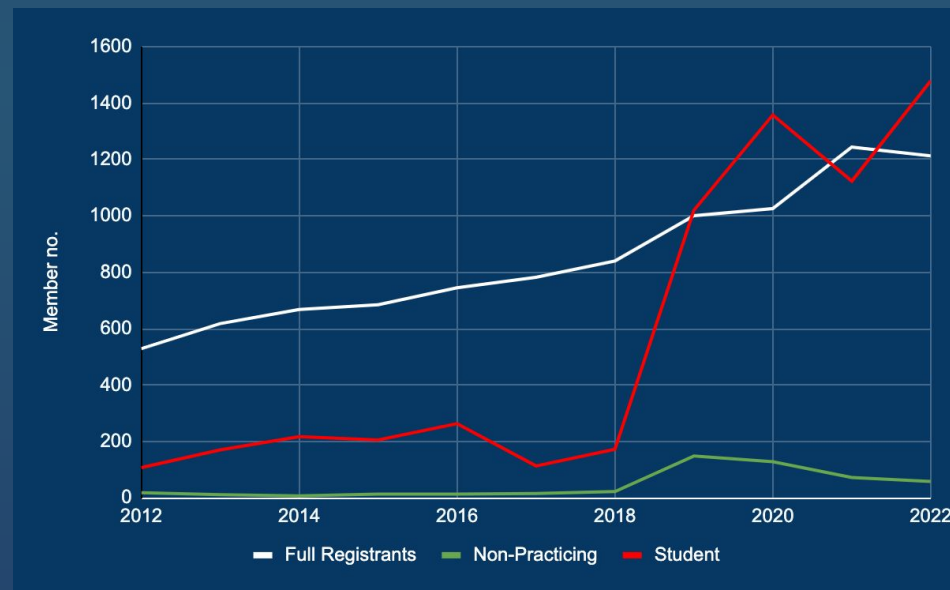
- Growing registrant base – continual growth over 10 years
- Much greater student representation following free student membership initiated in Sept 2019
- Broadened GSR workforce
- Greater registrant recognition
- Introduction of the Registration Exam



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Registrant Statistics to 23/11/22

	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022
Full Registrants	529	618	668	685	745	782	840	1001	1026	1244	1213
Non-Practicing	18	11	7	13	13	15	22	148	128	72	58
Student	107	170	217	205	263	113	172	1020	1358	1123	1479



Find a practitioner

Ensure that your registration details are up-to-date so we can continue to make better estimates on where our registrants are practicing across the United Kingdom and Ireland.

Take advantage of the 'Find a Practitioner' search directory on the BASRaT website.

Find a Practitioner

Do you need help with an injury?

Find A Practitioner is an optional directory for BASRaT's practising members to list their business and professional details and clinical specialties. Every member in this directory is also on BASRaT's member register ([REGISTER CHECK](#)) and therefore complies with BASRaT's requirements for registration.

However, not every member on our Register chooses to advertise their practice on this directory.

Use the form below to search for a Sport Rehabilitator in your area now.

SEARCH FORM: fill in one or more fields

Company Name:

Last Name:

Speciality:

County / Region:

Postcode:

Use first part of code



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Membership costs for 2023

- **Graduate:**

- 12 month, **£313**
- 6 month, **£156**

Associate

12 month, **£50**

Student

For length of degree programme –
No cost

- **AHP:**

- 12 month, **£60**
- 6 month, **£30**

- **Non-Practicing**

- 12 month, **£50**



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BASRaT Student Conference

11 April 2022

A unique chance to hear from Sport Rehabilitators working in a variety of settings.

Our guest speakers will talk about their passion, their experiences and the abundant opportunities available for the future GSR.



David Hartley, Head of Academy Sports Science & Medicine, St Mirren FC

A unique view on how Sport Rehabilitator, David Hartley has faced the challenges of developing young athletes to professional level.



Keynote from:
David Hartley
Head of Academy Sports Science & Medicine, St Mirren FC



Agatha Lawton
Occupational Health
Case Manager



BASRaT Student Conference

11 April 2022



Mickila O'Boyle,
Sport Rehabilitator, Elite
Performance Centre,
Loughborough Uni &
Medical Care for Rugby
Union & Sevens, Royal Navy

Oliver Coburn,
CEO of Freehab and
Operations Manager
of BASRaT



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BASRaT Student Conference

11 April 2022



BASRaT Student Conference

11 April 2022

Sport Rehab Student Conference

Feedback from previous attendees -

- "Very useful and insightful, Great CPD"
- It was very informative
- "The talks give additional information that we wouldn't usually get"
- It was amazing, and such in-depth information on each topic!
- "Brilliant Experience"
- Very useful and informative on new & relevant topics!



Our Speakers



BASRaT Communications Nov 2021 - Oct 2022



BJSMB
The Journal of Sport & Exercise Medicine

July 2022 Volume 56 Issue 13

Editor
Stephen Aspinall
(BASRaT)



Strong for Life

Muscle strengthening to lower all-cause mortality and risk of major non-communicable diseases

Acing your interview

Be friendly and polite, interviewers will look for whether you will fit in with other colleagues.

Prepare set answers - plan answers to key questions, prep examples of when you have:

- solved problems
 - used your initiative
- Talk about the situation and the positive outcome. Use Situation - Action - Result

Bring Energy and Enthusiasm, show your passion and that you want the job.

