



Navy Running Association
The Royal Australian Navy's home of running



MEETING MINUTES – Navy Running Association AGM 2011

Purpose of Meeting:	The Annual General Meeting (AGM) of the Navy Running Association.		
Date & Time:	Monday 28 th November 2011, 1030hrs	Venue:	Campbell Park
Meeting No:	01/2011		
Attendees:	CAPT Andrew Whittaker CHAP Max Walker Mr Donald Roach Miss Jodie Barker (via teleconference)		
Apologies:	PO Michael Turner CPO Annie Schofield Mr Jeff Rayner		

AGENDA OUTCOME SUMMARY

Item#	Description	Outcome
1.1	<i>Agenda Item 1</i> Introductory comments	Documented below
1.2	<i>Agenda Item 2</i> Acceptance of Minutes of Previous AGM	Minutes accepted and action items reviewed
1.3	<i>Agenda Item 3</i> Presidents Report	President's Report tabled and accepted
1.4	<i>Agenda Item 4</i> Secretary's Report	No written report
1.5	<i>Agenda Item 5</i> Treasurer's Report	Treasurer's Report tabled and accepted
1.6	<i>Agenda Item 6</i> Membership Officer's Report	Membership Officer's Report tabled and accepted
1.7	<i>Agenda Item 7</i> Development Officer's Report	Development Officer's Report tabled and accepted
1.8	<i>Agenda Item 8</i> ADRAA Report	No written report. Brief provided by CAPT Whittaker and Ms Barker
1.9	<i>Agenda Item 9</i> Election of Office Bearers	Elected as detailed below

Item#	Description	Outcome
10.	<i>Tabled Agenda Items</i> a. Survey Results b. OHS responsibilities and liabilities c. Running Kit purchase and management d. Operating Budget development.	Documented below
11.	Next AGM	To be held late 2012.

1.0 AGENDA ITEMS

1.1 President's Address

- i. Welcome to those who have been able to attend the meeting and thanks to those who have participated electronically. Voting level of response was good from members.
- ii. We are an active association which supports both grass root development of running through events run at bases around the country, through to ultra-marathon runners. We have a good level of funding, thanks to the RANCCF and the NSC, and receive good support from Navy News in spreading the word about the NRA.
- iii. It is 14 months since our last AGM and in that time the membership has exploded. For the last AGM we had reduced to 98 active members, after scrubbing the database of those inactive/unresponsive members (we had 145 listed members before that activity). Since that time, we have almost doubled in size. This has generated a significantly larger workload for the Committee and I thank them for their efforts.
- iv. First Running Clinic held in Canberra earlier this year and was a great success. Intention is to roll out more broadly and to condense it to a two day event.
- v. The 2011 Sydney City to Surf Navy numbers were down this year, possibly due to the change in funding of members, however the Perth C2S had a high level of Navy participation.
- vi. Thank-you to LEUT Jeff Rayner, who is not standing for Treasurer this year, for his outstanding continued assistance / commitment to the NRA.
- vii. The Committee seeks to support all members and in order to achieve this satisfactorily, relies upon members input and their compliance with procedures as detailed in the NRA Handbook; in particular the requirement to seek event approval before the event, not retrospectively.

1.2 Minutes of previous meeting

- i. There was no formal endorsement of the minutes of the previous AGM there has been ample time for members to indicate any discrepancies.
- ii. Last years survey indicated support for NRA branded clothing. Despite there being items other than the standard running kit advertised on the website, there has been no interest from members. Issue to be investigated by an Inventory Manager, but low priority based upon interest displayed so far.

iii. Previous action items and outcomes are as below:

Action Item #	Discussion	Item for action	Resolve by Date
10.01	Voluntary Unpaid Service / Ad-hoc Training Days.	Clarification to be requested from Navy Sports Council regarding if / when these days / methods can be used for sporting representation. Action: CAPT Whittaker Action Item Update, 28/11/11: NSC does not support.	Closed
10.02	Random Drawer winners	Action: CAPT Whittaker to notify winners Action Item Update, 28/11/11: winners notified	Closed
10.03	Forecast of Activities	Action: Development Officer to Forecast activities for the next year, and begin to plan for the next 5 years Action Item Update, 28/11/11: Ongoing. Development Officer was deployed overseas.	Early 2012

1.3 Presidents Report

i. Tabled at Annex B

1.4 Secretary Report:

i. No items to report.

