

# Strength & Conditioning Facility Access Policy

Northern Territory Sports Academy

| Acronyms   | Reference  |
|------------|--|
| AHPRA      | Australian Health Practitioner Regulation Agency     |
| AIS        | Australian Institute of Sport                        |
| ASCA       | Australian Strength and Conditioning Association     |
| BPP        | Best Practice Principles                             |
| DAA        | Dietitians Association of Australia                  |
| ECG        | Electrocardiogram                                    |
| FTEM       | Foundations, Talent, Elite and Mastery               |
| FUA        | Facility User Agreement                              |
| MLRCA      | Minimum Level of Resourcing for Categorised Athletes |
| MOU        | Memorandums of Understanding                         |
| MSK        | Musculoskeletal                                      |
| NACF       | National Athlete Categorisation Framework            |
| NHPSS 2024 | National High Performance Sport Strategy 2024        |
| NIN        | National Institute Network                           |
| NSO        | National Sporting Organisation                       |
| NTSA       | Northern Territory Sports Academy                    |
| PCAS       | Professional Coach Accreditation Scheme              |
| PMS        | Practitioner Minimum Standards                       |
| PSS        | Performance Services Support                         |
| SDA        | Sports Dietitians Australia                          |
| SDF        | Service Delivery Framework                           |
| SCF        | Strength and Conditioning Facility                   |
| SSSM       | Sports Science Sports Medicine                       |
| TIDS       | Talent Identification and Development Systems        |
| UA         | User Agreement                                       |

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## 1. Policy Purpose

The Department of Territory Families, Housing and Communities' (the Department) Northern Territory Sports Academy (NTSA) Strength and Conditioning Facility (SCF) is specifically designed to maximise athletic potential and performance. As a member of the National Institute Network (NIN) and signatory to the National High Performance Sports Strategy 2024 (NHPSS-2024) [1], the NTSA SCF design and staffing arrangements cater for the strength and conditioning (S&C) training needs of High Performance (HP) athletes categorised within the National Athlete Categorisation Framework (NACF) [2].

The SCF also serves as one of many facilities and venues where programs associated with the NTSA Service Delivery Framework (SDF) 2022-25 [3] are delivered. These programs, and accompanying resources, support and contribute towards a greater community awareness of physical literacy, as well as the benefits, risks and guidelines relating to performance focused S&C training for young people.

The purpose of the NTSA SCF Access Policy is to provide a clear understanding of access requirements and the safe use of the facility and equipment.

## 2. Policy Statement

The Department is responsible for the NTSA SCF Access Policy, and the associated conditions under which the SCF can be used. The NTSC SCF Access Policy has been guided by contemporary concepts concerning:

1. Recommendations from the Australian Strength and Conditioning Association (ASCA).
2. Literature relating to sport for children and youth development, and Talent Identification and Development Systems (TIDS).
3. The Foundation, Talent, Elite, Mastery (FTEM) Framework.
4. The National Athlete Categorisation Framework (NACF).
5. The National High Performance Sport Strategy 2024 (NHPSS 2024) and the following NHPSS resources:
  - a. the Australian Institute of Sport (AIS) Sports Science and Sports Medicine (SSSM) Best Practice Principles (BPP) and;
  - b. NIN Minimum Level of Resourcing for Categorised Athletes (MLRCA).

Detailed descriptions of the above can be found in the NTSA S&C Guidelines [4].

## 3. Legislative Basis

The NTSA SCF Access Policy is based on the Work Health and Safety (National Uniform Legislation) Act 2011 (NT) [5].

It is the responsibility of the Department to ensure the welfare of all staff is appropriately protected, which requires the SCF and equipment to be safe for staff when carrying out their duties. Similarly, all SCF users should be free from health and safety risks when accessing the SCF and any related services. The SCF is a work place environment and as such staff and users are required to have pre-approved access.

The configuration, layout and programming of the NTSA SCF is unique. As such, a risk assessment policy to identify and provide guidance on every possible risk must be tailored to the NTSA SCF. The development

of a risk assessment profile of the NTSA SCF is undertaken annually in collaboration with the regulator, NT Work Safe, in accordance with current work health and safety legislation. In addition to the NTSA SCF risk assessment, other factors need to be considered, including the capability of the athlete, their skill progression, and appropriate levels of supervision and coaching.