Needing experience? Draw on what you did during placements, all experience counts. Had a bar job? - Talk about the responsibility. Been a student rep? Discuss how you made a difference.

Can't attend?

If for some reason you cannot attend the interview you must let them know, as a registrant you represent BASRaT.

#SportRehab



We are Healthcare Practitioners

We use clinical reasoning to tailor a recovery plan to return you to physical activity

We are regulated which helps us to provide the highest quality healthcare

#SportRehab



We diagnose, treat and rehabilitate musculoskeletal injuries

We complete a clinically focussed three year BSc honours degree

We help people recover from injury, maintain their health and fitness and prevent injury

Student Liaison Report

Jonty Ashton



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Student Liaison Officer

As of September 2022:

- 21 Institutions across the UK
- 20 BSc (Hons) SR courses
- 6 MSc SR Courses
- 1479 Active Student members

Activities

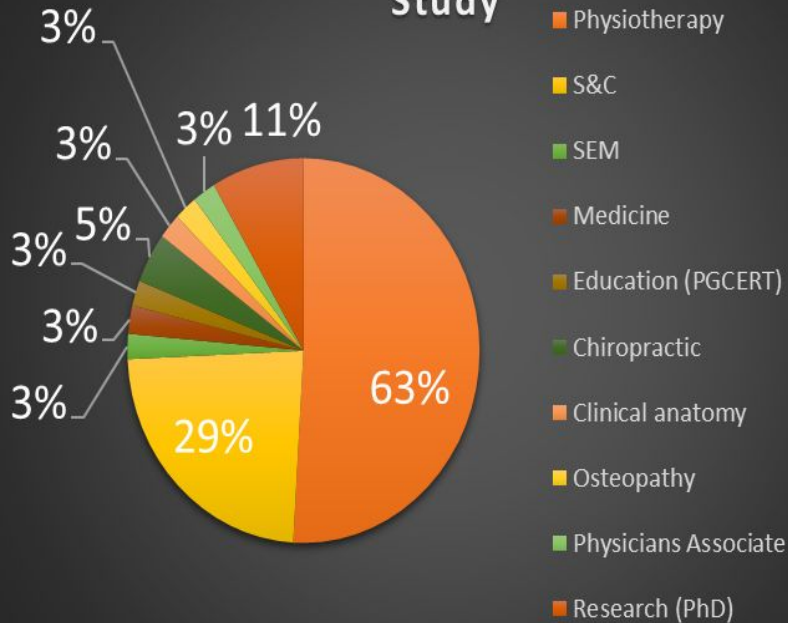
- Main objective: Student Engagement
- 2022 Virtual Student Conference
- Ongoing Data Collection
- Communications: signposting, advice & point of contact



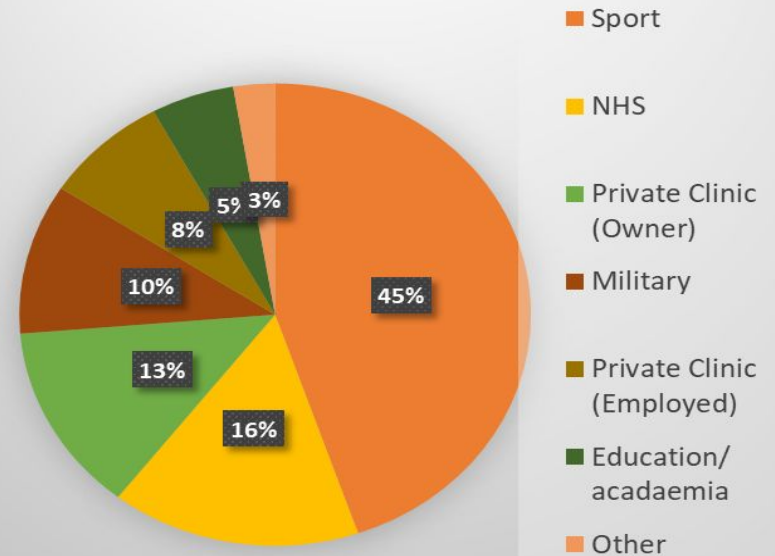
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Student Survey

2022 Graduate Intentions: Further Study



2022 Graduate Intentions: Employment



Link Committee Report

**Jonty Ashton &
Adam Naylor**



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Link Committee Report

Welcome Link Committee Members

- Gemma Parry - Sport
- David Hartley - Sport
- Danny Barnes - Private Practice
- Sarina Rizk-Diab - Corporate
- Zoe Pottinger - Corporate

Still Recruiting for;

- Military
- NHS



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Link Committee Actions

Sport: Looking to address problems and education in working with youth athletes, coaches and families.

Corporate/Private Practice: Ongoing work with insurance companies to address barriers.

- Survey to be sent out shortly to all BASRaT registrants to assess state of play



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Aims for 22-23

- Support the growth of public and industry awareness of GSRs in all areas of our practice
- Create more avenues for communication with key stakeholders in specific industries
 - Supporting GSR workforce growth across sectors
 - Create more career opportunities
 - Continue to relay valuable information to BASRaT from the 'shop floor'

BJSM

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Strong for Life

Muscle strengthening to lower
all-cause mortality and risk of
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BMJ



BASRaT Communications Nov 2021 - Oct 2022

BJSM Cover Image

Cover image selected for BJSM featuring
BASRaT sponsored edition



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Accreditation Report

Richard Moss



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Accreditation Activity

BASRaT Educational Framework is currently being updated to 12th Edition.