1.5 Treasurer's Report

- i. Financial statement and report at Annex C.
- ii. Financial situation remains solid thanks to the NSC sponsorship and contributions made by members.
- iii. Members are encouraged to contribute early to the FYDP to secure support for their events and consider overseas team events.
- iv. The NRA will have a new treasurer post the AGM, thus any financial support emails should be sent to the following address: navysport.running@defence.gov.au (with *Race title – entry support* in the subject line).
- v. Over the past 12 months the NRA has recorded \$46,104.63 worth of transactions consisting of funds raised and expended in support of over 400 Defence entries; plus the purchase of NRA strips to support SALT and Brand Navy exposure on behalf of our NSC sponsor.
- vi. The 2011 Sydney City to Surf participants, through their entries, raised \$1155 for the Defence Special Needs Support Group, while CMDR Dave Graham raised over \$10,000 for World Vision through his extreme endurance runs leading up to the New York Marathon

vii. Note, only minimal (token) amounts can be spent purchasing trophies.

1.6 Membership Officers Report

- i. Report tabled at Annex D.
- ii. 190 Registered members.
- iii. The updating of the NRA website has played a major role in the membership increase as it is informative and easy to follow. The processes to be a member though online membership and payment is a fantastic management tool.
- iv. Promotion of NRA at events by either signage, announcements and NRA branded clothing also adds to the increase. As well, articles in Navy News promote a theme of "I want to be a part of Navy Running".

1.7 Development Officers Report

- i. Development Officer has been on deployment for a large part of the last year.
- ii. The year 2012 holds great promise for the Navy running fraternity with professional running coach Sean Williams engaged to take several running camps through the year. He will also be submitting a running article each month to be published on the Navy running web page.
- iii. The schedule of activities for the next year will be a priority in order to both inform members and support the Association's budget.

1.8 ADRAA Report

- i. No report was provided for the AGM, however CAPT Whittaker and Ms Barker attended the ADRAA AGM (in August).
- ii. The level of Navy participation in ADRAA events has been very good this year, as exemplified in the 10km Road Race and the SMH Half Marathon.
- iii. The NRA has managed a couple of events on behalf of the ADRAA, and the Committee will encourage NRA members to make themselves available and help out as event managers for ADRAA sponsored events. This will greatly assist the ADRAA in the management of events that support Navy runners.
- iv. Due to the poor attendance at the ADF Track and Field Championships over a number of years, the ADRAA Committee is now developing a "virtual championship" where runners could run events (with verifiable results) in a club competition and the results subsequently collated from runners around the country.

1.9 Election of Office Bearers

- i. Responses received from 34 members. Committee elected as follows:

President	CAPT Andrew Whittaker	(Campbell Park, Canberra)
Vice President	CMDR Dave Graham	(HMAS Creswell)
Secretary	Ms Jodie Barker	(ANZAC Park West, Canberra)
Treasurer	LS Dionette Wilson	(HMAS Penguin)
Development Officer	LEUT "Jazz" Lauer-Smith	(HMAS Kuttabul)
Membership Officer	CPO Annie Schofield	(HMAS Albatross)
ADRAA Rep	PO "Titch" Turner	(HMAS Cerberus)

- ii. CAPT Frank Kresse (HMAS Coonawarra) has accepted to continue the role of the Association's Patron.

1.10 Tabled Agenda Items

1.10.a Survey Responses

Question 1 - Would you be interested in participating in international events such as those below?

Outback Marathon – Yes 20, No 8

Overseas tour event – Yes 19, No 11.

Question 2 - Would you be interested in having a database of all NRA members made available in order to train with other members?

Yes 29, No 1.

1.10.b OHS responsibilities and liabilities

Advice has been received from the NSC on coverage for members when conducting sporting activity (as part of their sport, eg training) outside normal working hours or organised sport. While this issue has some way to go, DI(G) PERS 14-2 (ADF Policy on Sport) provides some guidance for members, as does the attached DVA document (Attachment G) in relationship to injuries sustained and the possible DVA interpretation.

In order to safeguard their own interests, members should:

- a. seek CO's approval to participate in civilian sport (many of our events are civilian events with Navy participants); and
- b. get event approval (as per our website and Handbook) BEFORE participating.

