

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

England & Wales · Charity number 293854

Details

Other names BRITISH ASSOCIATION OF SPORT AND MEDICINE

Status Registered

Legal form Charitable company

Company number [01962979](#)

Registered 1986-03-03

Register [View on the Charity Commission register](#)

Contact

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Activities

Objects: THE OBJECTS OF WHICH THE ASSOCIATION IS ESTABLISHED ARE: - 3.1 TO PROMOTE THE EXERCISE AS A THERAPEUTIC TOOL; 3.2 TO SUPPORT AND PROMOTE MULTI-DISCIPLINARY TEAM IN SPORT AND EXERCISE MEDICINE; 3.3 TO SUPPORT THE PROFESSIONAL NEEDS OF THOSE DOCTORS WORKING IN THE SPECIALITY OF SPORT AND EXERCISE MEDICINE AND TO ADVISE ON CAREER STRUCTURES IN SPORT AND EXERCISE MEDICINE; 3.4 TO PROVIDE SUPPORT AND EDUCATION FOR THOSE HEALTHCARE PROFESSIONALS INVOLVED IN THE CARE OF ATHLETES AND INDIVIDUALS UNDERTAKING, OR ASPIRING TO UNDERTAKE, REGULAR PHYSICAL ACTIVITY AT ALL LEVELS; 3.5 TO PROMOTE THE SPECIALITY OF SPORT AND EXERCISE MEDICINE AND TO ENCOURAGE BEST STANDARDS OF CLINICAL PRACTICE IN THE CARE OF THE EXERCISING INDIVIDUAL; 3.6 TO PROMOTE THE ADOPTION OF EVIDENCE BASED PRACTICE IN ALL AREAS OF SPORT AND EXERCISE MEDICINE; 3.7 TO SUPPORT AND ENCOURAGE RESEARCH IN SPORT EXERCISE MEDICINE; 3.8 TO PROMOTE THE ADOPTION OF EXERCISE AND PHYSICAL ACTIVITY BY ALL SECTIONS OF THE POPULATION FOR THEIR GENERAL WELLBEING AND IN THE PROMOTION OF ILLNESS; 3.9 TO ASSIST AND ADVISE ALL RELEVANT AUTHORITIES IN ADOPTING POLICIES THAT WILL ENCOURAGE AND PROMOTE PHYSICAL ACTIVITY IN SCHOOLS, THE WORK PLACE AND THE HOME; 3.10 TO CO-OPERATE WITH THE FACULTY OF SPORT AND EXERCISE MEDICINE AND THE INSTITUTE OF SPORT AND EXERCISE MEDICINE AND TO COLLABORATE WITH OTHER ASSOCIATIONS, BOTH NATIONALLY AND INTERNATIONALLY, IN FURTHERING THE SPECIALITY OF SPORT & EXERCISE MEDICINE AND THE AIMS OF THE ASSOCIATION.

Activities: BASEM is the representative body in sport and exercise medicine (SEM), offering membership to all those suitably qualified and involved in the care and welfare of the exercising individual. It promotes education of SEM, offering a range of educational programmes to members and non-members, who wish to progress their SEM knowledge and qualifications.

Classification

- **How:** Provides Services, Provides Advocacy/advice/information, Sponsors Or Undertakes Research, Acts As An Umbrella Or Resource Body
- **What:** Education/training, The Advancement Of Health Or Saving Of Lives, Amateur Sport
- **Who:** Other Defined Groups, The General Public/mankind

Geography

- Scotland
- Throughout England And Wales

Finances

Period end	Income	Expenditure	Assets	Employees
2024-12-31	£1,084,506	£1,034,660	£3,014,809	5
2023-12-31	£1,013,343	£894,222	£2,964,963	6
2022-12-31	£852,673	£625,697	£2,803,930	3
2021-12-31	£743,401	£476,773	£2,576,954	3
2020-12-31	£770,183	£372,269	£2,310,326	3

Trustees

Name	Role	Appointed
Dr Patrick Wheeler	Chair	2023-08-25
Dr Dane Vishnubala		2020-11-12
Dr Jean Wong		2023-11-07
Dr Ralph Mitchell		2023-11-07
Dr Roland Teare		2025-08-11
Dr Stefan Kluzek		2022-08-01
Dr Tom Leggett		2023-11-07
Lucy Wright		2022-08-01

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

England & Wales - Charity number 293854

Accounts

REGISTERED COMPANY NUMBER: 01962979 (England and Wales)
REGISTERED CHARITY NUMBER: 293854

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 DECEMBER 2024**

FOR

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Xeinadin Audit Limited
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

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FOR THE YEAR ENDED 31 DECEMBER 2024**

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**BRITISH ASSOCIATION OF
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**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2024**

TRUSTEES	Mrs L Wright Dr S Kluzek T Allardyce (resigned 24.7.24) Dr R Chatterjee (resigned 11.11.24) Dr R A Hawkes (resigned 3.8.24) Dr K Marino Dr D A Vishnubala Dr P Wheeler Dr T Leggett Dr J Wong Dr R G Mitchell Dr R J Teare (appointed 11.8.25)
REGISTERED OFFICE	Unit 3 Jetstream Drive Auckley Doncaster DN9 3QS
REGISTERED COMPANY NUMBER	01962979 (England and Wales)
REGISTERED CHARITY NUMBER	293854
AUDITORS	Xeinadin Audit Limited Sidings House Sidings Court Lakeside Doncaster South Yorkshire DN4 5NU

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2024. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).



Trustees' Annual Report 2024

Foreword by Chair of BASEM, Professor Patrick Wheeler

Welcome to BASEM's Annual Report for the period 1st January to 31st December 2024. This report lays out the activities of this charity this year and I would encourage all our members to take a look, as there is a lot of work that goes on behind the scenes to keep BASEM going, there may be aspects of BASEM's activities that are new to you. This report compliments the different reports given at the AGM, and the various updates given directly to members by email and through BASEM Today.

I will start this report by offering my thanks to my fellow BASEM Trustees, both past and current, to the BASEM team, and to all the BASEM members who volunteer in any capacity to help BASEM deliver all that it does. We could not do all the things that we do without you. As always there is a lot to do, and there are always ample opportunities for people to get involved, so if you are interested, please don't wait to be asked

In the different sections of this report, we show how BASEM has continued to deliver against its Charitable Objects, we give information about BASEM's finances, how BASEM supports its membership through education and awards, and different partnerships BASEM engages with external partners.

One aspect to highlight at the start of this report are the ongoing discussions with the UK Faculty of Sport & Exercise Medicine (FSEM) to create a brand-new College of Sport, Exercise, and Musculoskeletal Medicine, bringing together the activities of both BASEM and FSEM into a single organisation. These were discussed at length in last year's annual report, and activities have continued from the initial outline plans, and the BASEM membership vote in May 2023. BASEM members continue to be kept up to date through regular updates, and through information on our website <https://basem.co.uk/proposed-college/>. For most up to date information, readers are directed to this section of the website.

As BASEM Chair, I hope that this report helps highlight the many activities of BASEM during the year, continuing our journey towards College and supporting our present and future members throughout this period.

Prof. Patrick Wheeler
Chair of BASEM

**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Introduction

BASEM is an organisation which was established in 1952 to promote the study and investigation of all medical aspects of sport. Its vision was to be the authoritative body on every medical aspect of athletics and exercise. The organisation has worked hard over the years to gain recognition for the field of sports medicine, raising awareness, pioneering research, and leading in practice. Today, BASEM is known as a multidisciplinary sports and exercise membership organisation. Many of its members hold key positions within SEM, both in the UK and across the globe. BASEM's membership continues to be diverse, with just over 1185 members across a wide selection of disciplines. Many of its members are actively involved with BASEM, whether that be through participation in one of the committees, providing resources for members or holding a place on the Board. The expertise within BASEM is extensive.

BASEM co-owns the British Journal of Sports Medicine, a highly rated global publication which promotes research and education in sport and exercise medicine. BASEM is growing closer to forming the new College of Sport, Exercise and Musculoskeletal Medicine (CSEM) with the Faculty of Sport and Exercise Medicine.

BASEMs Vision

BASEM is the leading multidisciplinary sport and exercise medicine membership organisation in the UK with a core responsibility to provide leadership, education, and support for all.

A key part of BASEM's remit is supporting the education and career development of healthcare professionals in all aspects of sports and exercise medicine including students, specialists and all those with an interest in the subject. This is comprised of the overlapping spheres of:

Musculoskeletal Medicine:

BASEM supports the development and delivery of up-to-date management of musculoskeletal conditions and encourages the evaluation of treatment options to deliver most effective care.

Exercise Medicine:

BASEM supports the benefits of physical activity in all populations without discrimination, recognising the importance it plays in health and well-being and its role in both primary and secondary prevention of disease. BASEM supports the WHO Global Action Plan to make significantly more people active by 2030.

Athlete/Team Care:

BASEM supports world-class delivery of care to athletes and teams. BASEM recognises the challenges in the desire to optimise athletic and team performance and fully upholds the requirements for ethical practice and clean sport.

BASEM is committed to leading on issues related to Equity, Diversity and Inclusivity, striving for diverse and inclusive environments within our organisation and the wider SEM community.

BASEM is joint owner of the British Journal of Sports Medicine and the BMJ Open Sport and Exercise Medicine Journal with BMJ Publishing and supports a strong international research agenda to underpin its principles.

BASEM recognises the need for strong National and International partnerships to achieve its vision

**BRITISH ASSOCIATION OF
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REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

BASEMs Objects

Object	Activity	Object	Activity
To promote exercise as a therapeutic tool	PR campaigns promoting activity and impact on health to public	To support and promote the multi-disciplinary team in Sport and Exercise Medicine	AHP benefits AGM Education BASEM Today Conference BINGs
To support the professional needs of those doctors working in the speciality of Sport and Exercise Medicine and to advise on career structures in Sport and Exercise Medicine;	Member benefits Conference Education USEMS Career opportunities ads	To provide support and education for those healthcare professionals involved in the care of athletes and individuals undertaking, or aspiring to undertake, regular physical activity at all levels	Education Conference
To promote the speciality of Sport and Exercise Medicine and to encourage best standards of clinical practice in the care of the exercising individual	PR campaigns Education Conference BINGs BJSM BASEM Today	To promote the adoption of evidenced-based practice in all areas of Sport and Exercise Medicine	Awards Education Conference BJSM
To support and encourage research in Sport and Exercise Medicine	BJSM Awards	To promote the adoption of exercise and physical activity by all sections of the population for their general wellbeing and in the prevention of illness	PR campaigns BASEM Today
To assist and advise all relevant authorities in adopting policies that will encourage and promote physical activity in schools, the workplace and the home	BJSM PR campaigns	To cooperate with the Faculty of Sport and Exercise Medicine and the Institute of Sport and Exercise Medicine and to collaborate with other associations both nationally and internationally, in furthering the speciality of Sport & Exercise Medicine and the aims of the association.	Collaborative / partnership work Awards

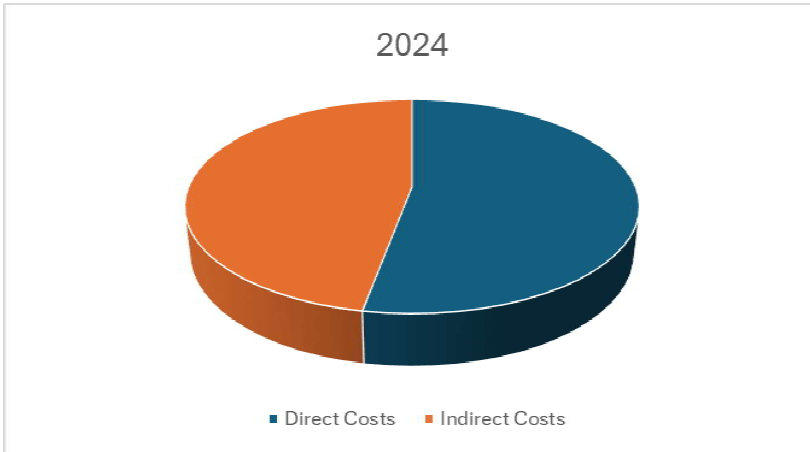
**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

The Financials

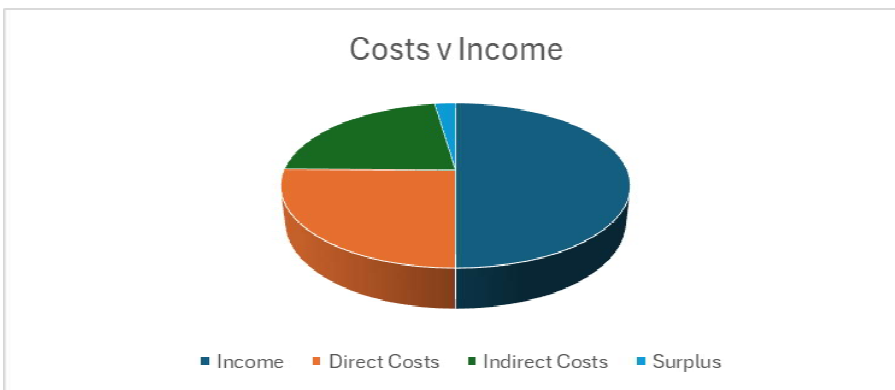
Our Direct Costs

In 2023 BASEMs indirect costs increased due to planned development. In 2024 direct costs are the highest. These costs are associated with the delivery of BASEMs educational activities and member benefits.