This review will update the required content that accredited institutions will be required to deliver, as well as present an opportunity to consider the current BASRaT educational regulations.



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Accreditation Activity

The BASRaT Annual Review of Standards reports has run for the tenth year for accredited institutions.

This year no major concerns were identified which warranted investigation by BASRaT and institutions were seen to be highly supportive of their students in what have been very difficult times.



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Accreditation Activity

- 1 institution is currently considering or writing new higher education course in Sport Rehabilitation.
- 4 new programmes have been accredited with BASRaT including the first accredited programme in Scotland
- 3 institutions have been granted a 1-year extension to their accreditation
- 1 programme has reaccredited with BASRaT
- 11 further courses are expected for reaccreditation through 2022/2023 and 5 new programmes are currently seeking accreditation with BASRaT.



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Aims for 2022 – 2023

- Continue accreditation process for current aspirant programmes, monitor the performance of currently accredited programmes and the on-going development of BASRaT accreditation documentation.
- Complete re-accreditation of programmes which have reached the end of the validation and accreditation period.
- Update the BASRaT Educational Framework to the 12th Edition.



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ERI Leaflet and advertisements

Four page leaflet promoting the role of ERI. Featuring Sport Rehabilitators and aspects of the role. Advertisements produced for social media.

Life as an ERI

Work with the elite, frontline and support corps within the UK armed forces.

The requirements of military personnel are unique. By air, sea or land, serving personnel face physically demanding jobs, taking part in combat, peacekeeping and humanitarism for the mission around the world to defend the country and promote its interests. ERI's help make that happen by providing rehabilitation and clinical services.

Special Rehabilitation is a role of ERI, you'll be working with the elite, frontline and support corps within the UK armed forces. You'll be working with the elite, frontline and support corps within the UK armed forces. You'll be working with the elite, frontline and support corps within the UK armed forces.

Steve Aspinall, BASRaT CEO



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We look at the role of the ERI and speak to Sport Rehabilitators who have experienced it themselves.

"Sport Rehabilitators are uniquely equipped for the role of ERI, due to the strong focus on biomechanics, exercise rehabilitation and returning patients to high levels of function."

The overall skill set and focus is why the Ministry of Defence chooses BASRaT rehabilitators for their most demanding exercise rehabilitation roles.

Steve Aspinall, BASRaT Chief Executive



Military ERI role working in Edinburgh

The job:
"Seeing people on a daily or weekly basis gives you a great opportunity to learn how to progress rehabilitation programmes."

Being able to input your own ideas means you really get a chance to master your profession." BASRaT ERI

Life in Edinburgh:
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Military ERI role working with the RAF

Exercise Rehab job opportunity at RAF Lossiemouth

You will work within the Defence Medical Rehabilitation Programme (DMRP) to provide a high standard of exercise based rehabilitation including highly specialist work in the musculoskeletal, sports and training injury area.

The job includes clinical assessment, designing and implementing progressive exercise treatment schedules, communicating effectively with patients to maximise their rehabilitation potential and providing clinical reports.

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FAQ's with our ERI's

We spoke to three Sport Rehabilitators who have had the privilege to do this role and asked them to share their experiences.

What do you enjoy about Sport Rehab and how relevant is it for this role?

Enjoy working with people and helping them to get back to where they want to be. It's a great combination of a job, where you can progress and where to progress comes with experience. The knowledge you acquire as a Sport Rehabilitator puts you in a great position for the demands of this role.

What do you feel sets Sport Rehabilitators apart?

I think that the sound understanding of human movement accompanied with the expertise in reducing function is what sets Sports Rehabilitation apart. The fact that many of their skills overlap with other health professionals puts them in a prime position for the demands of this role.

Rehabilitation Case Study

A soldier from the 11th Airborne returned from a tour of duty in Afghanistan. He was injured in a car accident while on duty. He was injured in a car accident while on duty. He was injured in a car accident while on duty.

What parts of the role do you enjoy?

I particularly enjoy delivering a mix between exercise and rehabilitation. Coming from a swimming background, I enjoy making hydro and water resistance safe, fun and effective for all. I also enjoy the challenge of working with the elite, frontline and support corps within the UK armed forces. I also enjoy the challenge of working with the elite, frontline and support corps within the UK armed forces.

Exercise Rehabilitation Instructor - Job Lowdown

ERIs play a key role in the armed forces, we take a close look at the role itself and the team involved.

The goal

To provide high quality targeted rehabilitation to improve the training and operational effectiveness of injured Service Personnel, accelerating their return to optimal physical capacity whilst enhancing their psychological and social health.



The team

Work with a multidisciplinary team of physio, occupational therapists, military ERIs, consultants, podiatrists and social workers to provide a first class rehabilitation service. This working environment is welcoming and supportive, and you will be valued for the skills you bring.

Your role

You will work within the Defence Medical Rehabilitation Programme (DMRP) to provide a high standard of exercise based rehabilitation including highly specialised work in the musculoskeletal, sports and training injury area.