In order to meet basic OHS requirements of the Committee, event managers and individual participants, it is now an obligation for members to attest to their medical fitness to participate when seeking event approval. Navy members are expected to satisfy the medical and fitness components of Individual Readiness. Members not subject to IR requirements will be required to sign a waiver (much the same as is expected for events such as the C2S).

1.10.c Running kit purchase and management

The NRA now has two new sets of kit, one for competition runners and the other that was developed for fun run events. While we have a number of different kit manufacturers, we have a continuity in look and all uniforms are in a comfortable, light weight wicking fabric.

There have been requests for other types of kit, such as for trail running. The smaller numbers of items that are anticipated for such members will mean higher unit costs. The Committee will seek to appoint an inventory manager to manage current inventory and develop costing and ordering for specialist kit.

1.10.d. Operating budget development

The Operating Budget would normally be presented as one of the documents for the AGM, together with the Treasurer's Report. There is more work needed on developing the NRA running and activity program for next year and it was inappropriate to table an incomplete submission. After receiving members' input, the Development Officer will compile a schedule of events for Committee consideration and Treasurer's costing.

2.0 NEW ACTION ITEMS

Action Item #	Discussion	Item for action	Resolve by Date
11.01	Random Drawer winners	Action: CAPT Whittaker to notify winners: 1. LS Dionette Wilson 2. LEUT Dave Dawes	ASAP
11.02 a. b.	Survey Results	For Committee Action. Question 1 – Development Officer Question 2 – Membership Officer	30 Jun 12 31 Jan 12
11.03 a. b.	OHS responsibilities and liabilities	Amend Handbook to cover requirement for CO's approval (pre-event approval is already documented) - President Investigate and implement best means of satisfying IR or waiver compliance - Committee	31 Jan 12 1 Mar 12
11.04	Running kit purchase and management	Appoint inventory manager to manage current inventory and develop costing and ordering for specialist kit. - Committee	31 Jan 12
11.05 a. b.	Operating budget development	NRA running and activity program for 2012 to be developed. – Development Officer Members to provide input on events and activities they wish to see in next years program. - President	31 Jan 12 15 Dec 11

3.0 MEETING CLOSURE

The meeting was closed at 1145 hrs.

Original signed by

Jodie Barker
Secretary

5 Dec 11

Original signed by

Andrew Whittaker
President

5 Dec 11

Attachments:

- A. Navy Running AGM 2011 Agenda
- B. President's Report
- C. Treasurer's Report
- D. Membership Officer's Report
- E. Navy ADRAA Representative's Report
- F. DVA extract

NAVY RUNNING ASSOCIATION

**ANNUAL GENERAL MEETING
AGENDA**



**1030-1200 – MON 28 NOV 11
CAMPBELL PARK OFFICES**

ITEM	ACTIONEE
1. Introductory Remarks	President
2. Minutes of the Previous AGM and Business Arising	President (Annex A)
3. President's Report	President (Annex B)
4. Secretary's Report	Secretary (no items to report)
5. Treasurer's Report	Treasurer (Annex C)
6. Membership Officer's Report	Membership Officer (Annex D)
7. Development Officer's Report	Development Officer (not provided)
8. ADRAA Report	ADRAA Rep (not provided)
9. Election of Office Bearers	Returning Officer
10. Agenda Items	
i. Survey results	Secretary
ii. OHS responsibilities and liabilities	CAPT Whittaker
iii. Running kit purchase and management	CAPT Whittaker
iii. Operating budget development	CAPT Whittaker
11. Closure	President elect

Meeting also on Skype at address: navy.running1

Jodie Barker
Secretary
21 Nov 10

Annexes:

- A. Minutes of the Previous AGM and Business Arising
See - <http://www.navyrunning.com/downloads>
- B. President's Report
- C. Treasurer's Report
- D. Membership Officer's Report

**NAVY RUNNING ASSOCIATION AGM 2011
PRESIDENT'S REPORT**

In opening, I am able to advise members again this year that the Navy Running Association is compliant with all governance and auditing requirements, is in a sound financial state, and has an active and growing membership.

The financial health of the Association (which was bolstered by additional funding for City to Surf events), has allowed us to fully fund all requested running event entry fees during the year. Although, the NRA is not permitted to use funds received from Navy Sports Council (NSC) grants to support travel costs, we are able to provide some financial support to members to cover travel costs through the NSC Contingency Travel Funds. While this is normally intended to subsidise competitor's airfares to attend sanctioned events, the NSC has agreed to fund minor travel costs (eg car expenses) for event participation.

