

# MEDICAL

1st January 2011—31st March 2012

## **Introduction**

The objectives of the FAS Medical Committee (MC) are to advise and assist FAS and S.League with regard to football medical safety and best practices for the general well being of all football players, coaches and referees including establishing FAS Medical Policies, Guidelines and Safety Regulations as appropriate.

The MC comprises of medical professionals in the areas of cardiology and orthopedic specialists, sports physicians and physiotherapist among others.

The MC will continue to identify and recruit new members with the relevant expertise in the areas of Nutrition, Psychology and Exercise Physiology to further enhance the Football Science And Medicine (FSAM) support for the various FAS programmes as part of the FAS Strategic Plan (2010-2015).

In line with the objectives of the FAS Strategic Plans 2010-2015 to increase the Football Science and Medicine Education Programmes, FAS have conducted the following programmes: -

### **i) Football Science and Medicine Workshops**

FSAM conducted injury prevention, hydration, nutrition and post training recovery workshops for the NFA U-15 and U16 during the teams' preparation phase for the 2011 Lion City Cup.

The Courts Young Lions and U-23 teams commenced a series of workshops on Nutrition, Hydration and Mental Strength training with the support of experts from the Singapore Sports Institute for the team's preparation for the 2011 South East Asian Games.

The introduction of these football medicine and science workshops are aimed towards improving our players' knowledge and understanding on injury prevention, hydration and diet and mental strength, which in turn will help enhance the quality of their training and performance of our players during matches.

### **ii) Smoking Awareness Workshops**

In collaboration with the Health Promotion Board, Smoking Awareness Workshops were conducted for NFA teams, Women's teams and Courts Young Lions in 2011.

The MC will be developing the FAS anti-smoking policy and pledging of smoke-free status of all NFA teams by 2015. MC are also looking into

providing a smoking cessation program to assist players who smoke to quit smoking.

MC will continue its collaboration with Health Promotion Board to organise smoking awareness workshops on a regular basis for our respective teams.

In collaboration with the Singapore Sports Council's Sports Safety Division, a Safe Football Guide was jointly developed with FAS. This guidebook will provide general information on football safety and football injury prevention and was introduced to grassroots, social and amateur footballers in March 2012. The guidebook was also circulated to MOE schools and tertiary institutions.

FSAM will continue to conduct research and acquire data on the types of appropriate football boots for the different football playing surfaces in Singapore. The objective was to understand how these football boots perform under different football surfaces and with the information gathered, to educate and advise all levels of footballers on the appropriate football boots to wear and to assist players with injury prevention tips so that they do not use the wrong type of football boots for training and matches.

The MC will also be developing the FAS sports safety framework. This framework looks into the methods, policy and guidelines for FAS to ensure that football is played in a safe environment. This framework will consist of policies and guidelines to help create the awareness on the importance of safety while participating in the game of football at all levels of the game. MC will develop and complete this framework by the end of 2012 and to submit to FAS Council for approval.

### **Football Science & Medicine Department**

The Football Science and Medicine Department (FSAM) provides tiered football science and medicine services and support for all National Teams, National Football Academy, Women's Football, Referees and Coaches. FSAM's role is also to work closely with MC to educate and provide footballers, coaches and referees with the relevant knowledge and skills to assist them in implementing the best practices in Football Science and Medicine with the aim of enhancing their respective physical and mental performance.

The FSAM full-time staff are supported by a team of dedicated volunteers who assist by providing match and training coverage for the respective National Teams. Physiotherapists from restructured hospitals and private clinics also assist to provide the NFA U-18, National U-21 and Women's teams with medical coverage during the teams' participation in overseas tournaments.

### **Medical Coverage**

The FSAM provided medical coverage for the following key activities in 2011 and the 1<sup>st</sup> Quarter of 2012:

i) **AFC U-16 and U-19 Qualification Tournaments**

FSAM physiotherapist provided football science and medicine coverage to the NFA U-15 during their participation in the AFC U-16

U-18's participation in the AFC U-19 Qualification tournament which was held in Kuala Lumpur.

Hydration, nutrition and recovery strategies were implemented during these tournaments in-addition to injury management and prevention for the teams.

ii) **2014 FIFA World Cup Qualifying Round Matches**

A broad spectrum of football science and medicine services was provided to the National 'A' Team for their preparation and participation in Round 2 & 3 of the 2014 FIFA World Cup Asian Qualification matches.

In particular, FSAM Staff and Sports Scientists from Singapore Sports Institute (SSI); worked closely together to put up and implement a high altitude acclimatization program for the National Team to prepare for their first Round 3 qualification match against P.R. China in Kunming, which is 1,900m above sea level.

The objective and goal of the program was to use an intermittent hypoxic training program to simulate high altitude training. Equipment (10 sets of Alto Lab) was loaned by the Singapore Sports Institute. The Alto Lab is a small portable breathing device that provides a lower oxygen level in inhaled air that stimulates a 'Live High, Train Low' altitude training method. It is based on the principles of intermittent hypoxic training, a recognized method for improving oxygen efficiency and athlete performance. This program was successfully implemented and the players' performance on match day was not affected by the high altitude.

iii) **U-23 Participation in 2011 SEA Games – Jakarta, Indonesia**

As FAS physiotherapists were involved with the National Team's and the National U-18's participation in the 2014 FIFA World Cup Asian Qualification matches and the AFC U-19 Qualification tournament respectively, on FAS' request, SSC physiotherapist were assigned to provide match coverage for the U-23 team's participation in the 2011 SEA Games in Jakarta, Indonesia.

SSC Physiotherapist, Performance Psychologist and Sports Nutritionist traveled with the team to Jakarta and provided sports science and medicine coverage and support for the team.

iv) **2011 AFF Women's Football Championship - Laos**

FSAM Physiotherapist travelled with the Women's National Team to Vientiane, Laos for the AFF Women's Football Championship, to provide medical coverage for the team. Injury management, hydration and diet planning were provided during this Championship.



v) **2011 Lion City Cup**

FSAM physiotherapist provided football science and medicine coverage to the NFA U-15 and U-16 teams during their participation in the 2011 Lion City Cup which was held in Singapore. Hydration, nutrition and recovery strategies were implemented during this tournament, in-addition to injury management and prevention programme for the teams.

**FAS Anti-Doping Policy**

FAS will continue to work closely with Anti-Doping Singapore (ADS) for the development of the FAS anti-doping policy which will be aligned with FIFA, IOC, WADA and ADS regulations. MC will develop and complete this framework by the end of 2012 and to submit to FAS Council for approval.

*Report prepared by:  
Ashiq Idris  
Football Development Manager*

*Report vetted by:  
P. Sivakumar  
Deputy General Secretary*

*Report approved by:  
Dr. Dinesh Nair  
Chairman  
Medical Committee*