Responsibilities

The ERI provides a comprehensive and professional rehabilitation service, including highly skilled and specialist work, peer review and support to others working in the Unit. The job includes clinical assessment, designing and implementing progressive exercise treatment schedules, communicating effectively with patients to maximise their rehabilitation potential and providing clinical reports.

Skills needed

ERIs are organised, flexible, can prioritise work commitments and can communicate at all levels.



Do you have any advice for those new to the role?

The same advice with any new position. Work hard. Ask questions. Network and find people you can bounce off. If you're asked to do something, do it well. Have a reputation for getting things done. Keep it.

How do you feel your degree and practical experience matched up with the requirements of the role itself?

Nothing really prepared you for your first job. The degree definitely gets you off to the best possible start and you will feel more confident with some aspects of the role than others. Learning and continuing to learn is what will make you a better therapist. Keep it.



Why would you recommend the role of ERI to others?

Good experience working within a multi-disciplinary team. You have the opportunity to travel and it's well paid. Keep it.

What duties do you carry out?

Main duties include: assisting with clinical assessments, exercise prescription for own patients cases back, carrying out functional movement assessments, including and devising group exercise sessions, individual 1:1 reviews, and attending with healthcare meetings. Keep it.

How to apply

Visit the Recruitment Jobs website to see available roles. Search 'Health Professionals' under Job Roles and 'MCD' for Organisation. Alternatively view opportunities on the jobs board at defence.org

Registrar & Quality Officer Report

Oliver Coburn and Chris Wilcox



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Sport Rehabilitators*

Registration and Quality

Fitness to Practise

- One case in 2022
- No sanctions imposed

Updated Policy and Standards

- Updates to FTP process & guides to cover introduction of the exam
- New online “raising a concern” form



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Registration and Quality

Other major areas of work continuing into 2023

- Continued success with PSA Accreditation renewal, including meeting the updated standard one
- Various influencing and policy engagements via ARMA, CRA and other groups.
- PSA projects
 - VAT
 - Insurance
- PSA consultations
 - Safeguarding
 - EDI



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Student Conference

- Leaflet and ads

Four page leaflet promoting the conference speakers.

Individual advertisements produced for social media.




BASRaT
 Student Conference
 11 April 2022

A unique chance to hear from Sport Rehabilitators working in a variety of settings.

Our guest speakers will talk about their passion, their experiences and the abundant opportunities available for the future GSR.



David Hartley, Head of Academy Sports Science & Medicine, St Mirren FC

A unique view on how Sport Rehabilitator, David Hartley has faced the challenges of developing young athletes to professional level.

Mickila O'Boyle,
 Sport Rehabilitator, Elite Performance Centre,
 Loughborough Uni & Medical Care for Rugby Union & Sevens, Royal Navy






Sport Rehab Student Conference


Feedback from previous attendees -

- "Very useful and insightful. Great CPD"
- It was very informative
- "The talks give additional information that we wouldn't usually get"
- It was amazing, and such in-depth information on each topic!
- "Brilliant Experience"
- Very useful and informative on new & relevant topics!




Our Speakers


Keynote from:
David Hartley
Head of Academy Sports Science & Medicine, St Mirren FC




Agatha Lawton
Occupational Health Case Manager





Oliver Coburn,
CEO of Freehab and Operations Manager of BASRaT







Mickila O'Boyle,
Sport Rehabilitator, Elite Performance Centre,
Loughborough Uni & Medical Care for Rugby Union & Sevens, Royal Navy






Agatha Lawton
Occupational Health Case Manager





Oliver Coburn,
CEO of Freehab and Operations Manager of BASRaT





Lay Members

Richard Collins & John Morgan



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Lay members

Lay committee members undertake to serve on the BASRaT executive committee providing a key role in helping to ensure that client and public views and experiences inform committee discussions and decisions.

Comment on defined role objectives and targets (please be specific about observations of/involvement in processes & procedures, meetings etc)		
Area: Independent Review	<p>Objectives and Targets: To produce annually (for AGM, November) an independent report on BASRaT performance which audits and comments upon fairness, objectivity, clarity and transparency of decisions made by the BASRaT executive committee and individual officers which will be published on the BASRaT website.</p>	<p>Please comment upon whether (and how) decisions taken by the BASRaT executive committee in the past year have shown fairness to service users, registrants, members, and educational partners: The committee's approach is inclusive, and all members are encouraged at meetings (through robust discussion) by e-mail and 'WhatsApp' Group response to express their opinion and have their input valued. The expertise and experience of individual committee members are utilised to positive effect to complement the decision making process.</p> <p>Please comment upon whether (and how) decisions taken by the BASRaT executive committee in the past year have shown objectivity with regard to service users, registrants, members, and educational partners: The level and intensity of discussion and strong Chairpersonship combine to make the decision-making process objective and fair. Decisions are invariably arrived at through analysis of factual information, reflecting on progress and always with the interests of members and service users placed at the forefront of the process.</p> <p>Please comment upon whether (and how) decisions taken by the BASRaT executive committee in the past year have been clear and transparent to service users, registrants, members, and educational partners: The committee's processes and procedural documentation are clear and concise and accurate minutes are kept and reviewed at the start of</p>
	<p>Feedback/ Complaints about BASRaT</p>	<p>Produce annually (for AGM, November) a report documenting the progress, result and recommendations for future practice as a result of feedback/complaints about BASRaT as a professional body and regulator.</p> <p>ther with the ethics committee), you have dealt with any feedback or complaints about BASRaT as a regulator or professional body, in your response please be mindful of data protection and confidentiality: No feedback or complaints have been dealt with by Lay Members this year.</p> <p>Please detail any recommendations for the ongoing practice of BASRaT as a regulator and professional body: Adding to vacant Link Committee posts would enhance the organisation's connection within the diverse roles Graduate Sport Rehabilitators work.</p>