The NSC grants continue to be our primary funding source. This money is derived from the allocation of funds from the RAN Central Canteen Funds and I urge you to support the RANCCF. The success of "Win With Navy" has been instrumental in the allocation of funds to sporting bodies and other recipients.

Navy has had a high level of participation in events again this year, particularly at a number of Australian Defence Running and Athletics Association (ADRAA) sanctioned events. Most notable of these were the Sydney Half Marathon and the ADF 10km Road Championship, where Navy scooped the pool. The number of participants in the Sydney City to Surf was well down this year. This may have been as a result of runners being provided with a free singlet/tee-shirt and their entry fees donated to charity on their behalf, instead of reimbursement. However, the Perth City to Surf was a resounding success. Members are requested to volunteer as the event manager for the Sydney C2S. An event Manager needs to be identified by the end of Feb, to allow sufficient organisation time. This is vital with the field now closing off early and only positions in the Back-of-the-Pack being available in the last few weeks before the race.

This year we have managed a couple of events on behalf of the ADRAA, in particular the ADF 10km Road Championship on the runways at Jervis Bay Airfield, which was brilliantly managed by Annie Schofield. I ask all members to be prepared to put something back into the Association and manage an event. It is not the function of the Committee to also be the event managers. There will be ample support provided to those who do volunteer.

The level of interaction with establishments has continued to improve this year, and as a result, the NRA has made some significant financial contributions to bases to manage their events. The NRA will continue to support "grass roots" running events as well as competitive runners. Partly as a result of supporting base events, and with a good level of publicity thanks to Navy News, the number of members has continued to grow. Indeed the bulk of our current members are those who have joined in 2010/11.

Most of you will have acquired, or at least know about the new running kit. While I would have liked to stay with one supplier, unfortunately the ability to source plain navy blue running kit (for subsequent Navy Running screen printing) has been more difficult than I imagined. However, we now have new competitive kit, as well as "fun run" singlets and tee-shirts. Information on purchasing the kit is on our website. While I have been running the clothing inventory up to now, there have been large numbers of orders in the last year and I am now seeking an Inventory Manager. A volunteer is requested for this new position.

Due to our requirements to safeguard your wellbeing and to protect the Committee, it is necessary for members to now indicate their compliance with the Individual Readiness (IR) medical component before competing in an event with the NRA. For those not covered by normal IR requirements, you are expected to have a medical certificate no more than two years old indicating that you are fit to compete.

The first of our new Running Clinics was conducted in Canberra earlier this year and was a great success. Held over consecutive weekends, it featured a top flight athlete, professional coach and podiatrist. The intention is to roll this out more broadly and to condense it to a two day event. The roll-out has been slower than originally planned due to work commitments, but the intention is to have at least three clinics next year in various locations.

I encourage runners to contact the Committee with thoughts on what events should be included in our Development Plan and budget, and any ideas you have to make the Association better. Please use our www.navyrunning.com web site and the ADRAA site (link on the NRA site) and e-mail the Committee at navysport.running@defence.gov.au with your suggestions, questions and requests.

On a personal note, I'd like to thank Jeff Rayner for the enormous amount of work he has put into the NRA as the Treasurer. Jeff needed a break and declined re-nomination back in 2009, but was subsequently appointed interim Treasurer when the Treasurer resigned due to work commitments. He accepted the nomination again last year, but work commitments make it impractical for him to stand again. His work in development of the budget, compliance reporting and processing a very large number of transactions and reimbursements for members have taken up a lot of his free time in order to keep the Association running smoothly.

Andrew H Whittaker
President, NRA
18 Nov 11

**Treasurer's Report Prepared for
NRA AGM 2011
Closed accounts on 18 Nov 2011**

Last report was prepared for the NSC audit dated 25 Jul 2011

Our financial situation remains solid with a current balance of \$32,189.53; thanks to the NSC sponsorship and contributions made by members. Over the past 12 months the NSC has provided \$19,000 in direct support of programmed events and a further \$122.80 in personal assistance to members requesting travel assistance. A further \$1680 was raised through members' contributions. These Public Funds (NSC contributions \$24,494.53) and non-Public Funds (members' contributions \$7695) will ensure that we can meet our current program of events with opportunity to plan further events under a five year development plan (FYDP).