Costs Vs Income

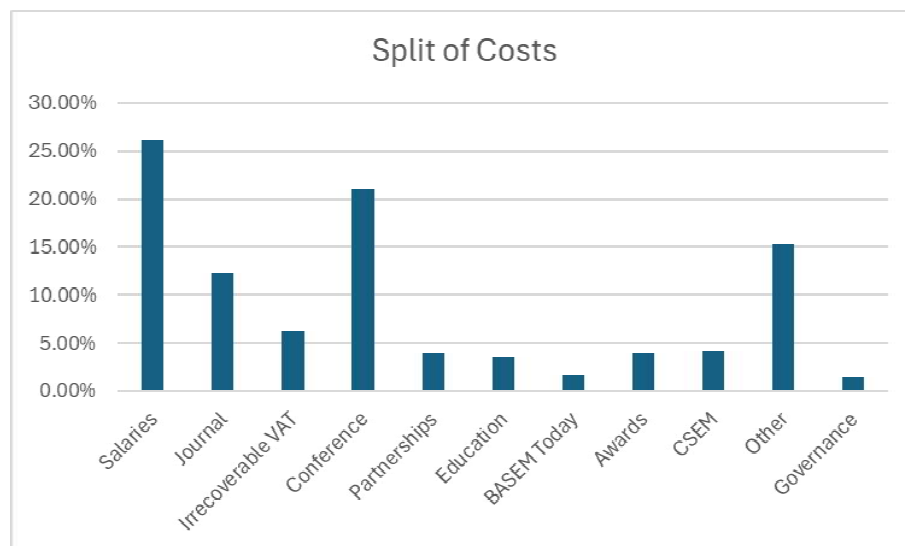
As a charity, it is important to understand how our income is spent. In 2024, 44% of our income was spent on running costs and 50% still spent on member benefits. A reduction in BASEMs surplus this year was planned as we forge towards CSEM.



**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Costs Breakdown



In 2024, BASEM staffing structure changed, leaving five members of BASEM Team to bring their expertise in Education, Conference and Event organisation, Leadership and Management, Membership and Awards, Communication, Finance, Governance and Administration. Staff costs have increased and have become BASEM's largest single expenditure.

Our valued journal, BJSM, is a cost that BASEM pays for all its members and this cost comes in as the fourth highest single cost. Many of our members find the journal to be one of the greatest benefits of membership, where members would have to pay significantly more than their annual membership fee to BASEM for just the journal alone.

BASEM have now registered for VAT after reaching the threshold and with advice from accountants.

Overall conference income increased in 2024 but also did the costs, total financial contribution towards the conference from its reserves is well within approved budget.

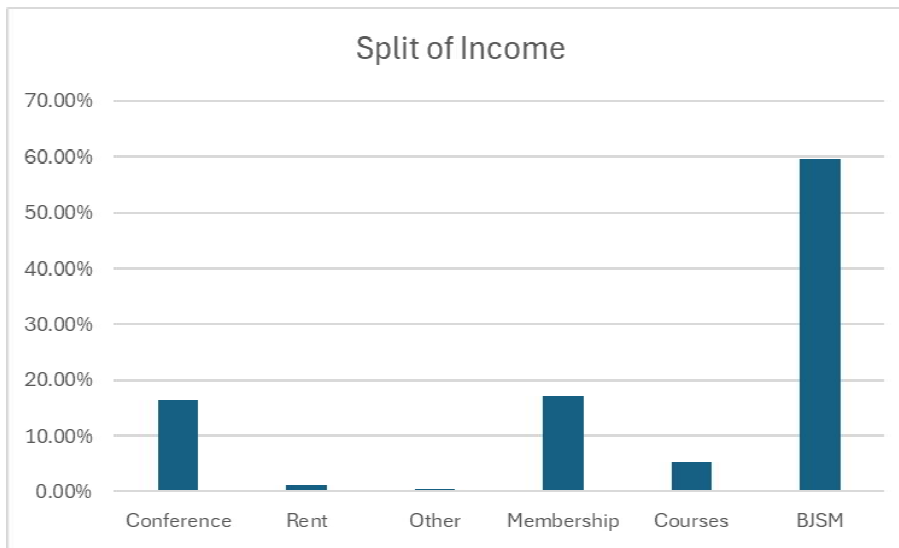
In 2024 we continue to work with the Faculty of Sport and Exercise Medicine towards the creation of a CSEM. The costs in 2024 were mainly due to legal advice as we prepared a due diligence report on FSEM which shows no concerns.

Governance was less than 2023 as we moved the AGM online.

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FOR THE YEAR ENDED 31 DECEMBER 2024**

Income



Our income sources remain consistent, with much of our income being from our medical journal, BJSM, nearly 60%. This helps to support the costs of supporting our membership and being able to have a greater impact in developing the sports and exercise medicine speciality. Conference income remained the same as 2023 at 17%.

Balance Sheet

We have a restricted fund which hasn't decreased in 2023. This was a restricted fund given to BASEM to provide an award, which was re-opened in 2024, but no satisfactory applications were received, therefore the balance remains the same. Applications will be welcomed in 2025.

The Board reviewed the reserves policy and signed off on a new policy which enables BASEM to hold reserves appropriate to ensure that in the event of a catastrophic event causing BASEM to go into liquidation, the following commitments can be met:

- Running costs for six months of run down
- Financial commitment of any outstanding awards
- Financial commitment of conference costs
- Two years' staff costs (including pension and NICs)

Because the level of these commitments change, reserves are to be reviewed against these commitments annually, and the appropriate amount of reserves are put aside in a separate BASEM account. For 2024, the maximum reserves required would be £854k. At the balance sheet date, BASEM held £2.293m in free reserves.

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In BASEM's budget for 2024, BASEM is also holding £200k of designated funds to potential costs of the work to establish a new College of SEM jointly with FSEM (UK), £25k to create a new research training course for members to improve their skills and provide them with greater opportunities and £45k towards members fee price hold.

Plans for 2024

During 2024, the third year of our three-year strategic plan, we aimed to build on the groundwork we had put in place in 2022 and start to develop our existing offer. This included:

- Developing our partnerships to improve career development opportunities for members
- Building our brand and reputation to increase membership and promote SEM
- Reviewing our systems and processes to ensure BASEM is working efficiently whilst continuing to provide a quality service
- Increasing, improving, and raising awareness of membership benefits to attract and retain members and ensure standards are met
- Development of awards to focus on research in SEM
- Developing the organisation's systems and resources to ensure the organisation is fit to grow and broaden its membership base further

Activities to Meet Objects

Our Research Bursaries and Awards

Following a thorough review of our awards, we reopened them for 2024 and have had a great number of quality applications. This report highlights the amount awarded per award and what we have paid out during 2024. Due to the term of some of our awards, some funds are paid out in the following year.

This year, these have included:

Award	Total Awarded in 2024	Total Paid in 2024
Association Prize for SEM (Conference Award)	£900.00	£900.00
BOSEM Article Processing Charges Award	£1,854.00	£1,854.00
External Training & Development Sponsorship	£5,000.00	£3,069.45
Malcolm Read Scholarship	£0.00	£0.00
MSc Bursary in SEM	£2,500.00	£1,000.00
PhD Award	£0.00	£0.00
Research Bursary	£20,000.00	£6,321.71
Tom Donaldson Poster Prize (Conference Award)	£900.00	£900.00
Travelling Fellowship	£5,000.00	£5,000.00
Undergraduate Elective Award	£4,000.00	£2,147.75

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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

- Following a review of our PhD award, BASEM decided not to reopen this for 2024 due to the long-term financial commitment this would involve and the upcoming merger between BASEM and FSEM.
- No suitable applications were received in 2024 for the Malcolm Read Scholarship. A full review was completed to revise the award for 2025 to encourage eligible applications.

Our Promotion of Members' Work and BASEM

Branding and Exhibiting

We looked to increase BASEM's reach this year through attending events and being present at key times. In order to make sure our message was heard, we spent time improving our exhibiting resources, and using marketing techniques to keep our organisation in mind post-event. By attending international events, we have also increased general awareness of BASEM overseas, with our stand being a very popular one to attend. We have worked hard to increase interaction between BASEM and prospective members and we have included existing members in our activities to promote the benefits of BASEM membership.

Membership Growth

We spent a lot of time in 2024 promoting membership, promoting our members, and raising awareness of SEM. We grew membership by 7% in 2024 (numbers of members at the end of 2024 Vs number of members at the end of 2023). The largest proportion of new members were full members, and 12% of new members are allied health professionals.

BASEM Membership Directory

We have developed a BASEM Internal Membership Directory, a new membership benefit available to all BASEM members. Members can create your profile to connect with other, seek advice and support from professionals within all aspects of SEM, find opportunities to learn, develop and collaborate, and showcase services. This has been well-received by our membership.

Education and Careers Resources

Overview

BASEM continues to deliver a robust and diverse educational programme, supporting professionals at all stages of their Sport and Exercise Medicine (SEM) careers. Over the past year, we have run four core courses, including our flagship Foundation Course and a suite of revision courses aligned with Faculty of Sport and Exercise Medicine (FSEM) examinations.

**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

This year, BASEM's education programme reached a total of 168 delegates, reflecting strong national engagement and growing international interest in Sport and Exercise Medicine. Delegates joined from ten countries outside the UK, including Canada, Ireland, New Zealand, Switzerland, Qatar, Saudi Arabia, Malta, Sweden, Spain, and the West Indie, demonstrating the global accessibility of our online learning format and the expanding reach of our educational offerings.

Our residential Foundation Course remains a popular entry point into SEM, offering a comprehensive introduction to exercise medicine, musculoskeletal medicine, and team care. The revision courses, tailored to FSEM Part One and Part Two exams, as well as the new Diplomas in Team Care and Exercise Medicine, have seen strong uptake and positive feedback, reflecting BASEM's commitment to accessible, high-quality education.

Across all courses, feedback has highlighted the relevance of content, the quality of teaching, and the value of peer interaction. BASEM's education programme remains financially stable and strategically aligned with the evolving needs of the SEM community.

Foundation Course

Our Foundation Course continues to be a cornerstone of BASEM's educational offering. This three-and-a-half-day residential programme introduces the three key strands of Sport and Exercise Medicine (SEM): exercise medicine, musculoskeletal medicine, and team care. It remains popular with those at the beginning of their SEM journey, as well as professionals from other disciplines with a special interest in SEM. This year, the course welcomed 36 delegates, including 3 international participants: 2 from Spain and 1 from the West Indies—reflecting its continued international appeal. The course remains financially stable, with consistent delegate numbers and strong demand year-on-year.

The programme covers a broad range of topics including the impact of physical activity on health, clinical examination techniques, nutrition, common musculoskeletal conditions, and treatment approaches. Delegates consistently report that the course meets their expectations and supports their professional development. As in previous years, the hands-on practical sessions, and opportunities to network with experienced tutors were particularly valued.

Feedback was collected from 21 respondents, who gave an average score of 5/5 when asked to rate the event as a whole. Notably, sessions on anti-doping and concussion received perfect scores from all respondents, highlighting the relevance and quality of the content delivered.

**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

“Given me a good idea for career strategy and paths to involvement in sport. Definitely increased my interest in pursuing SEM as a career. Has informed my future practice in terms of exercise prescription and the public health implications.” F1 Doctor

“Amazing course, even better than anticipated. Felt welcomed into the specialty with open arms. It was a privilege to share close conversation with established BASEM members/board members & receive open, honest advice.” F1 Doctor

“It was fabulous to be on an extended, residential course with others who are interested in SEM and hear about what they have been doing. It was also brilliant to appreciate what the tutors have done over their careers and how they have been involved in a breadth of different sports.”