Full reports available on www.basrat.org



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Lay members

Key points from Lay member – John Morgan

- Committee approach is inclusive, and all members are encouraged at meetings, by e-mail and 'WhatsApp' Group response to express opinion and have input valued.
- Expertise and experience of individual committee members utilised to positive effect to complement the decision making process.
- Level and intensity of discussion and strong Chairpersonship combine to make the decision-making process objective and fair.
- Decisions invariably arrived at through analysis of factual information, reflecting on progress and always with the interests of members and service users placed at the forefront of the process.
- Committee processes and procedural documentation are clear and concise and accurate minutes are kept and reviewed at the start of subsequent meetings.
- Decisions carried forwards to future meetings are thoroughly reviewed before discussion continues.
- Committee is cohesive, hard-working, realistic, honest, and well-balanced.
- The addition of the Link Committee members, obviously passionate about their chosen profession has added a new and vibrant attitude to committee discussions.

Full reports available on www.basrat.org



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Lay members

Key points from Lay member – Dr R F Collins

- In the last 2 meetings I specifically noted down examples of language the committee uses when referring to it's representative base. 'How can we help..' " Does this promote..." " Is that fair to..." "How can we advance..." "careers need parity'
- My view is that the committee members are genuinely motivated to try and advance the core aims of the organisation and issues are genuinely and openly discussed in a professional even manner.
- Meetings operate in an open manner. Agenda items are never rushed or ticked off and frequently members will take a devil's advocate approach to ensure issues are discussed in the round. I have always felt that any member is free to challenge anyone.
- The committee is enthusiastic and genuine in their attitudes toward the committee and the work they do is good value and focused. The committee have one eye on the registration fees and where that money goes at all times to best add value for the registrant body – e.g. journal charges where discussed at length and the value they represent

Full reports available on www.basrat.org



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NHS Workers Piece Showcasing Sport Rehabilitators working in a variety of roles within the NHS.

Sport Rehabilitators within the NHS

Representing the profession and making a difference

BASRaT Registrants have a unique skillset which makes them a valuable asset within the NHS. Many Sport Rehabilitators work within the NHS and put themselves forward to work within the NHS redeployment scheme, to bring willing MSK clinicians together to help the NHS.

We talk to Sport Rehabilitators about their NHS experiences and take a closer look at the fantastic work they are doing.

Emily Field, NHS Technical Instructor in Orthopaedics and Sport Rehabilitator at an NHS MSK Clinic

As part of the orthopaedic team at Watford General Hospital, I mainly see neck of femur fractures.



Emily manages her own caseload, teaches bed or standing exercises to patients, writes detailed SOAP notes, progresses mobility and communicates with patients and the multidisciplinary team.



"I enjoy working closely with my patients and seeing their progression over time. I thrive on facing challenges and modifying aspects to see improvements in patients."



Many skills from my degree have been transferable, being able to communicate effectively with anyone, time-efficient, helping patients to be comfortable with their bodies, assessing gait and strength and writing detailed SOAP notes.

I previously worked in an Elderly ward regularly seeing patients suffering from falls, dementia, Covid, cellulitis and other co-morbidities.

"There is no better satisfaction than hearing your patient explain what they can now do since starting their exercise programme."



**Megan Thorley
NHS Physiotherapy Associate
Practitioner, Mental Health wards**

Megan's week was split between two hospitals where she worked alongside Physiotherapists. Initially following two days a week and running exercise activities for service users for the rest of the week. Megan ran exercise activities in groups or individually depending on their needs and cooperation.

Megan stated "My confidence in myself has grown dramatically and I find my ability to adapt and respond quickly has developed whilst working in rugby."

"I'm sure that working on a mental health ward will develop my experience base even more and I can take that forward into future roles."

Megan has thrown herself into life as a Sport Rehabilitator after graduating from Salford University in July 2018 she volunteered with Macmillan RUGB and lead the rehab for their 2nd team. This role paid off when she was promoted to Lead Sport Rehabilitator of the 1st team. Megan moved onto Otley RUGB as Head of Department and aimed to start her own Rehab Business before Lockdown.



**Chris Peil
Band 5 ERI during Covid -**

Add in the superhero to superhero bit in here.

Chris delivered rehab in a nursing home for Covid affected patients in a role which requested either a physio or an OT.



The nursing home residents who Chris worked with had become less mobile from being confined for long periods of time in their rooms. Due to lack of movement, some had less mobility.

Chris implemented a modified version of the NICE Recommended Falls Reduction Strengthening and Proprioception Programme to engage residents and improve their functional ability where possible.

Challenges came from daily variation in physical condition and motivation and energy levels for nursing home residents.

Chris loves being able to make meaningful changes for people whether this is with athletes, the general population or those with significant medical considerations. The principles remain very similar across the spectrum. Chris's role proved to be invaluable as (care) were focused on immediate, acute safety first.