Suggest that members contribute early to the FYDP to secure support for their events and consider overseas team events. While overseas team challenges are supported by Defence within a two year cycle; the NRA has not taken advantage of this opportunity. An event coordinate and a few enthusiastic runners can make planning for such an event, light work; particularly while funds are available.

Further on support for events, the NRA will have a new treasurer post the AGM and your assistance will be required if you wish to ensure your financial support. Therefore, email navysport.running@defence.gov.au (with "Race title – entry support in the subject line) prior to entering your race and again post the race with banking details and the early-bird entry fee cost. If you wish to request assistance with travel cost, then draft a Minute to the NSC for endorsement through the NRA.

Over the past 12 months the NRA has recorded \$46,104.63 worth of transactions consisting of funds raised and expended in support of over 400 Defence entries; plus the purchase of NRA strips to support 'SALT' and 'Brand Navy' exposure on behalf of our NSC sponsor. The 2011 Sydney City to Surf participants, through their entries, raised \$1155 for the Defence Special Needs Support Group, while CMDR Dave Graham raised over \$10,000 for World Vision through his extreme endurance runs leading up to the New York Marathon (completing in 2011: Six Foot Track 46km mountain trail run, 100 Northface 100km mountain trail run, Sydney Marathon 42k2 road run, Fitzroy Falls 42k2 mountain fire trail run and the New York marathon 42k2 road run).

A breakdown of the \$34,224.45 worth of transactions occurring this financial year to date is tabled below.

Expenditures 1 Jul to 18 Nov 2011		
Entries & Events	Subtotals	Totals
Shoalhaven King of the Mountain	\$ 200.00	\$10,270.00
100 Northface 100k	\$ 265.00	
NRA Running Clinic - Canberra	\$ 1,650.00	
Gold Coast 10k	\$ 60.00	
Gold Coast 21k1	\$ 255.00	
HMAS Newcastle and NHQ-SA Fun Run	\$ 500.00	
HMAS Stirling Fun Runs + City to surf and 21k1 runs	\$ 1,500.00	
C2S entry fee donated and approved by NSC	\$ 1,155.00	
Huskisson 21k1 run	\$ 65.00	
Amsterdam 42k2	\$ 79.20	
Triathlons	\$ 205.50	
Sydney Running Festival 21k1	\$ 1,454.00	
NSC approved Travel	\$ 122.80	
Sydney Running Festival 9k	\$ 263.50	
Sydney Running Festival 42k2	\$ 540.00	
Melbourne 42k2	\$ 110.00	
NRA Running Clinic - Canberra	\$ 1,650.00	
Fitzroy Falls Fire Trail 42k2	\$ 195.00	
Uniforms		
Uniforms	\$ 9,885.89	\$ 9,885.89
Incidentals		
Incidental for Events	\$ 2,112.50	\$ 2,440.76
NRA Website Sustainment	\$ 328.26	
Pending Expenditures in the near term (2011)		
Invoicing for running of the Bonshaw Cup in October	< \$ 400	\$ 3,500.00
Invoicing for running of Creswell X-Country in November	< \$ 700	
Invoicing for running of Penguin's Gate to Gate in November	< \$ 400	
Invoicing from Cerberus expected in July/August	< \$ 500	
Invoicing from Cairns (not heard back)	< \$ 750	
Invoicing from Darwin (not heard back)	< \$1000	
Income		
NSC Support	\$ 10,122.80	\$ 11,627.80
Members' Support	\$ 1,365.00	
Credit for returned entry fees	\$ 140.00	

Submitted by Jeff Rayner, Treasurer for the NRA dated 18 Nov 2011.

**2011 NRA AGM
Membership Officer's Report**

2011 has been a very positive year for Navy Running membership. People have shown great interest in being members and wearing the Navy Branded clothing with pride at many running events.

Membership has ballooned to 190 since the last AGM in Sep 2010 where the NRA had a membership of 95. In 2010 NRA gained 38 New members however in 2011 NRA gained a further 83. New membership appears to be coming from all parts of the country both at sea and ashore and a few from overseas posting positions. I put this down to the superb running events that Navy either hosts or NRA supports for its members.