Revision Courses

BASEM’s revision courses are designed to support candidates preparing for the Faculty of Sport and Exercise Medicine (FSEM) membership examinations, particularly registrars, as well as professionals seeking to refresh their knowledge without sitting the exam. Delivered entirely online, these courses offer flexible and accessible learning to a wide audience, including international participants. Over the past year, the programme has grown in scope and impact, with strong delegate feedback and increasing engagement across all offerings.

BASEM Revision Course Part One (2 sittings)

This course was delivered entirely online across 2 sittings and attracted a total of 41 delegates. The virtual format continues to support flexible learning and broad participation, ensuring accessibility for a diverse range of professionals.

**BRITISH ASSOCIATION OF
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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Delegates represented a wide range of clinical backgrounds and geographic locations, with most based in the UK and international participants joining from Ireland, Sweden, Saudi Arabia, and the West Indies.

Specialties included a broad mix of primary care clinicians, hospital doctors, sports medicine professionals, and allied health practitioners, ranging from trainees to senior leaders.

This diversity enriched the learning experience and highlighted the course’s relevance across multiple disciplines within Sport and Exercise Medicine.

[Sitting 1](#) received 7 feedback responses. Individual session ratings were strong, with Soft Tissue, Sports and Minor Injury Management (including investigations and radiology) receiving a perfect score of 5/5, and Sudden Death in Sport and Exercise-Associated Collapse scoring 4/5.

Delegates praised the course’s structure and delivery:

- *“Really good comprehensive cover of topics, tutors all very helpful, passionate & knowledgeable. It has made me feel more prepared. I enjoyed the incorporation of questions into talks—helpful for learning, passing knowledge, and identifying blind spots.” – Anonymous*
- *“Given how busy the day was, I thought the course was really well run and engaging and has helped me prepare for the exam. The breakout rooms I found helpful.” – Anonymous*

[Sitting 2](#) also received 7 feedback responses, with all rated sessions scoring an average of 4.5/5 These included:

- Tutorial A – Psychology
- Tutorial B – Exercise in Special Groups: Women
- Tutorial B – Exercise in Special Groups: Children

Feedback across both sittings indicates that the course remains well-aligned with delegate needs, offering high-quality content and interactive learning experiences.

BASEM Revision Course Part Two

Thirteen delegates attended this online course, including participants from Canada and Ireland, and it received highly positive feedback. A total of 7 responses were submitted, which showed that individual session ratings were excellent. All sessions within the Common MSK Scenarios and Joint Examination Review series—including Elbow, Wrist and Hand, Knee, Hip and Groin, Spine, Shoulder, and Foot and Ankle—received an average score of 5/5, reflecting the high quality and relevance of the content.

Participants particularly valued the interactive elements, including breakout groups and case-based discussions, which fostered collaborative learning and practical application of knowledge. Specific comments included:

- *“Group/discussion format was great.” – Club Doctor*
- *“Enjoyed small breakout rooms. Improves group discussion.” – Anonymous*

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FOR THE YEAR ENDED 31 DECEMBER 2024**

The course continues to meet the expectations of those preparing for the FSEM Part Two examination, offering a well-structured and engaging learning experience tailored to the needs of SEM professionals.

BASEM Revision Courses for the Diploma in Team Care and Diploma in Exercise Medicine

These newly introduced courses were developed in response to the updated FSEM Diploma examinations. Close collaboration with the Faculty of Sport and Exercise Medicine was instrumental in shaping the content, particularly through the sharing of practice questions and alignment with the revised exam structure.

The Diploma in Team Care Revision Course welcomed 35 delegates, including 2 international participants from Spain and the West Indies. Feedback from 16 respondents averaged 4.25/5, with sessions on older, retiring, and retired athletes scoring a perfect 5/5, and topics such as performance threat management, immune health, and recovery strategies averaging 4/5.

One delegate noted, *“Good to hear practical examples to go along with the reading. Makes it more realistic and easier to apply to my own practice.”* – Anonymous

The Diploma in Exercise Medicine Revision Course attracted 54 delegates, with 33 feedback responses averaging 4.4/5 for overall satisfaction. Sessions on Physical Activity Guidelines and Epidemiology received a perfect score of 5/5, while the Pregnancy and Post-Partum breakout session averaged 4/5.

Delegate comments reflected the high quality and professionalism of the course delivery:

- *“Very slick organisation. Well timed and great presentations.”* – Emergency Medicine Doctor
- *“Excellent overview of what to study for the exam.”* – Medical SpR
- *“Passionate and knowledgeable faculty.”* – GP

Delegates included a diverse mix of UK-based and international clinical and allied health professionals from six countries, with specialties spanning primary care, hospital medicine, sports medicine, and physiotherapy. Their varied backgrounds, from trainees to senior leaders, created a rich learning environment and reinforced the course’s broad relevance within Sport and Exercise Medicine.

Comprehensive resources have now been developed for both courses, and the tutor teams are well-established, ensuring these offerings are ready for annual delivery and continued alignment with evolving examination standards.

Our Partnerships

Faculty of Sport and Exercise Medicine (FSEM)

In 2023, BASEM membership voted in favour of working with FSEM to establish a College. This will mean dissolving both existing charities to form a new organisation, and as such we have been working closely with FSEM throughout 2024 to gather legal advice and ensure appropriate communication with each membership set. We are now well underway into this process.

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**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Undergraduate Sports and Exercise Medicine Society (USEMS)

We have continued our support for SEM undergraduates through our partnership with the Undergraduate Sport and Exercise Medicine Society.

We again supported the USEMS conference, which was this year hosted by Undergraduate SEM Society at University College London, and we provided branded bags for the delegates which contained careers information and a prize for their Poster Competition. We have also again supported some of USEMS IT costs, such as a Canvas and Zoom account, to help them promote SEM through their society.

The Undergraduate Elective Award in association with USEMS continues to be popular among our undergraduate members and in 2024 supported four medical students to complete electives in Australia and Malta.

SEM Academy

A greater number of our members are now using SEM Academy on a regular basis for e-learning, with just over half of our membership signed up to the platform. This is a platform we have invested heavily in, in partnership with the Australasian College of Sports and Exercise Physicians and it provides up to date, relevant e-learning across a huge range of SEM topics.

Orthoevidence

We have renewed our licence for members to receive Orthoevidence again this year. Over 1000 BASEM members have registered with Orthoevidence and an average of 26% of these use the platform on a regular basis. It allows members to keep up to date with the latest research to improve patient care. It has the single largest MSK database in the world and this is available at no cost to all of our members but a cost to BASEM at £18.49 per annum per member currently using the platform. Members find this a useful resource for clinical practice and this resource is particularly welcomed by our allied health professional members.

Our Annual Conference

'Translating Research into Practice'

Coventry Arena, November 2024

Conference Chair: Professor Dane Vishnubala

BASEM held its annual conference at Coventry Arena in November 2024, and we are pleased to report it was a resounding success. The event brought together professionals from across the Sport and Exercise Medicine (SEM) community, offering a rich and varied programme that reflected both the depth and breadth of the field.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Programme and Content

The conference featured multiple thematic streams covering musculoskeletal practice, exercise medicine, and athlete/team care. Sessions addressed both specialist and generalist topics, including novel approaches and current hot issues in SEM. A total of 72 speakers from five countries; Australia, Canada, South Africa, Denmark, and the USA, contributed to the programme, bringing international expertise and diverse perspectives. To support the delivery of content, 10 stream chairs and 15 session chairs provided leadership and continuity across sessions, ensuring a well-coordinated and high-quality experience for delegates.

Delegates and Reach

BASEM's conference programme welcomed 304 delegates, with strong national and international engagement. Delegates joined from 12 countries outside the UK, including Pakistan, USA, Switzerland, Japan, Turkey, Australia, Saudi Arabia, Trinidad & Tobago, Ireland, Canada, Malaysia, and Azerbaijan. Delegates represented a wide range of professional specialties, including GPs, consultants, registrars, physiotherapists, chiropractors, academics, nutritionists, and team doctor, demonstrating the relevance and reach of BASEM's offerings across the SEM community.

Academic Contributions

In addition to the main programme, delegates were invited to explore high-quality poster presentations and attend Podium Presentations on Day 1. These sessions showcased member research and innovation. On Day 2, winners of the Association Prize for SEM and the Tom Donaldson Poster Prize were announced, recognising excellence in academic contribution.

Networking and Social Events

The conference programme included dedicated social and break times to actively encourage networking and meaningful connections among delegates. The Conference Dinner, held on the evening of Day 1, began with a drink's reception, followed by a seated meal in the main hall. The evening concluded with the BASEM pop-up casino, offering guests further opportunities to relax, engage, and build relationships in an informal setting.

Accreditation and CPD

The conference was awarded CPD accreditation by the Faculty of Sport and Exercise Medicine. All delegates received CPD certificates following the event to confirm their attendance and support their ongoing professional development.

Industry Engagement

Sponsors were present in the Exhibition Hall, offering a wide variety of products and services relevant to the SEM industry. Their support played a vital role in making the conference possible, and delegates were encouraged to visit their stands throughout the event.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Feedback and Impact

Some feedback received:

"Brilliant conference everyone... the best BASEM one I have been to and I have been to a lot! Well done."

Speaker & former Conference Chair: SEM Doctor and Defence GP

"All the organisation was excellent. Everything was so slick." **Co-Chair,** Consultant in SEM

"Thank you to you and the rest of the BASEM conference team. As a speaker and first time at BASEM I felt very well looked after. Great flow to the day and content I felt was diverse and top quality. Great to meet new connections and catch up with old colleagues" **Speaker:** Head of Women's Physiotherapy

"Many thanks for another top class BASEM conference, seamless organisation with fantastic range of speakers to stimulate discussion and learning. Brilliant." **Speaker :** Lecturer at UCL, & Medical Adviser

Delegate feedback was actively collected and remains invaluable in shaping future meetings. The true impact of the conference lies in the changes it inspires in practice. Attendees shared how the event opened up new opportunities for athlete services and research, encouraged community-focused physical activity, and helped translate research into real-world application. One delegate noted:

"By attending the conference, I'm now more inclined towards the sports medicine field. I learned so much, and my practice has become far more research based."

Our Publications and Communications

British Journal of Sport and Exercise Medicine (BJSM) and BMJ Open Sport and Exercise Medicine (BOSEM) Jointly owned by BASEM and British Medical Journal (BMJ), our members continue to receive the BJSM at no charge to them. In 2024, BJSM retained its' spot as top journal in the Sports Sciences category at 16.2, whilst BOSEM impact factor has also improved to 5.2. We continued to support our members wanting to pursue a career in research through a discount of 25% on article processing charges for publishing in BOSEM. Members can also apply for a BOSEM Article Processing Charges Award, which if approved, will cover the full publishing cost of articles in BOSEM. Through these initiatives we aim to increase the amount of research carried out in the SEM sector and support those who have the ability to carry out research but haven't got the financial support to do so.

**BRITISH ASSOCIATION OF
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FOR THE YEAR ENDED 31 DECEMBER 2024**

The BJSM continue to lead globally within sport and exercise medicine research. Of particular note is BJSM's pioneering work on Equity, Diversity, and Inclusion (EDI). They are the first BMJ Group journal to require an EDI statement with every manuscript submission: a commendable step toward highlighting EDI principles in research.

Member Newsletter (BASEM Today)

BASEM Today has continued to develop, with excellent content throughout the year, showcasing different aspects of SEM, and knowledge from our membership, in addition to raising awareness of BASEM's work. The team have worked hard this year to streamline processes and create efficiencies, in addition to bringing in external sponsors to ensure the publication costs are kept to a minimum. The publication is currently available to all members in paper form and online.

BINGs

Since 2022, our BINGs have been growing and developing, with more and more members taking up the opportunity to virtually network. In 2024 we focused on a range of topics, including Concussion and RED-S, which saw great discussion between Doctors and Allied Professionals working in a range of settings, countries and sports. As highlighted in member feedback, access to networking opportunities is seen as a highly valued benefit of BASEM membership and we are keen to continue to offer a range of platforms for or members to do this. Undergraduates have notably found BINGs useful, as it allows for them to hear about examples of their learnings in practice within SEM and the different approaches between the professions and sports; encouraging multidisciplinary working from the very start of their career.

E-Circular

Our monthly e-bulletin enables members to have a summary of all BASEM's activity in one email. Throughout the year, the e-circular has been developed to ensure better readability and a more visual overview of key points. This remains a popular resource for BASEM members.

