



Manage the care of travelling athletes and teams

DESCRIPTION

This activity requires Registrars to be able to provide medical support to an (able bodied or physically impaired) team travelling nationally or internationally, including appropriate preparation and post travel review.

The Registrar can perform this activity independently and demonstrates the following competencies:

- Research overseas destinations and provide information to team, staff and officials to reduce risk of illness, ensure acclimatisation to the environment, reduce jet lag and optimise nutrition.
- Explain the considerations for international travel with a group of para-athletes, including pre-departure planning, transit / travel, in-competition resource requirements and emergency planning.
- Work effectively with personnel such as managers, coaches and sport administrators to develop medical policies, processes and resources for athletes while travelling.
- Establish relationships with those associated with the sporting team to facilitate optimal care of athlete or team while away.
- Perform pre-travel health assessments on all athletes and officials and ensure all members have up to date vaccinations and as an opportunity for health promotion.
- Prepare a medical bag with appropriate medications, supplies and equipment for travel (particular to team and destination).
- Adhere to regulations regarding prescription, storage, disposal and documentation of restricted drugs e.g. opioids.
- Apply knowledge of WADA prohibited list and review medications athletes are using prior to travel, applying for TUE's where required.
- Apply for appropriate international approvals (e.g. for travelling with medication), where relevant.
- Liaise with destination officials to ensure availability of appropriate medical facilities and local specialist support.
- Advise on and apply preventive strategies to reduce illness risk and manage individual concerns whilst travelling.
- Manage injuries and medical conditions of players and support staff, liaising with local health professionals as required.
- Adapt to challenges that may present due to a non-optimal environment for consultations or limited resources (e.g. staff or equipment).
- Know the limitations of your expertise and ask for help when required.
- Facilitate effective communication between remote supervisors or other home-based specialists while overseas.



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- Communicate effectively with adolescents and facilitate communication between young persons and their home-based parents/guardians regarding treatment and/or management when travelling.
- Maintain clear, accurate and appropriate records of athletes when travelling.
- Respond appropriately to media requests, taking into account the importance of confidentiality and overall health promotion.
- Formulate a management and transport plans for injured or unwell athletes to return home or access specialist treatment locally.
- Conduct oneself in a professional and ethical manner at all times when accompanying athletes or teams.
- Recognise and respond to unprofessional and unethical behaviours in others, including colleagues, athletes, staff, and colleagues.
- Advocate for a safe and inclusive sporting environment that is free from violence, bullying, harassment, sexual abuse, discrimination, and racism.
- Ensure athletes understand the role of the sport and exercise medicine physician and are comfortable to approach their doctor with any medical issues.
- Prepare and submit report(s) to relevant authority(s), including a post-tour medical summary.

WORKPLACE-BASED ASSESSMENTS

Mini CEX

Minimum of 1 each of the following:

- Manage a medical condition in the leadup to travel.
- Manage a medical condition on tour (record/video conference)

MMA

Minimum of 2 of the following:

- Plans for athletes with a medical condition that compromises their ability to play/participate.

CbD

Minimum of 2 of the following:

- Environment related illness
- Hyperthermia/hypothermia
- Dehydration
- Hyponatraemia
- A challenging situation related to medications for team travel – e.g. import/export of medications from an overseas location; medication supply issues while overseas; advice regarding WADA safety of pharmaceuticals obtained by athletes overseas.
- Managing an injury on tour – may include imaging, obtaining opinion from another specialty while overseas.



- Seek feedback from six different role holders in relation to the Registrar's role with a sporting team during Category 4 event and team coverage. Suggested role holders include: coach; manager/administrator; lead physiotherapist; strength and conditioning; physiologist; other performance support staff (e.g. dietitian, psychologist); or athlete.

Medical conditions affecting different body systems and completed by at least 2 different assessors with a maximum of four of the assessments completed by any one assessor.

- Category 4: Travelling With a Team

Registrar must log relevant WBA forms and event and team coverage forms and provide them when presenting for sign off.

[illegible]



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- ☐ The Registrar's logbook indicates sufficient exposure to relevant cases to develop competence.

Recommendation (select one)

Evidence from workplace-based assessments and event and team coverage indicates that the Registrar is competent to manage the care of travelling athletes or teams.	
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The Registrar needs to continue learning and completing workplace-based assessment and/or event and team coverage and re-present for assessment of completion of this EPA (provide comment below).	
<i>The Registrar should complete the following before re-presenting for EPA sign off:</i>	

Clinical Training Supervisor:	Signature:
Date:	
Zone Training Coordinator:	Signature:
Date:	