The updating of the NRA website has played a major role in the membership increase as it is informative and easy to follow. The processes to be a member though online membership and payment is a fantastic management tool for both the Treasurer and myself. As for running, events such as the 2011 10km Road Race at JBAF Jervis Bay the Sydney Morning Herald Half where members saw some NRA members wearing the NRA Branded clothing and the Tour the T (where over 350 T -Shirts with NRA logo on them were handed out as part of the event) most certainly have contributed to the very strong growth for NRA Membership.

Promotion of NRA at events by either signage, PA announcements and NRA branded clothing also adds to the increase. As well, articles in Navy News promote a theme of "I want to be a part of Navy Running".

NRA supports and promotes all levels of running and is proudly behind "Navy Running for Fun".

Let's keep up the fantastic NRA Committee work that we are ALL doing towards making NRA a great association and move into next year as a very strong Association for all Navy members to be proud to belong to and be proud to wear the NRA branded clothing at the many running events that NRA sanctions.

I look forward to continuing on next year as membership officer if given the opportunity.

Thankyou

Annie Schofield
CPOPT RANR
Membership Officer
NRA

NAVY RUNNING ASSOCIATION AGM 2011

DEVELOPMENT OFFICER'S REPORT

My year as the Development Officer has not exactly been very productive. I have spent the majority of the year deployed. However in my absence the Navy Running Association (NRA) Committee, have continued to work hard at making the NRA second to none as a Naval sporting organisation.

The year has seen many an impressive performance throughout the year. From the humble fun run to the crazy Ultra distance events we have seen our members competing in all over the globe. We see more and more of our members competing in events proudly flying the Navy running flag.

Our first running clinic of the year was held in Canberra with 8 participants taking part. The clinic, run over two weekends, was broken down into many different areas including classroom sessions dealing with race definitions, pre-race, race and post-race nutrition. Practical sessions dealing with developing training programs, running technique and a biomechanics session held by Ms Jeni Greenland. From the feedback received much was gained by the participants.

The year 2012 holds great promise for the Navy running fraternity with professional running coach Sean Williams engaged to take several running camps through the year. He will also be submitting a running article each month to be published on the Navy running web page.

Michael Turner
Navy Running Development Officer
ADFPTS
Vic, 3920

Vic, 3920

EXTRACT OF DVA GUIDANCE ON SPORTING INJURIES**Chapter 18 Sport and Fitness Activities**

18.1 ADF and Civilian Sport

The ADF requires its members to meet defined physical fitness standards as part of the conditions of service. Compulsory physical training and compulsory participation in some ADF-organised sporting events are conditions of service which apply to most members. These are of course, on duty activities and the nexus with employment is clear. Where an injury arises during ADF physical training or at an ADF sporting fixture, there is liability to pay compensation for that injury. Unlike injuries sustained participating in “civilian sport”, there is no requirement on the member to prove they were approved to participate in ADF organised sporting events.

However, fitness activities are also often voluntary (in respect to each individual case) undertaken away from the place of work and while the member is off duty. In such cases, the injury can be seen to ‘arise out of’ employment and liability for such injuries should be accepted where the activity was conducted in accordance with the Defence Instruction (General) in relation to the ADF Policy on Sport ((DI(G) PERS 14-2): see 19.1.1 below.

18.1.1 The ADF policy on sport

DI(G) PERS 14-2 dated 9 June 2005 “Australian Defence Force (ADF) Policy on Sport” states that:

Defence personnel who are authorised to participate in sport within the terms of this instruction are authorised as “on duty”, subject to any applicable exclusions. It should be noted, however, that the authorisation of “on duty” status does not guarantee compensation coverage.

The DI(G) covers:

- Programmed Sport – sport conducted during the base/unit’s programmed training;
- Local Sport – ADF sponsored sport conducted in the local region;
- Inter Service Sport – ADF sport at any level but between two of the Services;
- Combined Service Sport – At State, National or International level from members from at least two of the Services.

Naturally, where the ADF member has been selected to represent the ADF in a general community (civilian) sporting event or tournament etc, any injuries received by that member as a consequence, are also compensable. Note that a nexus with employment also exists should the ADF either “sponsor” the member by providing equipment etc, or authorises the member to be identified as representing the Service in a community event.