Meetings, Votes, and Ad-hoc Updates

During 2024, a huge amount of Board and staff time was spent discussing and planning the formation of a new college of SEM, jointly with the Faculty of Sport and Exercise Medicine (FSEM UK). A dedicated steering group with representatives from both organisations has been established to oversee and guide this process.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

Volunteers

BASEM has continued to receive a vast amount of support from its volunteers, who make up various working groups and committees, including the conference, awards, science, and education committees and the BASEM Today team, who keep members up to date with the latest. Many of our members continue to contribute to our newsletters, by providing articles, guest editing editions of BASEM Today and BASEM Reports, and sharing their connections to help us identify others outside of the BASEM community who can help. There are a range of individual members who have supported BASEM by giving their time to increase the knowledge base at BASEM, by disseminating information to the BASEM Board about their areas of expertise, and those who represent BASEM at external events. The BASEM community has given a lot to support BASEM this year, and we are truly grateful for everyone's time and effort.

Governance

BASEM is a charitable company, with memorandum and articles of association (M&As) as the governing document which guides process such as appointing new trustees. BASEM Trustees and BASEM staff have met regularly throughout the year, with a continued focus on transparency, governance and strategic alignment. Operational processes have been accessed and optimised, such as the membership database and awards systems.

No Trustee elections were held in 2024, and no changes made to our M&As.

A key area of focus has been the collaborative work with FSEM toward forming the new organisation. A dedicated steering group with representatives from both organisations has been established to oversee and guide this process. We continue to communicate with lawyers and HR teams to ensure a thorough process is followed. A designated member of staff was appointed in 2024 to oversee this process.

Development

At the end of 2022, BASEM put aside designated funds for the purposes of developing BASEM's membership offer, including a greater number of member opportunities, education, and events and raising awareness of SEM in general. To ensure BASEM could work on the development, BASEM increased the staff base further, and spent time ensuring we recruited, trained, and retained good, high quality staff, and that the office was equipped for the increase in staff numbers and included modern-day technology. Our development projects in 2024 included:

IT Development

To ensure we are working in the most efficient way possible, the team reviewed our current IT systems and found ways of automating many of the processes. This included our awards system, which previously relied on manual systems and spreadsheets. Additionally, we have worked on updating our website with new functionality and making it easier for members and non-members to find information, including the ability to search, and easier access members' area. The new BASEM website will go live in early 2024 and will be a window to everything BASEM does and provide a one-stop-shop for members.

BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024

Member Support

BASEM continues to review and develop its offer and support to members. This includes partnership development to ensure members are getting the best service and value for money and investing in internal services such as the Member Directory and educational content.

Staff Development

In 2024 the team at BASEM has developed a strong bond through collaborative working to continue the good work of BASEM. Each of us has grown within our own functions while also supporting one another, whenever needed.

Our Team Values

Collaboration: We work together, supporting each other and sharing knowledge to achieve collective success.

Respect: We value diversity and treat everyone with fairness, dignity, and understanding.

Integrity: We act with honesty, accountability, and transparency in all areas of our work.

Innovation: We encourage creativity, adaptability, and continuous improvement.

Excellence: We strive for the highest standards, taking pride in the quality and impact of what we do.

Wellbeing: We prioritise a supportive environment where our team feel safe, respected, and able to thrive.

Future Plans

We have made huge inroads to reviewing our current provision, resources and reach, and we are now in a position to take the next steps of our three-year strategic plan. On the horizons for 2026 includes:

- Keeping core relationships with partners
- Member engagement, creating different ways for members to be involved with BASEM
- Promote members benefits
- Creation of the new College of SEM (CSEM)

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee and registered in England. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed by its governing document and Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

Trustees are appointed for up to 3 years and can be re-elected for a further 3 years, subject to the rules laid down in the Memorandum and Articles of Association.

Organisational structure

The board meet at least four times a year to deal with the business of the Association and is responsible for the governance framework, the strategic direction and policy of the charity. Staff members also attend the meetings but have no voting powers.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and Senior Management Team are discussed and agreed at each board meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Each meeting's minutes are recorded, circulated to each member and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the SMT.

Induction and training of new trustees

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The Chair and SMT are responsible for ensuring a full induction of Trustees takes place, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the SMT or secretary at the time of the changeover of trustees.

Risk management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the SMT and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at meetings held throughout the year and the risk management policies are amended as required.

PUBLIC BENEFIT

The trustees have considered this purpose, the aims and objectives of the charity and its current and planned activities against the Charity Commission's general guidance on public benefit. The Trustees are satisfied that the charity's purpose, aims, objectives and activities are fully consistent with charity purposes as defined in the Charities Act 2011.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2024**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- state whether applicable accounting standards have been followed, subject to any material departures disclosed and explained in the financial statements;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Xeinaidin Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Report of the trustees, incorporating a strategic report, approved by order of the board of trustees, as the company directors, on 27/09/2025..... and signed on the board's behalf by:

Dr Patrick Wheeler
.....
Dr P Wheeler - Trustee

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Opinion

We have audited the financial statements of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE (the 'charitable company') for the year ended 31 December 2024 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2024 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Material uncertainty relating to going concern

We draw attention to Note 1 in the financial statements and the Trustees Annual Report, which indicates that a material uncertainty exists as the charity is in later stages of a potential merger. As part of the merger, there is a possibility that the company will transfer operations and net assets to a new entity, and wind up the company within the next 12 months.

Our opinion is not modified in respect of this matter.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the company, we identified that the principal risks of non-compliance with laws and regulations related to charities commission and corporation tax legislation and we considered the extent to which non-compliance might have a material effect on the financial statements. As part of this assessment we considered both quantitative and qualitative factors. We also considered those laws and regulations that have a direct impact on the preparation on the financial statements, such as the Companies Act 2006 and FRS 102.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements which included the risk of management override of controls. We determined that the principal risks were related to posting inappropriate journal entries, omitting, advancing or delaying recognition of events and transactions that have occurred during or after the reporting period, and potential management bias in the determination of accounting estimates or judgements to manipulate results.

Audit procedures performed by the engagement team include:

- Enquiring of and obtaining written representation from management in relation to known or suspected instances of non-compliance with laws and regulations and fraud;
- Evaluation of management's controls designed to prevent and detect irregularities;
- Identifying and, where relevant, testing journal entries posted by senior management or with unusual combinations;
- Assessing and evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Incorporating elements of unpredictability into the nature, timing and/or extent of audit procedures performed.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentation, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report, or for the opinions we have formed.

Andrew Cribb

Andrew Cribb FCA (Senior Statutory Auditor)
for and on behalf of Xeinadin Audit Limited
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

Date: 29/09/2025.....

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**STATEMENT OF FINANCIAL ACTIVITIES
(INCORPORATING AN INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities					
Memberships	4	185,054	-	185,054	169,129
Courses		57,050	-	57,050	33,187
Conferences		114,456	-	114,456	111,681
Journal income		646,145	-	646,145	627,457
Other trading activities	2	64,006	-	64,006	54,550
Investment income	3	17,795	-	17,795	17,339
Total		1,084,506	-	1,084,506	1,013,343
EXPENDITURE ON					
Raising funds	5	-	-	-	869
Charitable activities					
Memberships	6	267,394	-	267,394	269,342
Courses		219,425	-	219,425	163,641
Conferences		320,149	-	320,149	280,775
Journal income		127,806	-	127,806	88,155
Awards		99,886	-	99,886	91,440
Total		1,034,660	-	1,034,660	894,222
Net gains on investments		-	-	-	41,912
NET INCOME		49,846	-	49,846	161,033
RECONCILIATION OF FUNDS					
Total funds brought forward		2,960,848	4,115	2,964,963	2,803,930
TOTAL FUNDS CARRIED FORWARD		3,010,694	4,115	3,014,809	2,964,963

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**BALANCE SHEET
31 DECEMBER 2024**

	Notes	Unrestricted funds £	Restricted fund £	2024 Total funds £	2023 Total funds £
FIXED ASSETS					
Tangible assets	13	173,254	-	173,254	178,083
Investment property	14	206,000	-	206,000	206,000
		379,254	-	379,254	384,083
CURRENT ASSETS					
Debtors	15	593,633	-	593,633	532,496
Investments	16	1,159,726	-	1,159,726	-
Cash at bank		1,119,509	4,115	1,123,624	2,118,569
		2,872,868	4,115	2,876,983	2,651,065
CREDITORS					
Amounts falling due within one year	17	(241,428)	-	(241,428)	(70,185)
NET CURRENT ASSETS					
		2,631,440	4,115	2,635,555	2,580,880
TOTAL ASSETS LESS CURRENT LIABILITIES					
		3,010,694	4,115	3,014,809	2,964,963
NET ASSETS					
		3,010,694	4,115	3,014,809	2,964,963
FUNDS					
19					
Unrestricted funds:					
Designated fund				270,000	130,000
Unrestricted fund				2,672,441	2,745,533
Awards fund				68,253	85,315
				3,010,694	2,960,848
Restricted funds:					
Restricted funds				4,115	4,115
TOTAL FUNDS					
				3,014,809	2,964,963

The financial statements were approved by the Board of Trustees and authorised for issue on 27/09/2025..... and were signed on its behalf by:

Dr Patrick Wheeler
Dr Patrick Wheeler (See 27-2025 21:57:08 GMT+1).....
P Wheeler - Trustee

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2024**

	Notes	2024 £	2023 £
Cash flows from operating activities			
Cash generated from operations	1	167,703	47,813
Finance costs paid		<u>(7,617)</u>	<u>(6,545)</u>
Net cash provided by operating activities		<u>160,086</u>	<u>41,268</u>
Cash flows from investing activities			
Fixed term cash deposits		(1,159,726)	-
Purchase of tangible fixed assets		(1,112)	(5,512)
Interest received		<u>5,807</u>	<u>9,966</u>
Net cash (used in)/provided by investing activities		<u>(1,155,031)</u>	<u>4,454</u>
Change in cash and cash equivalents in the reporting period			
Cash and cash equivalents at the beginning of the reporting period		(994,945)	45,722
		<u>2,118,569</u>	<u>2,072,847</u>
Cash and cash equivalents at the end of the reporting period		<u><u>1,123,624</u></u>	<u><u>2,118,569</u></u>

**BRITISH ASSOCIATION OF
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**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2024	2023
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	49,846	161,033
Adjustments for:		
Depreciation charges	5,941	5,406
Losses on investments	-	(41,912)
Interest received	(5,807)	(9,966)
Finance costs	7,617	6,545
Increase in debtors	(61,137)	(62,891)
Increase/(decrease) in creditors	<u>171,243</u>	<u>(10,402)</u>
Net cash provided by operations	<u>167,703</u>	<u>47,813</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.24	Cash flow	At 31.12.24
	£	£	£
Net cash			
Cash at bank	<u>2,118,569</u>	<u>(994,945)</u>	<u>1,123,624</u>
	<u>2,118,569</u>	<u>(994,945)</u>	<u>1,123,624</u>
Liquid resources			
Deposits included in cash	-	-	-
Current asset investments	<u>-</u>	<u>1,159,726</u>	<u>1,159,726</u>
	<u>-</u>	<u>1,159,726</u>	<u>1,159,726</u>
Total	<u>2,118,569</u>	<u>164,781</u>	<u>2,283,350</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

One aspect to highlight at the start of this report are the ongoing discussions with the UK Faculty of Sport & Exercise Medicine (FSEM) to create a brand-new College of Sport, Exercise, and Musculoskeletal Medicine, bringing together the activities of both BASEM and FSEM into a single organisation.

BASEM members continue to be kept up to date through regular updates, and through information on our website <https://basem.co.uk/proposed-college/>. For most up to date information, readers are directed to this section of the website.