The extra resource of Chris's understanding and time was meant that residents could reach their functional ability for improved health and well-being.

Chris previously worked with the World's strongest man, illustrating the diversity of patients seen by Sport Rehabilitators.



"Sport Rehabilitators are trained to treat patient populations from day 1; completing a clinically focused BSc degree and gaining experience in varied clinical settings."



Daniel Baker, NHS Rehab Assistant and Clinical Director and Rehabilitation and Exercise Medicine Practitioner of Peak Performance Therapy Ltd

Daniel felt compelled to volunteer for the Rehab Reducers scheme as he possesses the necessary knowledge, skills and qualifications as a Sport Rehabilitator to help the NHS in their time of need. Before the pandemic, Daniel was operating his own MSK (Sports Injury and Rehabilitation) Clinic in Essex and working part-time at West Ham United FC.

"It is amazing to see how a GSR can fit into a multi-disciplinary team including doctors, nurses, physiotherapists, occupational therapists ensuring that patients are able to receive the best care from admission to discharge."



All patients require extensive medical and therapy needs and have been transferred over from their acute settings such as ICU/ITU's from nearby Hospitals.

In his role within the NHS, Daniel is providing assistance to physiotherapy staff who provide physiotherapy to COVID and non-COVID patients with a range of complex conditions. Daniel also leads across all wards, working autonomously providing therapy and rehabilitation to patients that require assistance with functional re-education and transfers.

Daniel liaises with occupational therapists to ensure patients have adequate function, mobility and independence to perform their usual ADL's prior to discharge and ensure their needs can be met once they leave.

Daniel hopes that working together with MSK reform will help raise the profile and awareness of Sport Rehabilitators through our ability to work in a variety of settings.

Daniel hopes that Rehabbers are seen as equals to other professions in aspects such as clinical, medical and sport environments, advocating role-orientated recruitment, enabling the opening of clinic roles across professional boundaries and providing increased opportunities for other Sport Rehabilitators.

everyone
ACTIVE



Chief Executive Report

Stephen Aspinall



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UPDATE Neurological Rehab Education Project - Uploading to BASRaT Moodle

Objectives

- Define neurological conditions
- Define physical activity versus exercise
- Give an overview of healthy population guidelines
- Give an introduction to considerations for people with long term neurological conditions – highlight on safety
- Consider the biopsychosocial model
- Define FITT principles
- Understand the principle of shared decision making
- Understand how to adapt activities for people with neurological conditions
- Consider how to set SMART goals

Introduction to working with people with neurological conditions



This Photo by Unknown Author is licensed under CC BY-SA



Including Multiple Sclerosis, Stroke, Brain injury, Spinal Cord injury, Parkinson's, Dementia and progressive / non-progressive conditions.



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THE INTERNATIONAL ARRANGEMENT For The Athletic Training and Therapy Profession



Athletic Rehabilitation Therapy
IRELAND



CANADIAN
ATHLETIC
THERAPISTS
ASSOCIATION



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CE Office

With the equivalent of < three full time staff, in the last two decades we have moved from a casual membership organisation to:

- **Accreditation** - Institutions, academic staff and students. Development of the profession and “future proofing”.
- **Registration** - Administration, ongoing management, complaints, FtP, standards along with external organisation, regulatory body and government liaison / work.
- **Representing our profession and contributing to public health** - Registrant and member development and support. Dozens of projects each year including with HEE, NHS, NHSE, National Workforce Planning Groups and a host of partner organisations and employers.
- **International Arrangement** - management, implementation, exam development and work with IA partners and other international bodies.
- **Global profession development.**
- **Regulation** - working with the PSA and other regulatory bodies whilst continuing to meet all AR standards. Supporting other aspirant groups.

BASRaT continuing to operate in all these domains is dependent on the support, behaviour and actions of our registrants and volunteers to work on committees and projects.



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BRITISH ASSOCIATION OF SPORT REHABILITATORS & TRAINERS

Accounts for the year ended 31st December 2021

Note - The BJSM associate membership and subscription is being discontinued in 2023.



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BRITISH ASSOCIATION OF SPORT REHABILITATORS & TRAINERS
Income and Expenditure Account
for the year ended 31 December 2021

	2021 £	2020 £
Sales	362,783	313,825
Direct costs	189,012	157,965
Gross profit	<u>173,771</u>	<u>155,860</u>
Expenses		
Wages, salaries and other staff costs	115,987	94,481
Car, van and travel expenses	5,960	5,742
Telephone, fax, stationery and other office costs	15,823	10,308
Bank, credit card and other finance charges	3,284	2,347
Accountancy, legal and other professional fees	20,012	14,111
Other business expenses	7,010	1,972
	<u>168,076</u>	<u>128,961</u>
Surplus	<u>5,695</u>	<u>26,899</u>

BRITISH ASSOCIATION OF SPORT REHABILITATORS & TRAINERS

Notes to the Accounts

for the year ended 31 December 2021

Accountancy, legal and other professional fees

Accountants fees	1,740	1,710
Other legal and professional	3,572	312
Consultancy fees	2,208	1,575
Professional Standards fee	11,688	10,514
Registration exam writing fees	804	-
	<u>20,012</u>	<u>14,111</u>