18.1.2 Australian Defence Force Sports Council

The DI(G) also accredits a number of ADF Sports Associations. Sports played under the terms of the relevant ADF Sports Association for the following sports (listed below) are to be accepted as approved sports for compensation purposes:

Australian Football	Nordic Skiing & Biathlon	Softball
Basketball	Rugby League	Squash
Lawn Bowls	Rugby Union	Tenpin Bowling
Cricket	Running and Athletics	Touch Football
Golf	Sailing	Triathlon (including Road Cycling)
Hockey	Alpine Snow Sports **	Volleyball
Netball	Soccer	Water polo

****Members can only be authorised for attendance at the ASSA Intra & Inter Service Carnival.**

Sports which are not directly approved by the DI(G) may, however, still have compensation coverage if they meet the criteria already listed, i.e:

- Approved for that individual member in Routine Orders or equivalent; or
- Clear and identifiable connection with a fitness program where that activity clearly promotes fitness (e.g. orienteering, gym work, jogging or swimming) or improves skills relevant to the member's Commonwealth employment (e.g. rifle shooting).

18.1.3 CO permission to play civilian sport must conform with DI(G) guidelines

Note that Commanding Officers are also constrained by DI(G) PERS 14-2 when approving member involvement in civilian sporting activity. There have been occasions where Commanding Officers have approved Routine Orders authorising such unsuitable activities as rodeo bull riding, i.e. risky activities of little value in promoting fitness or ADF skills. In those cases, the "approval" is clearly not in accord with the terms of the DI(G) and compensation coverage would not be extended to the injuries arising out of the activity, i.e. regardless of the CO's purported approval.

Note also that liability should not be accepted in relation to activities which are essentially social or personal in nature (i.e. surfing, fishing, beach games).

18.2 Other 'After Hours' Fitness Activities

The ADF member's duty to maintain physical fitness means that they may allege that a number of miscellaneous activities such as solo jogging or body building are responses to ADF fitness requirements, even though these activities were conducted "off base" without supervision and were not part of approved civilian sport.

Delegates should deal with all such cases on their merits. Nevertheless, the primary requirement is that the client demonstrates the activity to be part of a formal training program designed by an ADF Physical Training Instructor.

18.3 ADF Sporting Facilities

The ADF commonly provides sporting facilities on base for the use of ADF members. These facilities (such as squash and tennis courts, swimming pools, gymnasiums, etc.) are mainly or even exclusively for the use of ADF staff. Nevertheless, an injury arising out of or in the course of a member's after hours use of those facilities is not compensable **on that account alone**, (i.e. no more than an after hours injury arising from a voluntary visit to the Mess would be compensable).

Thus, attendance at and use of, (e.g.) an ADF squash court or gym is not a sufficient nexus with employment. An after hours injury suffered in such a place would only have arisen out of or in the course of employment if the member were undertaking a self-training program sanctioned by the ADF, or alternatively, playing sport under the auspices of the appropriate ADF sporting association i.e. as outlined at 19.1.2.

18.4 Reserve Members and Sport/Fitness

Under the current Army Individual Readiness criteria, Reservists are required to meet the same fitness standards as those of the Permanent Forces. Accordingly, the same connection to employment eligibility criteria can be applied to these members.

This means that reservists must also have their civilian sporting activities approved and authorised under unit Routine Orders before any injuries arising from the activities can be regarded as compensable.

18.5 Adventure Training and Other Sponsored Activities

On occasion, ADF units may organise physically and mentally testing "adventurous" activities either as a voluntary adjunct to training, as "sponsored recreation" or as a public relations exercise. Examples of these activities may include exploits such as winter ski touring in the Australian high country, sea kayaking, rock climbing, etc.

The common theme of these voluntary "adventurous" activities is increased danger. Nevertheless, Delegates are NOT to regard volunteers for such exploits as excluded from compensation because of "voluntarily and unreasonably submitted to an abnormal risk of injury". Policy is that while these ADF members have "voluntarily" submitted to the abnormal risk, this is reasonable under the circumstances.

Cases also arise where groups of ADF personnel organise adventurous activities on their own initiative. Sometimes these activities have a charitable fund raising intent. These private ventures are not covered by workers compensation. The mere extension of leave from the ADF to undertake the activity does NOT imply Defence approval, participation or sponsorship. However, a case can be made for a nexus with employment where any part of the ADF:

- provides funds or other resources to the venture;
- provides "official" advice or encouragement;
- provides a long term loan of equipment where this is not available to other groups or on other occasions; or
- permits the team to be named as an ADF team (or a single service team or a unit team etc.) for the purposes of publicity.