In the collaborative work with FSEM toward forming the new organisation, a dedicated steering group with representatives from both organisations has been established to oversee and guide this process. We continue to communicate with lawyers and HR teams to ensure a thorough process is followed. A designated member of staff was appointed in 2024 to oversee this process.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the activity that aggregate all cost related to the activity. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Awards offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Governance costs

Governance costs include costs of the preparation and audit of statutory accounts, remuneration to trustees for services not related to duties of being a trustee, costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Allocation and apportionment of costs

Administration costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and are allocated to activity cost categories on a basis consistent with the use of resources.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

1. ACCOUNTING POLICIES - continued

Allocation and apportionment of costs

Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

Website development

Website development is written off over three years, which is the period considered the site will provide economic benefit.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	- 2% on cost
Fixtures and fittings	- 20% on cost
Computer equipment	- 25% on cost

Investment property

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

Taxation

The charity is exempt from corporation tax on income and gains falling within Part 11 of the Corporation Tax Act 2010, to the extent that these are applied to its charitable purposes.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds set aside by the directors for specific future purposes or projects.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each material fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

Current asset investments

Current asset investments comprise of cash deposits placed on fixed-term or notice account and are held at cost.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

2.	OTHER TRADING ACTIVITIES		2024	2023
			£	£
	Sponsorship		<u>64,006</u>	<u>54,550</u>
3.	INVESTMENT INCOME		2024	2023
			£	£
	Rents received		11,988	7,373
	Deposit account interest		<u>5,807</u>	<u>9,966</u>
			<u>17,795</u>	<u>17,339</u>
4.	INCOME FROM CHARITABLE ACTIVITIES		2024	2023
		Activity	£	£
	Member subscriptions	Memberships	185,054	169,129
	Course fees	Courses	57,050	33,187
	Congress income	Conferences	114,456	111,681
	Journal income	Journal publication & other services	646,145	627,457
			<u>1,002,705</u>	<u>941,454</u>
5.	RAISING FUNDS			
	Other trading activities			
			2024	2023
			£	£
	Sponsorship		<u>-</u>	<u>869</u>
6.	CHARITABLE ACTIVITIES COSTS			
		Direct	Support	Totals
		Costs	costs (see	
		£	note 7)	£
	Memberships	60,097	207,297	267,394
	Courses	65,834	153,591	219,425
	Conferences	251,812	68,337	320,149
	Journal income	127,806	-	127,806
	Awards	<u>41,860</u>	<u>58,026</u>	<u>99,886</u>
		<u>547,409</u>	<u>487,251</u>	<u>1,034,660</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

7. SUPPORT COSTS

	Administration £	Governance costs £	Totals £
Memberships	204,781	2,516	207,297
Courses	148,968	4,623	153,591
Conferences	63,067	5,270	68,337
Awards	<u>55,510</u>	<u>2,516</u>	<u>58,026</u>
	<u>472,326</u>	<u>14,925</u>	<u>487,251</u>

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2024 £	2023 £
Auditors' remuneration	9,600	9,600
Depreciation - owned assets	5,941	5,407
Hire of plant and machinery	<u>1,519</u>	<u>1,129</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

	2024 £	2023 £
Trustees' fees	<u>2,223</u>	<u>4,412</u>

The following remuneration was paid to Charity's trustees, for services towards providing the Company's charitable aims:

	2024 £	2023 £
Dr Jane Dunbar	-	1,400
Mrs Lucy Wright	-	1,000
Dr Dane Vishnubala	2,223	2,012

The board have given regard to the Charity Commission's guidance and consider the payments to be in the best interest and reasonable for the services provided.

No remuneration was paid to the trustees during the financial year or previous financial year, for their duties as a trustee.

Trustees' expenses

	2024 £	2023 £
Trustees' expenses	<u>3,102</u>	<u>510</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

10. STAFF COSTS

	2024	2023
	£	£
Wages and salaries	240,213	195,414
Social security costs	17,602	14,454
Other pension costs	<u>14,644</u>	<u>11,477</u>
	<u>272,459</u>	<u>221,345</u>

The average monthly number of employees during the year was as follows:

	2024	2023
Administration & management	<u>5</u>	<u>6</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2024	2023
£60,001 - £70,000	-	1
Less than £60,000	<u>5</u>	<u>5</u>
	<u>5</u>	<u>6</u>

Termination benefits paid during the year amounted to £26,438 as part of a restructuring program.

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Memberships	169,129	-	169,129
Courses	33,187	-	33,187
Conferences	111,681	-	111,681
Journal income	627,457	-	627,457
Other trading activities	54,550	-	54,550
Investment income	<u>17,339</u>	<u>-</u>	<u>17,339</u>
Total	<u>1,013,343</u>	<u>-</u>	<u>1,013,343</u>
EXPENDITURE ON			
Raising funds	869	-	869
Charitable activities			
Memberships	269,342	-	269,342
Courses	163,641	-	163,641
Conferences	280,775	-	280,775
Journal income	88,155	-	88,155
Awards	91,440	-	91,440

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued	Unrestricted funds £	Restricted fund £	Total funds £
	<u> </u>	<u> </u>	<u> </u>
Total	894,222	-	894,222
Net gains on investments	41,912	-	41,912
NET INCOME	161,033	-	161,033
RECONCILIATION OF FUNDS			
Total funds brought forward	2,799,815	4,115	2,803,930
	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS CARRIED FORWARD	<u>2,960,848</u>	<u>4,115</u>	<u>2,964,963</u>
12. INTANGIBLE FIXED ASSETS			Website £
COST			
At 1 January 2024 and 31 December 2024			<u>44,141</u>
AMORTISATION			
At 1 January 2024 and 31 December 2024			<u>44,141</u>
NET BOOK VALUE			
At 31 December 2024			<u> </u> <u> </u>
At 31 December 2023			<u> </u> <u> </u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

13. TANGIBLE FIXED ASSETS

	Long leasehold £	Fixtures and fittings £	Computer equipment £	Totals £
COST				
At 1 January 2024	230,712	11,156	44,488	286,356
Additions	<u>-</u>	<u>-</u>	<u>1,112</u>	<u>1,112</u>
At 31 December 2024	<u>230,712</u>	<u>11,156</u>	<u>45,600</u>	<u>287,468</u>
DEPRECIATION				
At 1 January 2024	59,352	11,156	37,765	108,273
Charge for year	<u>4,614</u>	<u>-</u>	<u>1,327</u>	<u>5,941</u>
At 31 December 2024	<u>63,966</u>	<u>11,156</u>	<u>39,092</u>	<u>114,214</u>
NET BOOK VALUE				
At 31 December 2024	<u>166,746</u>	<u>-</u>	<u>6,508</u>	<u>173,254</u>
At 31 December 2023	<u>171,360</u>	<u>-</u>	<u>6,723</u>	<u>178,083</u>

14. INVESTMENT PROPERTY

	£
FAIR VALUE	
At 1 January 2024 and 31 December 2024	<u>206,000</u>
NET BOOK VALUE	
At 31 December 2024	<u>206,000</u>
At 31 December 2023	<u>206,000</u>

Fair value at 31 December 2024 is represented by:

	£
Valuation in 2023	41,912
Cost	<u>164,088</u>
	<u>206,000</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2024	2023
		£	£
Trade debtors		557,066	505,588
Prepayments		<u>36,567</u>	<u>26,908</u>
		<u>593,633</u>	<u>532,496</u>

16. CURRENT ASSET INVESTMENTS		2024	2023
		£	£
Other		<u>1,159,726</u>	<u>-</u>

At the balance sheet date, the charity held £1.161m (2023: £NIL) as cash equivalents on deposit. A balance of £60,000 requires 30 days notice and a balance of £60,000 requires 45 days notice. The trustees consider the deposits low-risk and liquid, the income generated to be used to support the charity's long term objectives.

17. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR		2024	2023
		£	£
Trade creditors		176,372	25,239
Social security and other taxes		4,785	5,400
VAT		30,614	-
Other creditors		14,297	515
Pension		-	881
Accruals and deferred income		<u>15,360</u>	<u>38,150</u>
		<u>241,428</u>	<u>70,185</u>

18. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

		2024	2023
		£	£
Within one year		1,783	1,783
Between one and five years		<u>3,244</u>	<u>5,026</u>
		<u>5,027</u>	<u>6,809</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

19. MOVEMENT IN FUNDS

	At 1.1.24 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
Designated fund	130,000	-	140,000	270,000
Unrestricted fund	2,745,533	91,599	(164,691)	2,672,441
Awards fund	<u>85,315</u>	<u>(41,753)</u>	<u>24,691</u>	<u>68,253</u>
	2,960,848	49,846	-	3,010,694
Restricted funds				
Restricted funds	<u>4,115</u>	-	-	<u>4,115</u>
TOTAL FUNDS	<u><u>2,964,963</u></u>	<u><u>49,846</u></u>	<u><u>-</u></u>	<u><u>3,014,809</u></u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted fund	1,084,506	(992,907)	91,599
Awards fund	<u>-</u>	<u>(41,753)</u>	<u>(41,753)</u>
	1,084,506	(1,034,660)	49,846
TOTAL FUNDS	<u><u>1,084,506</u></u>	<u><u>(1,034,660)</u></u>	<u><u>49,846</u></u>

Comparatives for movement in funds

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
Designated fund	452,300	(61,654)	(260,646)	130,000
Unrestricted fund	2,347,515	222,687	175,331	2,745,533
Awards fund	<u>-</u>	<u>-</u>	<u>85,315</u>	<u>85,315</u>
	2,799,815	161,033	-	2,960,848
Restricted funds				
Restricted funds	<u>4,115</u>	-	-	<u>4,115</u>
TOTAL FUNDS	<u><u>2,803,930</u></u>	<u><u>161,033</u></u>	<u><u>-</u></u>	<u><u>2,964,963</u></u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

19. MOVEMENT IN FUNDS - continued

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
Designated fund	-	(61,654)	-	(61,654)
Unrestricted fund	<u>1,013,343</u>	<u>(832,568)</u>	<u>41,912</u>	<u>222,687</u>
	<u>1,013,343</u>	<u>(894,222)</u>	<u>41,912</u>	<u>161,033</u>
TOTAL FUNDS	<u><u>1,013,343</u></u>	<u><u>(894,222)</u></u>	<u><u>41,912</u></u>	<u><u>161,033</u></u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.24 £
Unrestricted funds				
Designated fund	452,300	(61,654)	(120,646)	270,000
Unrestricted fund	2,347,515	314,286	10,640	2,672,441
Awards fund	<u>-</u>	<u>(41,753)</u>	<u>110,006</u>	<u>68,253</u>
	2,799,815	210,879	-	3,010,694
Restricted funds				
Restricted funds	<u>4,115</u>	<u>-</u>	<u>-</u>	<u>4,115</u>
TOTAL FUNDS	<u><u>2,803,930</u></u>	<u><u>210,879</u></u>	<u><u>-</u></u>	<u><u>3,014,809</u></u>

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
Designated fund	-	(61,654)	-	(61,654)
Unrestricted fund	2,097,849	(1,825,475)	41,912	314,286
Awards fund	<u>-</u>	<u>(41,753)</u>	<u>-</u>	<u>(41,753)</u>
	<u>2,097,849</u>	<u>(1,928,882)</u>	<u>41,912</u>	<u>210,879</u>
TOTAL FUNDS	<u><u>2,097,849</u></u>	<u><u>(1,928,882)</u></u>	<u><u>41,912</u></u>	<u><u>210,879</u></u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2024**

20. EMPLOYEE BENEFIT OBLIGATIONS

The organisation operates a defined contribution pension scheme.

	2024	2023
	£	£
The costs of the scheme to the charity for the year	14,644	11,477
The amount of any contributions outstanding at the year end	-	881
The amount of any contributions prepaid at the year end	-	-

21. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2024.

22. DESIGNATED FUNDS

Designated funds contains income from unrestricted charitable activities.

These funds have been designated to assist the charity in improving its ability to carry out its charitable aims. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

The designated funds are for the following purposes and expected to be expensed in the 12 months following the balance sheet date:

To create a new research training course for members to improve their skills and provide them with greater opportunities.

BASEM's contribution to maintain members' fees.

Provision for legal services in respect of potential collaboration and establishment of College of SEM.

23. AWARDS FUNDS

Awards funds contains income from unrestricted charitable activities. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

These funds have been designated for Members' research awards and contracted bursaries, to promote the speciality of sport and exercise medicine

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

England & Wales - Charity number 293854

Accounts

REGISTERED COMPANY NUMBER: 01962979 (England and Wales)
REGISTERED CHARITY NUMBER: 293854

**FINANCIAL STATEMENTS
FOR THE YEAR ENDED
31 DECEMBER 2023**

FOR

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Xeinadin Audit Limited
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 3NU

BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE

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FOR THE YEAR ENDED 31 DECEMBER 2023

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**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REFERENCE AND ADMINISTRATIVE DETAILS
FOR THE YEAR ENDED 31 DECEMBER 2023**

TRUSTEES	Mrs L Wright Dr S Kluzek T Allardyce Dr R Chatterjee Dr K Brennan (resigned 5.5.23) Dr E Carmont (resigned 25.8.23) Dr J Dunbar (resigned 21.8.23) Dr R A Hawkes Dr K Marino Dr A N Seth (resigned 4.11.23) Dr D A Vishnubala Dr P Wheeler Dr T Leggett (appointed 7.11.23) Dr J Wong (appointed 7.11.23) Dr R G Mitchell (appointed 7.11.23)
COMPANY SECRETARY	Dr R Chatterjee
REGISTERED OFFICE	Unit 3 Jetstream Drive Auckley Doncaster DN9 3QS
REGISTERED COMPANY NUMBER	01962979 (England and Wales)
REGISTERED CHARITY NUMBER	293854
AUDITORS	Xeinadin Audit Limited Sidings House Sidings Court Lakeside Doncaster South Yorkshire DN4 5NU

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2023. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019).