Other business expenses

Subscriptions	6,755	1,698
Sundry expenses	255	274
	<u>7,010</u>	<u>1,972</u>

BRITISH ASSOCIATION OF SPORT REHABILITATORS & TRAINERS

Balance Sheet

as at 31 December 2021

	Notes	2021 £	2020 £
Current assets			
Bank/building society balances		352,694	346,875
Current liabilities			
Trade creditors		1,646	1,522
Net current assets		351,048	345,353
Net assets		<u>351,048</u>	<u>345,353</u>
Members funds			
Balance at start of period		345,353	318,454
Net surplus		5,695	26,899
		<u>351,048</u>	<u>345,353</u>

2 Income and expenditure account analysis

	2021 £	2020 £
Sales		
Subscriptions and fees	362,783	313,825
Direct costs		
Conferences	10,367	2,334
Magazine	20,000	21,333
Insurance	120,394	109,298
Rehab Guru	24,000	24,000
International certification exam costs	13,051	-
Awards	1,000	1,000
Speakers fees and expenses	200	-
	189,012	157,965
Wages, salaries and other staff costs		
Wages and salaries	94,250	80,523
Pensions	9,796	6,735
Employer's NI	3,552	1,755
Committee expenses	8,389	4,800
Staff training and welfare	-	668
	115,987	94,481
Car, van and travel expenses		
Travel and subsistence	5,960	5,742
Telephone, fax, stationery and other office costs		
Communications	4,216	3,537
Postage	2,420	499
Stationery and printing	361	354
Equipment expensed	1,533	585
Software	7,293	5,333
	15,823	10,308
Bank, credit card and other finance charges		
Bank charges	3,284	2,347

BRITISH ASSOCIATION OF SPORT REHABILITATORS & TRAINERS
Notes to the Accounts
for the year ended 31 December 2021

1 Accounting basis

The accounts have been compiled on a basis that enables surpluses to be calculated in accordance with UK Generally Accepted Accounting Practice.



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Sport Rehabilitator co-produces the BASES Expert Statement on Pregnant and Postnatal Athletes

07 November 2022

Current guidelines from Dr Marilize De Vivo

Sport Rehabilitator and CEO of The Active Pregnancy Foundation, Dr Marilize De Vivo has co-produced the BASES Expert Statement on Pregnant and Postnatal Athletes.

The Statement highlights current guidelines and the multi-disciplinary approach to support athletes with health, training and performance goals during and after pregnancy.

Dr Marilize De Vivo said:

"This statement has been a year in the making and in this time we have seen women pushing boundaries and perceptions in the sporting arena. Whilst the wider topic area of women in sport has gained interest, there is still a lot of work that needs doing to support athletes during their reproductive years.

"Now is absolutely the right time to raise awareness of the topic area generally, but also to encourage conversations between athletes and key stakeholders to address the gaps in evidence, guidance, and policy. We also hope that the sport and exercise industry respond with updates in curricula and requirements for continuous professional development. This Expert Statement provides the foundation for these discussions."



Sport Rehabilitation is now a global profession

20 October 2022

BASRaT is now a full member of the International Working Agreement

BASRaT has become a full member of the International Agreement meaning that GSRs can work overseas in Canada, America and Ireland. Read the news release. Interested in applying for this process? Find out more here.

An International profession offering International opportunities

BASRaT registered Sport Rehabilitators are now part of a Healthcare Profession with International Standards, International Recognition and International Opportunities.

International Recognition

The co-working agreement enables Sport Rehabilitators to apply for evaluation to work overseas.



THE INTERNATIONAL ARRANGEMENT For The Athletic Training and Therapy Profession



BASRaT is part of a global family of 75k healthcare professionals. Collaboration ensures best practice and quality assured high standards, both professionally and in standards of education.

Equitable access to high quality community rehabilitation

24 February 2022

Call to prioritise the provision of community rehabilitation services

BASRaT is a member of the Community Rehabilitation Alliance (CRA). The alliance is a partnership of more than 50 charities and professional bodies who are all committed to improving commissioning, planning and delivery of rehabilitation. It is in this shared endeavour that we have signed this letter to Lord Kamal, clearly setting out the need for tangible measures to ensure that rehabilitation services are at the heart of developing future NHS services.

"In order to deliver on many of the [NHS] Long Term Plan commitments, equitable access to high quality community rehabilitation is essential."

Community Rehabilitation Alliance (CRA)

The alliance's priorities are:

- To gain political commitment to delivering universal access to rehabilitation to meet needs
- Improve the quality of rehabilitation through new models, better data collection, planning, commissioning and delivery of services.

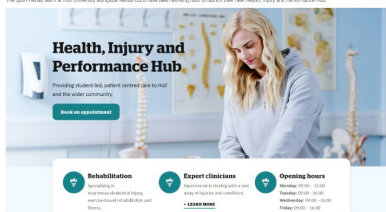
View the letter here.

News Pieces published Numerous news on Sport Rehabilitators' achievements, BASRaT campaigns and developments.

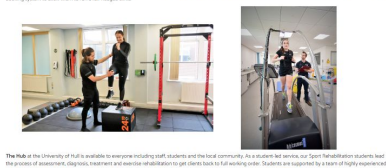
BASRaT Communications Nov 2021 - Oct 2022

Hull University's exciting new Health, Injury and Performance Hub!