## 4. Professional Accreditations

NTSA staff and other personnel applying to use the NTSA SCF to deliver S&C services are required to meet the minimum standards of performances services support (PSS) staff outlined in the AIS SSSM Practitioner Minimum Standards (PMS) [6]. ASCA Professional Coach Accreditation Scheme (PCAS) at the 'Professional' level (see Table 1) and a Bachelor's degree in Exercise, Sport, Movement Science or equivalent is the minimum standard for S&C staff. PMS for other PSS personnel requesting NTSA SCF access are also contained in Table 1. It is the individual's responsibility to ensure that the requirements of the professional accreditation are valid for the duration that the access is granted.

**Table 1.** AIS SSSM MPS Professional Accreditations

| Minimum Professional Accreditations   |   |
|---|---|
| Strength & Conditioning   | ASCA PCAS Professional Level  |
| Medical Practitioner  | Australian Health Practitioner Regulation Agency (AHPRA)  |
| Physiotherapy   | AHPRA   |
| Psychology  | AHPRA   |
| Soft Tissue Therapist   | Diploma in Massage from<br>Massage & Myotherapy Australia OR<br>Association of Massage Therapists OR<br>Myotherapy Association Australia OR<br>Australian Natural Therapies Association |
| Physiology/Recovery/<br>Biomechanics/Skill<br>Acquisition/Performance<br>Analysis | Exercise & Sport Science Australia (ESSA) accredited sport scientist [ASpS]<br>Level 1  |
| Nutrition   | Accredited Practicing Dietitian (DAA)<br>Accredited Sports Dietitian (SDA)<br>ISAK accreditation Level 1  |
| Anthropometrist   | ISAK accreditation Level 1  |

## 5. NTSA SCF Access for Different User Groups

NTSA SCF access is provided to the following categories of user, in order of priority:

1. NT categorised athletes;
2. Visiting categorised athletes;
3. NTSA program (non-categorised) athletes;

4. Other visiting NTSA recognised HP athletes;
5. Other users that will be considered for access by the NTSA on a case-by-case basis, under certain conditions.

In line with industry standards, any person wanting to access the NTSA SCF will be required to complete and sign a NTSA SCF User Agreement (UA) prior to undertaking any training. See Appendix A.

The duration of NTSA SCF access, and level of support provided by NTSA staff to those with a UA, is different for each user group. Additional supporting documentation may be required prior to UA approval.

## 5.1. NT Categorised Athletes

Athletes from, or resident in, the NT that are categorised are offered a NTSA athlete scholarship. They are required to sign a NTSA SCF UA as part of their scholarship agreement, which ensures their facility usage is overseen by suitably qualified NTSA staff, as per ASCA recommendations and AIS SSSM PMS for S&C practitioners (i.e. Professional Coach). Athletes offered scholarships are also required to undergo medical, electrocardiogram (ECG) and musculoskeletal (MSK) screening prior to commencement.

As categorised athletes, a scholarship athlete's NTSA SCF access and servicing is incorporated into a well-managed holistic individual athlete development (or performance) plan with PSS integrated into the overall short and longer training and competition phases designed to achieve agreed development and performance goals and includes load, recovery, diet and sleep monitoring.

## 5.2. Visiting Categorised Athletes

Athletes from sports linked to the NHPSS 2024 listed in Table 2 that are categorised through the NACF can be considered for a UA.

**Table 2.** NHPSS 2024 Sports.

| NHPSS 2024 Sports |                     |                  |                    |
|-------------------|---------------------|------------------|--------------------|
| Archery*          | Cycling (all disc)* | Netball          | Swimming*          |
| Athletics*        | Diving              | Rowing           | Table Tennis       |
| Badminton         | Equestrian*         | Rugby*           | Taekwondo          |
| Baseball (men)    | Football (women)    | Sailing          | Triathlon*         |
| Boccia**          | Golf                | Shooting*        | Volleyball (beach) |
| Bowls*            | Gymnastics          | Skate            | Water polo         |
| Boxing            | Hockey              | Softball (women) | Weightlifting      |
| Basketball*       | Judo                | Squash           | Winter sports*     |
| Canoeing*         | Modern Pentathlon   | Surf             |                    |

\*= Includes para disciplines. \*\*= Para discipline only.

In the event categorisation is not known the NSO will need to provide the following details:

- The level of categorisation of the facility user; and
- Confirmation the facility user's S&C program is overseen by an NSO employed professional S&C coach.

S&C coaching support from NTSA staff is available free-of-charge. Requests are assessed on a case-by-case basis and subject to NTSA staff availability (for supervision purposes).