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing document

The organisation is a charitable company limited by guarantee and registered in England. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed by its governing document and Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

Recruitment and appointment of new trustees

Trustees are appointed for up to 3 years and can be re-elected for a further 3 years, subject to the rules laid down in the Memorandum and Articles of Association.

Organisational structure

The board meet at least four times a year to deal with the business of the Association and is responsible for the governance framework, the strategic direction and policy of the charity. Staff members also attend the meetings but have no voting powers.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and CEO are discussed and agreed at each board meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Each meeting's minutes are recorded, circulated to each member and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the CEO and SMT.

Induction and training of new trustees

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The Chair and CEO are responsible for ensuring a full induction of Trustees takes place, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the CEO or secretary at the time of the changeover of trustees.

Risk management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the CEO and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at meetings held throughout the year and the risk management policies are amended as required.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

**Trustees' Annual Report
Foreword by Chair of BASEM, Professor Patrick Wheeler**

Welcome to BASEM's Annual Report for the period 1st January to 31st December 2023. This report lays out the activities of this charity this year and I would encourage all our members to take a look, as there is a lot of work that goes on behind the scenes to keep BASEM going, there may be aspects of BASEM's activities that are new to you.

I will start by offering my thanks for the hard work of Dr Eleanor Tillett, my predecessor as BASEM Chair who demitted from office in August 2023. She held the reins at BASEM during the challenging Covid years, which was a challenging time in all of our lives, where we all had to adapt to ever-changing processes and rules. I was privileged to serve on BASEM's Board alongside her as a Trustee for several years and I was impressed how Eleanor strove to seek harmony wherever possible and move forward things with consensus. Having taken over as BASEM Chair, I see how much goes on behind the scenes, how many things there are to juggle, and the competing priorities on time and headspace in this voluntary role. Since taking on the BASEM Chair role, my admiration for all my predecessors in this role has only increased. BASEM corporately owes each of you many thanks.

This Annual Report highlights BASEM's activities throughout this year. As always this would not be possible without the support of our membership, the time given to us by our many volunteers who serve BASEM in many ways, the activities of our Trustees who give up their time free of charge to oversee BASEM, and the work of our BASEM staff a number of whom are new in the last year or two. We could not do all that we do without all your efforts, and I will take this opportunity to offer each and every one of you my thanks. In 2023, with the end of several Trustees terms of office, we welcomed three new Trustees to the Board (Dr Jean Wong, Dr Ralph Mitchell, and Dr Tom Leggett) who were voted in by the BASEM membership. In addition welcomed in three new staff members (Diane Moss, Emily Cappleman, and Mel Kitching) to bolster the very small number of staff that BASEM has.

The largest single item to draw attention to are the discussions and planning with the Faculty of Sport & Exercise Medicine (FSEM) to seek to form a medical "College". In May 2023 our membership voted overwhelmingly to progress discussions with the Faculty of Sport & Exercise Medicine to join forces to seek to create a single entity, as a "*College of Sport, Exercise and Musculoskeletal Medicine*" (the name to be decided at a future date) bringing together the activities and roles of both organisations into a single organisation. To do so, not only facilitates internal workings between both entities, but also provides external organisations with a clearer route of communication to the bigger "us". The activities of this charity are to be preserved, and strengthened by the formation of a medical College, and BASEM's legacy of support to its members will be persevered whatever the name of the future entity. The road to the membership vote started in 2020 / 2021 with initial discussions and proposals. Meetings then took place between representatives of the Boards of BASEM and FSEM leading to the creation of joint working groups, comprised of members of both organisations, which reviewed the positives and negatives of different facets of coming together into a single organisation. From these a detailed document was produced and circulated to our membership with this information. A live Q&A session was held and, after this, members of BASEM and FSEM voted separately as to whether they wished to proceed. Both organisations voted overwhelmingly in favour, which has started the next stages in the legal processes. An initial step of this for BASEM was to instruct lawyers to investigate "due diligence", ensuring that there was no significant legal, financial, or reputational impact on BASEM of joining with FSEM. This is a necessary initial stage of the next phase. Necessary archives and documents were obtained during 2023 to pass to legal teams, who will then review these and construct reports for BASEM Board, before next steps can be fully undertaken. There will be many steps on this road and it will take a year or more to do this correctly, being guided by legal advice all the way though. BASEM Membership is kept up to date with these steps through communication both in BASEM Today and through monthly emails. Information is also posted onto a section of the BASEM Website <https://basem.co.uk/proposed-college/> for members to stay up to date with progress.

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Our annual conference, held at Emirates Old Trafford Cricket Ground in Manchester in October 2023 was another opportunity to bring membership together in both education and networking. We brought together many international and national speakers on a broad range of topics, as well as showcasing the works of our own membership through posters and award presentations. It's great to be able to host these events again after several years where covid restrictions meant that these couldn't happen. We built on messages received from Brighton 2022 and the feedback from the 2023 Conference was again positive. This has then fed into the processes for the 2024 Conference which is to be held at the Coventry Building Society Arena, led by Dr Dane Vishnubala, the BASEM Chair of Education. We look forwards to a busy and exciting conference in November 2024.

Membership continues to grow within BASEM; at the end of 2023 we had 1119 members, up from 1038 twelve months beforehand. Three-quarters of our members are doctors, with a range of allied health professionals comprising the remainder. A common theme for new members joining is the ongoing education and support that BASEM offers. In 2023 BASEM has continued to run our long-established residential Foundation Skills Course which imparts skills and knowledge to people often early in their professional journey, in addition BASEM has developed revision courses for FSEM Part 1 and Part 2 exams helping people prepare for these professional qualifications. Also in 2023 BASEM has run a brand-new revision course for people wishing to undertake the FSEM Diploma in Exercise Medicine qualification exam, and (assuming anyone in the education team has any time or capacity) there may be plans to develop new courses in the future, so watch this space

We hope that this report helps to shine a light on the activities of BASEM, and for all our members we hope to stay in touch with you all, and hopefully see you in Coventry in November for our 2024 Conference.

Prof. Patrick Wheeler
Chair of BASEM

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Introduction

BASEM is an organisation established in 1952 to promote the study and investigation of all medical aspects of sport. Its vision was to be the authoritative body on every medical aspect of athletics and exercise. The organisation has worked hard over the years to gain recognition for the field of sports medicine, raising awareness, pioneering research, and leading in practice. Today, BASEM is known as a multidisciplinary sports and exercise membership organisation. Many of its members hold key positions within SEM, both in the UK and across the globe. BASEM's membership continues to be diverse, with just over 1100 members across a wide selection of disciplines. Many of its members are actively involved with BASEM, whether that be through participation in one of the committees, providing resources for members or holding a place on the Board. The expertise within BASEM is extensive.

BASEM co-owns the British Journal of Sports Medicine, a highly rated global publication which promotes research and education in sport and exercise medicine.

BASEM's Vision

BASEM is the leading multidisciplinary sport and exercise medicine membership organisation in the UK with a core responsibility to provide leadership, education, and support for all.

- *BASEM members are multidisciplinary healthcare professionals who provide the care and management necessary to ensure safe and continuing participation in sport and physical activity at all levels with an emphasis on musculoskeletal medicine.*
- *BASEM supports the benefits of physical activity in all populations, without discrimination and the importance it plays in health and well-being and its role in both primary and secondary prevention of disease. BASEM supports the WHO Global Action Plan to make significantly more people active by 2030.*
- *BASEM recognises the need for strong National and International partnerships to achieve its vision.*
- *BASEM is joint owner of the British Journal of Sports Medicine and the BMJ Open Sport and Exercise Medicine Journal with BMJ Publishing and supports a strong international research agenda to underpin its principles.*

BASEM's Objects

Object	Activity	Object	Activity
To promote exercise as a therapeutic tool	PR campaigns promoting activity and impact on health to public	To support and promote the multi-disciplinary team in Sport and Exercise Medicine	MACP collaboration AHP benefits AGM Education BASEM Today Conference BINGs
To support the professional needs of those doctors working in the specialty of Sport and Exercise Medicine and to advise on career structures in Sport and Exercise Medicine;	Member benefits Conference Education USEMS Career opportunities ads	To provide support and education for those healthcare professionals involved in the care of athletes and individuals undertaking, or aspiring to undertake, regular physical activity at all levels	Education Conference
To promote the specialty of Sport and Exercise Medicine and to encourage best standards of clinical practice in the care of the exercising individual	PR campaigns Education Conference BINGs BJSM BASEM Today	To promote the adoption of evidenced-based practice in all areas of Sport and Exercise Medicine	Awards Education Conference BJSM
To support and encourage research in Sport and Exercise Medicine	BJSM Awards	To promote the adoption of exercise and physical activity by all sections of the population for their general wellbeing and in the prevention of illness	PR campaigns BASEM Today
To assist and advise all relevant authorities in adopting policies that will encourage and promote physical activity in schools, the workplace and the home	OHA collaboration BJSM PR campaigns	To cooperate with the Faculty of Sport and Exercise Medicine and the Institute of Sport and Exercise Medicine and to collaborate with other associations both nationally and internationally, in furthering the specialty of Sport & Exercise Medicine and the aims of the association.	Collaborative / partnership work Awards

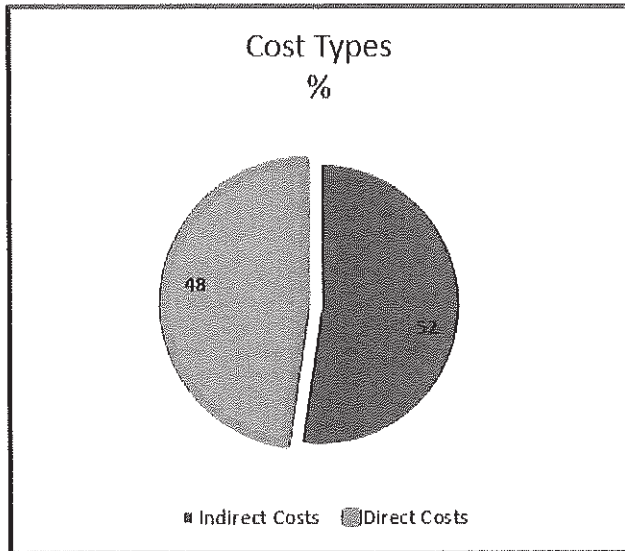
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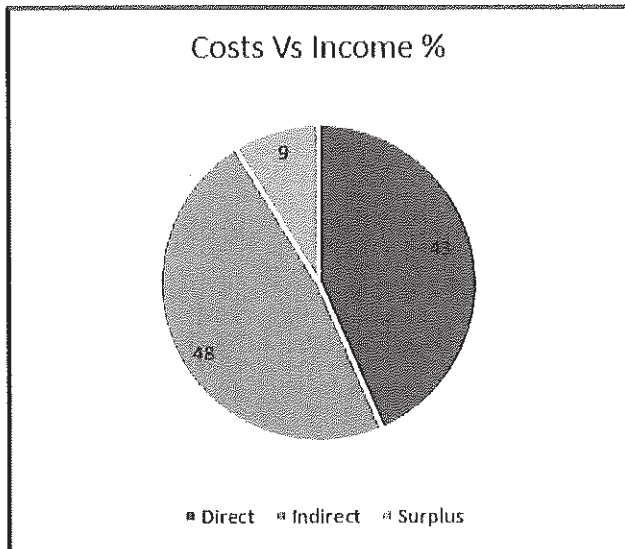
The Financials

Our Direct Costs



There is a slight increase in our indirect costs this year. This is due to the planned development work which will improve membership benefits and education and includes our IT and website development work and additional staff costs. These costs are not ongoing yet will result in greater efficiencies in the long-term. The costs were set aside as designated funds in our accounts at the end of 2022.