Rehab Gaur's purpose built HSP Hub promotes Sport Rehabilitation services and more. The Sport Rehabilitation and Injury Prevention Group have been selected to launch their new Health, Injury and Performance Hub.



The HSP Hub is a fully functioning clinic offering Injury Prevention, Exercise Rehabilitation and Sports Massage, Musculoskeletal and Physiological Screening, students can now book the services direct and book through the video website.



The Hub at the University of Hull is available to everyone including staff, students and the local community. As a student fee service for Sport Rehabilitation students have the option of assessment, diagnosis, treatment and exercise rehabilitation to gain their book to full working order. Students are supported by a team of highly experienced

Gold and Bronze for Ice Hockey

22 April 2022

Sport Rehabilitators supported GB Ice Hockey at the World Championship Division II Group Games recently.

Sport Rehabilitators, Robyn Crebbin and Emma Sanders supported Women's TeamGB who won gold and Robert Smith, Unis men's who came away with bronze.

We caught up with Robyn and Emma who gave us the inside scoop:

"Travelling with the GB squad is always an honour, they're a bunch of dedicated and passionate athletes who always take on board advice and work with the medical staff to stay at the top of their game for not just the tournament but the whole year. I have been with the team for 9 years and this is easily the greatest achievement and hopefully they will go on to prove they can compete at a higher level." Robyn Crebbin.

Emma goes on to say "I've been a part of the medical team providing rehab and therapy support for Great Britain Women's Ice hockey team since May 2021. We flew to Jaca, Spain in April for the Women's Ice Hockey World Championships where the team had an intense 10 day tournament, consisting of 4 games and 6 training sessions over the 10 day period. The girls blew the other nations away with an impressive 4 wins out of 4 scoring 17 goals and only conceding 1! The girls have worked incredibly hard on both their on and off ice fitness this season with the aim of winning the gold medal and they achieved just that.

I was fortunate to have another Sport Rehabilitator and a doctor travel with the team to provide the first aid, therapy, rehab and medical support during the tournament. We were lucky that no major injuries were sustained so my role consisted mainly of maintenance treatment and regular mobility flow sessions to see the girls through.

It's a great opportunity to travel abroad and support a national program and I couldn't be prouder of what the girls achieved this year, resulting in winning the gold medal and securing promotion into the next pool of world championship."



BASRaT and the CRA met MPs at Westminster today

18 October 2022

Discussing tackling health inequities and the workforce crisis through quality rehab

BASRaT Registrar, Ollie Coburn recently attended a roundtable at the House of Commons along with colleagues from the Community Rehab Alliance. The two main objectives of the CRA were to raise awareness about workforce challenges and health inequality within community rehabilitation provision amongst the cross-party MPs present.

From a BASRaT perspective, it proved to be a fantastic opportunity to promote the skillset GSRs can provide and propose to our current and future members as a viable solution for increasing the HSK workforce.

Raising awareness of the work Sport Rehabilitators carry out

From a BASRaT perspective, it proved to be a fantastic opportunity to promote the skillset GSRs can provide and propose to our current and future members as a viable solution for increasing the HSK workforce.

The information was well received by the MPs which will be followed up.



In partnership, we are **driving the rehab and recovery agenda forward**

Community Rehabilitation Alliance (CRA)

Access to high-quality person-centred rehab is vital in helping tackle health inequities.

-> In order to deliver this - we must tackle the workforce crisis.

Without rehabilitation, people can suffer from worsening health and mental health. Access to rehabilitation can reverse this -> This requires enough rehabilitation staff in the NHS - AHPs, nurses, support workers, exercise professionals, health coaches and carers.

Sport Rehabilitators deliver effective, person-centred rehabilitation and work with Alliance partners to assist those who need rehabilitation services

Access to rehabilitation can affect life chances, earning potential and result in social isolation. Millions are missing out on essential rehabilitation services, is piecemeal and poorly integrated. -> The Community Rehab Alliance is a coalition of 55 professional bodies and charities committed to system change

Rehabilitation and recovery services are key to managing the pressures - to reduce unnecessary time spent in hospital, tackle the backlog, and reduce the need for long term social care

Timely access to rehabilitation is essential in reducing the gap in health expectancy - currently this gap in England is 19 years

-> The CRA is a willing partner in helping to progress the rehab agenda

Student Awards and Prizes

Jonty Ashton



*Championing
and regulating
Sport Rehabilitators*

Student Prizes and Awards

The Graybrook award for the highest overall percentage grade across all accredited undergraduate courses in 2022 goes to:

Matthew Dicker - 84%

University of Northampton



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and regulating
Sport Rehabilitators*

Student Prizes and Awards

The Bill McLoughlin Award for outstanding contribution to
Sport Rehabilitation 2022 goes to...

Joe Asher

University of Nottingham



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and regulating
Sport Rehabilitators*

End of reports and time for questions



*Championing
and regulating
Sport Rehabilitators*

Questions for the Exec Committee

- The content of the AGM is for viewing by BASRaT members only, therefore, please do not record and/or share any of this presentation.
- The session is being recorded.
- We will now put forward upvoted questions submitted during the presentation of reports
- Remember to use the "raise hand" function. We'll be able to bring you on to the panel to ask your question rather than typing it.

