

Basketball Australia National Team Physiotherapist Position Description Role & Responsibilities

1. Equipment and supplies

a. Physiotherapists kit

A physio kit will be supplied by Basketball Australia. A full inventory list is available and will be sent to you prior to your camp or tour departure. This kit will either meet you on camp or tour or be given to you at an earlier date to travel with you. It is expected that you keep the kit neat and tidy throughout the tour, including keeping the kit as dry as possible.

Many kits have been returned in a condition such that lots of stock has had to be thrown away. This is not a good use of the BA HP medical budget.

Kits should travel back with the Physiotherapist to be returned to the Basketball Australia HP office in Canberra.

Attn: Basketball Australia

High Performance

AIS Stores

35 Leverrier St

Bruce ACT 2617

b. Stocktaking

The physiotherapist is expected to keep track of all supplies used during a camp or tour. Before you leave for your tour, you will be requested to place an order for supplies that will be required during the event.

These kits often have a quick turn-around before heading off with the next physio and ordering for the kits is done remotely, thus it is important that all information is up-to-date and accurate by the time the kit arrives back in the HP office.

Massage table

BA asks you to source and supply your own. Extra baggage will be booked for any travel you do to accommodate for the table. If your table becomes damaged during use with our program, the table will be repaired, or the value refunded.

BA will also discuss the option to purchase beds overseas to avoid damage during travel.

c. Medications

Athletes and staff are expected to bring their own medications to all camps and tours.

A template email will be sent to you 1-2 weeks prior to your camp or tour, which includes a reminder that this is BA's policy and that athletes and staff should ensure they have enough medicine to last for the length of the camp/tour. A list with recommended medications will also be provided. Please pass this on to your team 1-2 weeks prior to departure as well.

Physiotherapists travelling with teams will carry basic, non-scheduled, over-the-counter medications only (paracetamol and ibuprofen).

These medications need to remain in their packet, even when given to an athlete, as removing the medication from their original packet may change the scheduling of the medication. If you have any questions, please contact the Basketball Australia Chief Medical Officer.

2. Treatment and availability

a. Treatment times and prioritisation

The touring physio should be always available for assessment and treatment of acute injuries on camp/tour. Physio treatment times should be advertised at the discretion of the physio – athletes should be prioritising treatment if it is required. As such, going out for a coffee, catching up with family, studying or generally relaxing are *not* events that should be prioritised over physiotherapy treatment.

The physiotherapist should encourage athletes to use time available during the day between sessions to have treatment rather than waiting until after dinner, where winding down and getting to bed at a reasonable hour to ensure adequate recovery should be the number one priority.

The physiotherapist is not required to attend team technical meetings and it is recommended that the physio use this time for themselves (time for recording notes, exercising, resting etc).

Self-management should be promoted as the first line of treatment, followed by active management strategies. We wish to avoid creating depended athletes who rely heavily on passive treatment.

b. Treatment notes

All treatment notes must be recorded in the Athlete Management System (AMS). For those who have not used this system before, the online version can be found at <https://ams.ausport.gov.au/asc>. In the case that the internet is poor, a desktop version can also be used.

Notes will be recorded either under an existing injury record, a new injury record or maintenance treatment notes.

3. AMS monitoring

a. Daily monitoring

Athletes are expected to fill out their daily monitoring prior to the first session of the day. On camp or tour, it is recommended that athletes are encouraged to fill out the AMS before breakfast. The physio should check the AMS Daily Monitoring prior to the first session of the morning so that any issues can be flagged with coaching staff before the session begins. AMS website is <https://ams.ausport.gov.au/asc>. Utilise AMS to display the appropriate

information regarding athlete wellness, soreness and training load monitoring. Occasionally, when internet access is poor, athletes will log their monitoring offline. In this case, the physio will not be able to see the athletes' data online. The next time the athlete logs in online, all their data will sync and the physio will be able to see all data that has been recorded both online and offline.

b. Sessional and load monitoring

Athletes should be entering sessional monitoring data within half an hour of completing any training session. This includes data relating to training load, which is calculated from the athlete-reported rate of perceived exertion and duration in minutes of the session. Training stress balance (TSB) is a marker that is used to monitor training load on a regular basis.

4. Medical assistance and opinion

Medical opinion should be sought for any medical conditions. Medical opinion can also be required for advice on some musculoskeletal injuries.

5. Invoicing and payment

a. Touring

Remuneration is a daily rate, as predetermined by discussion between BA and the physiotherapist. Invoices can be sent to BA prior to or after the completion of the tour. Payment should be received within 14 days of submission of invoice.

b. Supplies

Any extra supplies that are needed to be bought on tour should in the first instance, be paid for with a BA credit card/cash advance (usually held by the team manager or HOD). If the physio needs to purchase any supplies to replenish the kit from their own funds, receipts should all be kept and sent to BA at the completion of the tour. This money should be reimbursed within 14 days of the receipts being submitted.

6. Reporting & handovers

a. Handovers

It is required that appropriate handovers are completed after each camp or tour. The use of the AMS has made the creation of detailed handovers efficient as reports can be run directly from the injury records and maintenance notes for the athletes in question.

b. Tour reports

Please complete this report within one week of completing the camp or tour. This information will be used to ensure we are always improving our services and also to provide BA HP with feedback regarding more general aspects of the camp/tour.

- c. Medical Supplies & Equipment

Please return the kit in an organised state and along with all recovery equipment and accessories.

7. Qualifications

All physiotherapists providing servicing to any BA national squad camp or tour must provide evidence of up-to-date qualifications in Strength and Conditioning, first aid and anti-doping.

- a. Level 1 & 2 Strength & Conditioning Accreditation (Boomers and Opals Physiotherapists)
- b. Level 2 First Aid certificate (or equivalent)
- c. ASADA e-Learning modules (level 1 anti-doping course, level 2 anti-doping test, ethical decision-making course)

<https://www.asada.gov.au/anti-doping-programmes/education>

Please send evidence of completion of these courses to High Performance prior to appointment of your future role.