Costs Vs Income



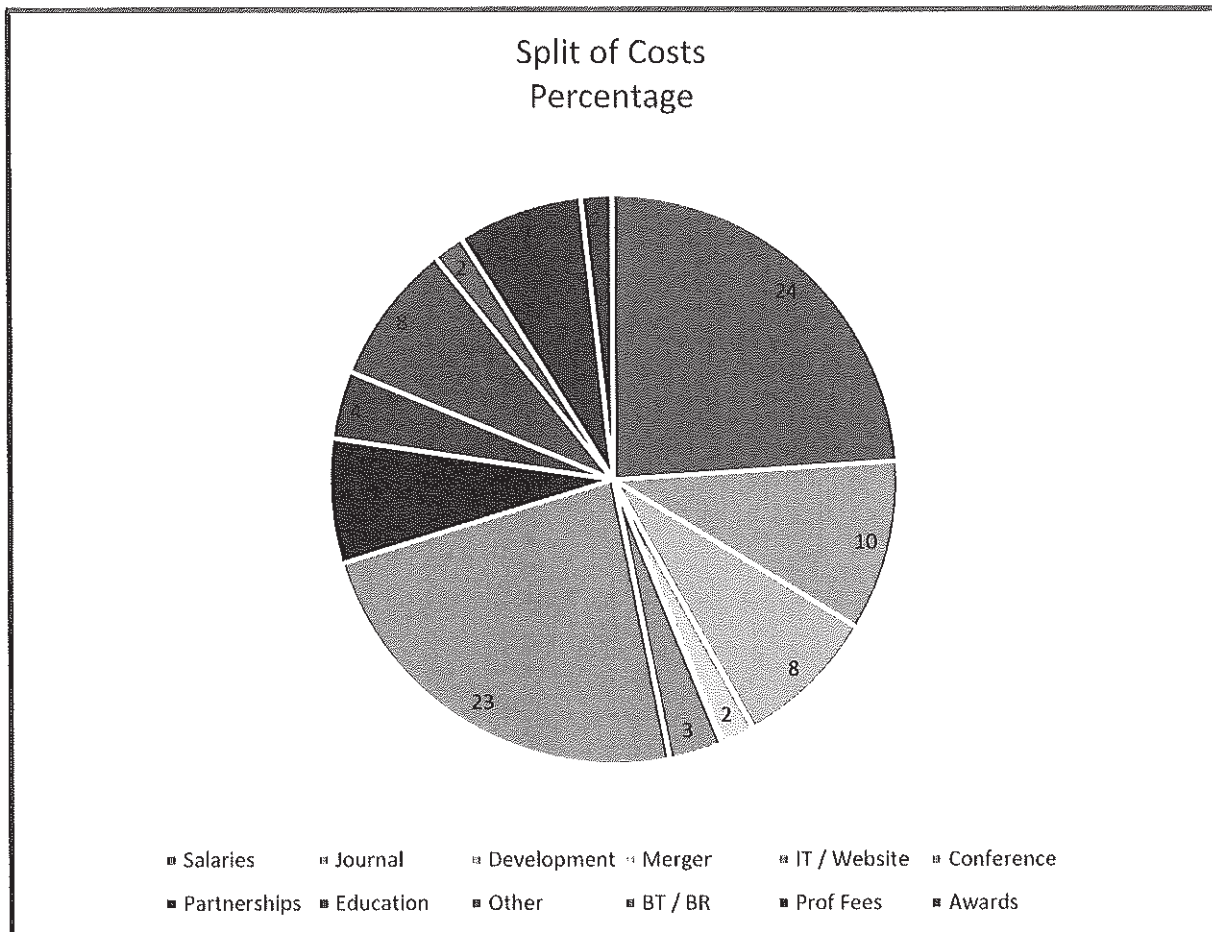
As a Charity, it is important to understand how our income is spent. In 2023, 48% of our income was spent on running costs, and development work and 43% still spent directly on member benefits. A reduction in our surplus this year was planned to focus on development.

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Costs Breakdown



In 2023, BASEM has spent time developing new member benefits and increasing its reach. In order to do so, we have increased the number of staff to bring in expertise in conference and event organisation, leadership and management, education, and administration. Our staff costs have naturally increased and have become BASEM's largest single expenditure. The costs of our conference also increased, mostly due to general increases in venue hire, AV costs, and other human resources. However, our conference income increased more significantly, and as such, BASEM's total financial contribution towards the conference from its reserves decreased.

Our valued journal, BJSM, is a cost that BASEM pays for all its members and this cost comes in as the third highest single cost. Many of our members find the journal to be one of the greatest benefits of membership, where members would have to pay significantly more than their annual membership fee to BASEM for just the journal alone.

Two new categories are appearing on this year's report. Firstly, 9% of our costs were spent on development work. This is planned work for year two of our strategic plan, and it was to cover the cost of putting in place better systems which will create greater efficiencies, and even more worthwhile member benefits, such as networking opportunities through a member directory and a mentoring scheme.

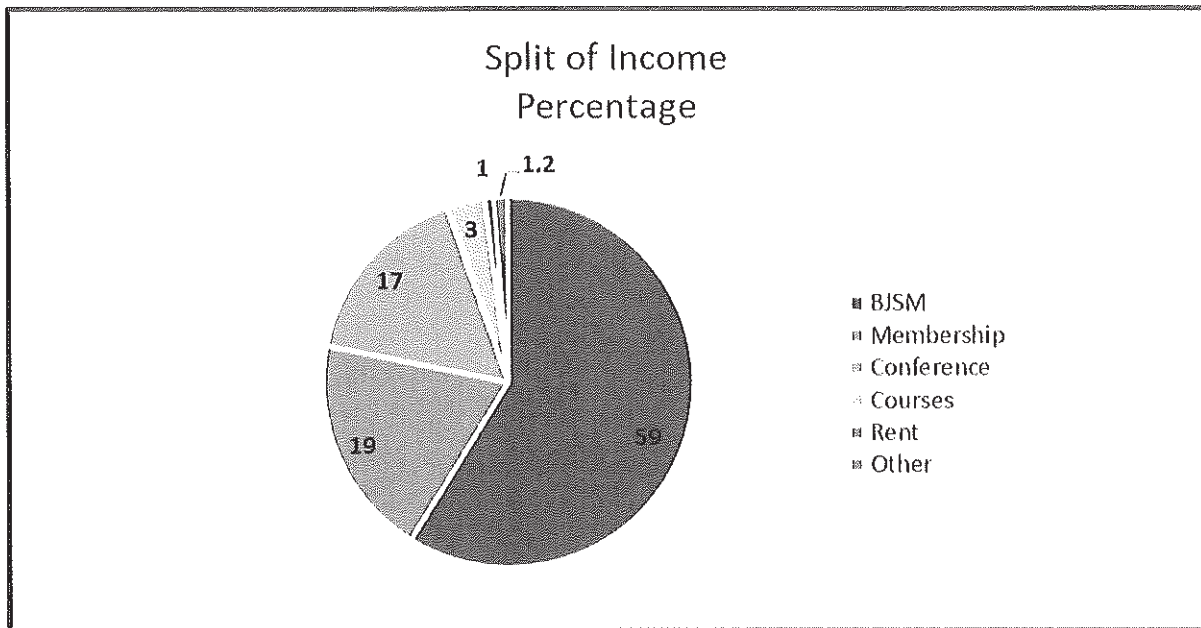
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These are one-off costs and they were put aside at the end of 2022 in a designated fund. Secondly, in 2023 we worked with the Faculty of Sport and Exercise Medicine towards the creation of a College of SEM. There have been costs involved with this so far, which have included legal advice, and the cost of organising member Q&A and subsequent votes to ensure all members can have a voice in this significant activity that BASEM is undertaking.

Income



Our income sources remain consistent, with much of our income being from our medical journal, BJSM. This helps to support the costs of supporting our membership and being able to have a greater impact in developing the sports and exercise medicine speciality. However, our conference income grew this year from 8% in 2022 to 17%. This was due to an increase in ticket sales, and an increase in sponsorship. Our aim is to have a financially sustainable conference model, so that BASEM is able to direct its income on providing further education opportunities for members, so it is great news that we are moving closer towards that.

Balance Sheet

We have a restricted fund which hasn't decreased in 2023. This was a restricted fund given to BASEM to provide an award, which we didn't open up in 2023. This award has since been reopened and we expect the restricted balance to decrease over the forthcoming year.

The Board reviewed the reserves policy and signed off on a new policy which enables BASEM to hold reserves appropriate to ensure that in the event of a catastrophic event causing BASEM to go into liquidation, the following commitments can be met:

- Running costs for six months of run down
- Financial commitment of any outstanding awards
- Financial commitment of conference costs
- Two years' staff costs (including pension and NICs)

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Because the level of these commitments change, reserves are to be reviewed against these commitments annually, and the appropriate amount of reserves are put aside in a separate BASEM account. For 2024, the maximum reserves required would be £854,036. At 31 December 2023 the charity held free reserves of £2.361m and total reserves £2.961m.

In BASEM's budget for 2024, BASEM is also holding £60,000 of designated funds to potential costs of the work to establish a new College of SEM, jointly with FSEM (UK).

Plans for 2023

During 2023, the second year of our three-year strategic plan, we aimed to build on the groundwork we had put in place in 2022 and start to develop our existing offer. This included:

- Developing our partnerships to improve career development opportunities for members
- Building our brand and reputation to increase membership and promote SEM
- Reviewing our systems and processes to ensure BASEM is working efficiently whilst continuing to provide a quality service
- Increasing, improving, and raising awareness of membership benefits to attract and retain members and ensure standards are met
- Development of awards to focus on research in SEM
- Developing the organisation's systems and resources to ensure the organisation is fit to grow and broaden its membership base further

Activities to Meet Objects

Our Research Bursaries and Awards

Following a review of our awards, we reopened them in 2023 and have had a great number of quality applications. This report deals with awards that we have paid out during 2023, and may not include the full value awarded to applicants.

This year, these have included:

- £2,000 paid for our external training and development award
- £995 for our MSc bursary
- £9,506.02 for our research bursary
- £151.78 for the travelling fellowship
- £145.45 towards the undergraduate elective award
- £2,950 for our conference awards

- We also had an opportunity for a member to receive financial support towards a PhD in a subject of BASEM's choosing (sport and health). Following applications, the awards panel agreed that there wasn't a suitable PhD study during this cohort and that the PhD award would be reviewed during 2024 against other commitments.

Our Promotion of Members' Work and BASEM

Branding and Exhibiting

We looked to increase BASEM's reach this year through attending events and being present at key times. In order to make sure our message was heard, we spent time improving our exhibiting resources, and using marketing techniques to keep our organisation in mind post-event. By attending international events, we have also increased general awareness of BASEM overseas, with our stand being a very popular one to attend. We have worked hard to increase interaction between BASEM and prospective members and we have included existing members in our activities to promote the benefits of BASEM membership.

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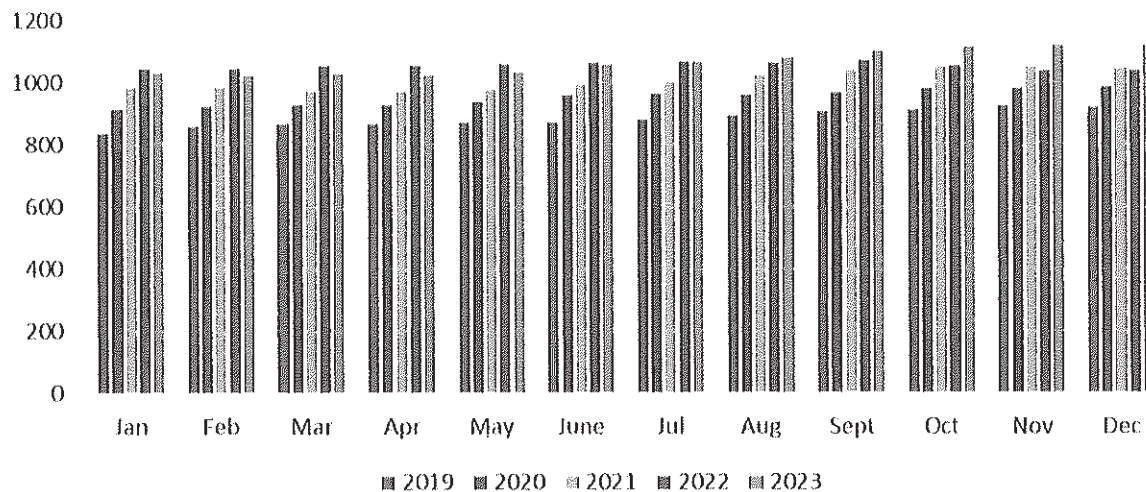
Membership Growth

One of our targets was to increase membership by 5% in this year and we spent a lot of time promoting membership, promoting our members, and raising awareness of SEM. We actually grew membership by 7.8% in 2023 (numbers of members at the end of 2023 Vs number of members at the end of 2022). The largest proportion of new members were full members, and 14% of new members are allied health professionals, which shows that BASEM is still attracting a multidisciplinary membership. New joining members stated their reasons for joining were having an interest in SEM, education, networking, career development.