In the event that sports listed in Table 2 do not have a finalised and updated NACF approved by the AIS Performance Pathways team, or the sport is unable to demonstrate that selection was completed via a valid and reliable talent identification profiling method, access to the facility may be refused.

### 5.3. NTSA Program (non-categorised) Athletes

Non-categorised athletes selected into NTSA programs may be provided NTSA SCF access at the discretion of the NTSA, taking into account the psychological and physical readiness of the individual, as determined by but not limited to physical competence standards recommended by the ASCA.

### 5.4. Other Visiting NTSA Recognised HP Athletes

Other visiting HP athletes from sports without a NACF not supported through the NHPSS 2024 (e.g. Australian Football League, National Rugby League, Super Rugby, First Class Cricket athletes) can be considered for a UA, on a case-by-case basis and may incur a facility use fee. Confirmation from the relevant sporting organisation of the following details will also be required prior to any training:

- The facility user has a full-time professional athlete contract; and
- The facility user's S&C program is overseen by an employed professional S&C coach.

S&C servicing support from NTSA staff is available for these athletes on a fee-for-service basis.

Requests for access from these sports for athletes not on professional contracts (e.g. pathway/talent athletes), will need to be accompanied by confirmation that selection was completed via a valid and reliable talent identification profiling method.

### 5.5. Other Users

Other users not listed above (including non-athletes) will be considered for access on a case-by-case basis, may incur a facility use fee, and will be dependent on consideration of the following:

- Access is overseen by suitably qualified S&C staff who meet the AIS SSSM PMS for S&C staff and contractors (i.e. Professional S&C Coach);
- Access occurs at a time when NTSA staff are available to ensure NTSA complies with required work health and safety legislation;
- Access does not clash with NTSA program and scholarship athlete training times;
- Access is for one-off educational tours;
- Access is arranged through the terms and conditions of Memorandums of Understanding (MOU) and/or partnership agreements with the NTSA.

## 6. Age Guidelines

Access to the NTSA SCF by athletes below the age of 15 years is, generally, not approved. As per NTSA's SCF Framework, progression through stages 1-4 of strength development can be effectively facilitated by sport coaches motivated to learn and improve without the need to be accredited through the ASCA. NTSA S&C staff are available to provide education, mentoring, advice and guidance to coaches for these purposes. A UA may be provided to athletes below the age of 15 years at the discretion of the NTSA (on a case-by-case basis) taking into consideration the physical and psychological readiness of the child.

## 7. NTSA SCF and Staff Hire

**Single use (maximum) rates.**

NTSA SCF hire = \$125/hr

NTSA S&C staff hire (10 athletes or less) = \$125/hr

Multiple use rates, potentially formulated on discounted single use rates, will be considered by the NTSA on a case-by-case basis.

## 8. Facility Contacts

For further information on NTSA SCF access or to apply for a UA, contact:

NTSA Pathways Services

E: [NTSA.PathwaysServices@nt.gov.au](mailto:NTSA.PathwaysServices@nt.gov.au)

## 9. References

- [1] Australian High Performance Sport System (2019). *National High Performance Sport Strategy 2024*. [https://www.sportaus.gov.au/\\_data/assets/pdf\\_file/0003/717501/National-HP-Sport-Strategy-2024\\_FINAL.pdf](https://www.sportaus.gov.au/_data/assets/pdf_file/0003/717501/National-HP-Sport-Strategy-2024_FINAL.pdf)
- [2] Australian Institute of Sport (2010). National Athlete Categorisation Framework. <https://www.ais.gov.au/edm/national-athlete-categorisation-framework#:~:text=The%20NACF%20has%20been%20developed,support%20to%20these%20athletes%3B%20and>
- [3] Northern Territory Sports Academy Service Delivery Framework 2022-2025. [insert link]
- [4] Northern Territory Sports Academy Strength and Conditioning Facility Guidelines. [insert link]
- [5] Work Health and Safety (National Uniform Legislation) Act 2011 (NT). <https://legislation.nt.gov.au/Legislation/WORK-HEALTH-AND-SAFETY-NATIONAL-UNIFORM-LEGISLATION-ACT-2011>
- [6] Australian Institute of Sport (2020). *AIS Sport Science and Sport Medicine Practitioner Minimum Standards*. [https://www.ais.gov.au/\\_data/assets/pdf\\_file/0007/692395/AIS-SSSM-Practitioner-Minimum-Standards.pdf](https://www.ais.gov.au/_data/assets/pdf_file/0007/692395/AIS-SSSM-Practitioner-Minimum-Standards.pdf)