2023 in comparison to the last 5 years

Membership in 2023 has gone against the trend of the last 5 years and has continued to grow throughout the year.

Active Membership by month for the last 5 years



Podcasts

In 2022, BASEM developed a PR series called "Focus On" which gave members the opportunity to provide articles or media to promote their own discipline. In 2023, we developed this concept further and created a podcast series called "Spotlight on SEM". The podcasts are interviews conducted with our members and are put on BASEM's website, in addition to BASEM's podcast channel on Spotify. These have attracted a wide audience, including from outside our membership, and aim to increase awareness of sport and exercise medicine professionals and their expertise, in addition to supporting networking amongst fellow SEM professionals.

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Our Education and Careers Resources

Foundation course

Our foundation course is a three-and-a-half-day residential course, which explores the three strands of SEM; exercise medicine, musculoskeletal medicine and team care. It is typically attended by those starting out in their SEM career, and those whose main role is focused elsewhere but they have a special interest in SEM. It covers topics such as impact of activity to health, examination techniques, nutrition, common MSK problems, and treatment. 100% saying the course was appropriate for their needs. As always, delegates have gained from the practical elements of the course as well as the ability to network with experienced tutors.

"The foundation course was excellent. I thought the teaching was fantastic, the faculty were friendly and very approachable and finally I was able to meet the others on the course. It was made even better by the great food and the dinner / bar evenings. I've felt really very inspired and excited about continuing on the new journey. Thank you all for such a brilliant evening."

"I will take on board the info I learned in the MSK lectures and examination sessions into my current practice."

"I am currently working in rugby but would like to gain experience in different sports and really build up a career in SEM alongside my general practice. It's also massively improved my examination skills and my confidence in getting hands on with MSK presentations"

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Revision courses

Our revision courses are primarily for those who wish to sit the Faculty of Sport and Exercise Medicine (FSEM) membership exam, aimed at registrars, and are there to refresh delegates' knowledge. Some delegates attend the revision course to just update their knowledge, and do not go on to sit the exam. The course is delivered online to enable as many candidates to attend as possible.

BASEM Revision Course Part One

We had 32 delegates on this course, which was delivered online allowing overseas members to attend and making it more accessible to all as there was no need for them to travel. 100% of delegates completing feedback forms said the course met their needs.

BASEM Revision Course Part Two

We had 10 delegates for this course. 100% of those who completed the feedback forms said the course met their needs. Participants enjoyed the breakout groups and case studies.

Our Partnerships

Faculty of Sport and Exercise Medicine (FSEM)

At the beginning of 2023, members from BASEM and FSEM had completed their work in providing a report which outlined how BASEM and FSEM could and whether it should form a college of sport and exercise medicine. Following the report, members voted on the next steps and the vote result has enabled BASEM and FSEM to continue to work towards establishing the new college. This will mean dissolving both existing charities, and as such we have been working closely with FSEM throughout the year to gather legal advice, and ensure appropriate communication with each membership set. As 2023 drew to a close, BASEM and FSEM had begun a legal due diligence process with the aim of commencing the establishment of the new entity in 2024.

Undergraduate Sports and Exercise Medicine Society (USEMS)

We have continued our support for SEM undergraduates through our partnership with the Undergraduate Sport and Exercise Medicine Society. We supported the USEMS conference, which attracted around 70 delegates from universities across the UK, and we provided branded bags for the delegates which contained careers information. We have also again supported some of USEMS IT costs to help them promote SEM through their society.

USEMS came to our AGM and spoke to members about how BASEM have supported USEMS and the value of BASEM's input to early SEM careerists, which was great for members to see the added value of BASEM's membership to the development of SEM.

SEM Academy

A greater number of our members are now using SEM Academy on a regular basis for e-learning, with just under half of our membership signed up to the platform. This is a platform we have invested heavily in, in partnership with the Australasian College of Sports and Exercise Physicians and it provides up to date, relevant e-learning across a huge range of SEM topics.

Orthoevidence

We have renewed our licence for members to receive Orthoevidence again this year. Over 1000 BASEM members have registered with Orthoevidence and 33% of these use the platform on a regular basis. It allows members to keep up to date with the latest research to improve patient care. It has the single largest MSK database in the world and this is available at no cost to all of our members but a cost to BASEM at around £18 per annum per member currently using the platform. Members find this a useful resource for clinical practice and this resource is particularly welcomed by our allied health professional members.

UK Anti-Doping (UKAD)

In 2023, we signed a new partnership agreement with UKAD which would result in members being much better informed about updates in anti-doping legislation. UKAD also attended and spoke to members at our AGM, and their session which provided details of new legislation was welcomed by members.

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Our Annual Conference

Emirates Old Trafford Cricket Ground 2023

We held our annual conference in Old Trafford, Manchester and we are very pleased to report the conference was a huge success. This was the first conference that the BASEM team have organised within a year since COVID, and we hosted the largest number of delegates with a great balance of early careers and SEM professionals. 333 delegates attended the conference, and along with speakers, staff, volunteers, and sponsors, there was a total of approximately 450 people at the conference. We had four excellent keynote speakers whose sessions were very popular.

Professor Fiona Bull, World Health Organisation, presented "Getting the World Moving: Seven Years to 2030 and We're Not Doing Enough". 94.5% of delegates attending this session said it was good or excellent.

"Amazing, very eye opening start to the conference"

Ms Jo Gibson, Rehab4Performance, presented "Searching for Solutions in Musculoskeletal Pain: Making Connections". 87.5% of delegates attending this session said it was good or excellent.

"Highly engaging talk – very interesting and will shape my future practice".

Dr Andrew Massey, FIFA, presented "Team Care in a Challenging Environment". 88.3% of delegates attending this session said it was good or excellent.

"Open, honest learning points for us all"

Dr Chris Tomlinson, British Gymnastics (2013-2023), finished the conference with his presentation "Whistleblowing: Raising Concerns in Elite Sport". 90.3% of delegates attending this session said it was good or excellent.

"Really incredible talk – very moving, highlights the key role we have as clinicians in this field and the important role of strong safeguarding procedures".

Overall, 96.5% of people responding said they thought the whole event was good or excellent (Average 4.6 out of 5), with the best aspects being the range of topics, networking, the organisation, the quality of speakers, development opportunities, and learning from research.

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The impact of the conference comes from the changes that people will make in their future practice as a result. These include:

- "Will now promote physical activity to improve health and wellbeing"
- "Gained new contacts to support my future career development"
- "Gave me different methods of practice to improve outcomes"
- "Made me think about the importance of communication skills in my role"
- "Thinking more broadly"
- "Incorporating learning from science into practice"
- "How to incorporate SEM into general NHS work"
- "Developed my knowledge base"
- "To continue to look out for things that aren't right and raise concerns to protect others"

Our Publications and Communications

British Journal of Sport and Exercise Medicine (BJSM) and BMJ Open Sport and Exercise Medicine (BOSEM)

Jointly owned by BASEM and British Medical Journal (BMJ), our members continue to receive the BJSM at no charge to them. In 2023, BJSM retained its impact factor top spot in the Sports Sciences category at 18.4, whilst BOSEM achieved its first impact factor rating of 4.8, which is an excellent start for our open access journal. We continued to support our members wanting to pursue a career in research through a discount of 25% on article processing charges for publishing in BOSEM, and at the end of 2023 a new award which will cover the full publishing cost of articles BASEM members get published in BOSEM is covered. Through these initiatives we aim to increase the amount of research carried out in the SEM sector and support those who have the ability to carry out research but haven't got the financial support to do so.

Additionally, BASEM, BJSM, and BOSEM created a new award called the 3Bs. This award is for editors of BJSM and BOSEM who are at a financial disadvantage, usually those who are in lower income countries, to receive funding towards attendance at a conference in order to develop their knowledge and network, with the aim of being able to source high quality content for both publications.

Member Newsletter (BASEM Today)

BASEM Today has continued to develop, with excellent content throughout the year, showcasing different aspects of SEM, and knowledge from our membership, in addition to raising awareness of BASEM's work. The team have worked hard this year to streamline processes and create efficiencies, in addition to bringing in external sponsors to ensure the publication costs are kept to a minimum. The publication is currently available to all members in paper form and online. The online edition has on average just under 200 readers, which shows us that BASEM members particularly enjoy BASEM's own updates including details of our education and conferences.

BINGs

Our first BING meeting was held in 2022 and since this point this networking group has developed with there being a larger number of members attending. The group has incorporated a subject or theme each session to attract a broader range of members and we have made it even easier for members to join a BING. Many of our members have said they value networking as one of the main benefits of being a member of BASEM, and this is just one of a few ways we support and facilitate networking between members. Overseas members have found BINGs particularly useful, especially where SEM training hasn't been established in their country, and members have been keen to learn about UK pathways. In addition to general discussions, the group have focused on ethics, standard setting in SEM, and new guidance on concussion. Although this isn't primarily an educational activity, the BINGs have been a great outlet to share knowledge and raise standards across various disciplines, which we are keen to continue to develop further.

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RED-S

BASEM has a dedicated site for dissemination of knowledge on RED-S, particularly directed at athletes and dancers, and their coaches and healthcare professionals. The RED-S site is accessed by on average 150 times a week. It is becoming well known and has a wide audience, as our member, Dr Nicky Keay, who provides the content for the site promotes the site at a variety of events worldwide.

E-Circular

Our monthly e-bulletin enables members to have a summary of all BASEM's activity in one email. Throughout the year, the e-circular has been developed to ensure better readability and a more visual overview of key points. This remains a popular resource for BASEM members.

Meetings, Votes, and Ad-hoc Updates

During 2023, a huge amount of Board and staff time, along with a large number of member volunteers, was spent discussing and planning the formation of a new college of SEM, jointly with the Faculty of Sport and Exercise Medicine (FSEM UK). In 2022, working groups were formed made up of members from both organisations, to research the impact of either forming a college together, or remaining as separate organisations, and in 2023 the results of their work were put to members of both organisations and members were asked to vote as to whether we should form a college based on the findings or remain separate. Members were frequently updated throughout the whole process, with e-shots, posted letters, social media, videos, and meetings including a Q&A session held in May 2023.

Volunteers

BASEM has continued to receive a vast amount of support from its volunteers, who make up various working groups and committees, including the conference, awards, science, and education committees and the BASEM Today team, who keep members up to date with the latest. Many of our members continue to contribute to our newsletters, by providing articles, guest editing editions of BASEM Today and BASEM Reports, and sharing their connections to help us identify others outside of the BASEM community who can help. We have also started to receive offers of help from other members who are willing to get involved with our PR campaigns. There are a range of individual members who have supported BASEM by giving their time to increase the knowledge base at BASEM, by disseminating information to the BASEM Board about their areas of expertise, and those who represent BASEM at external events. The BASEM community has given a lot to support BASEM this year, and we are truly grateful for everyone's time and effort.

Governance

We had some vacancies on our Board in 2023 due to retirement of Trustees. We undertook recruitment for new Trustees from our membership, in accordance with our M&As. We hoped to attract members who are GPs with a special interest, as this is an area that isn't as represented by our Board team, but that makes up quite a large chunk of our membership base, and we were successful in recruiting two GPwSI and one registrar, who further adds to the diversity of role representation by our Board. We also appointed our new Chair, Professor Patrick Wheeler, who stood for election as Chair when Professor Eleanor Tillett's term came to an end.

We worked hard on improving our financial reports in 2023 to ensure BASEM has a better understanding of its funds, and as a result we were able to draw up a new reserves policy and create a plan for our surpluses.

We wanted to attract a greater number of members to our AGM this year, and as such created some education opportunities around this to further engage members and provided a hybrid event, so members had the option to network as well. The education included talks from UKAD on anti-doping, USEMS on support for trainee SEM professionals, Dr Nicky Keay on hormones and health, and Professor Patrick Wheeler on multi-disciplinary teams in SEM.

We have made changes to our M&As this year to bring some of the processes up to date and ensure better administration from BASEM and easier methods for BASEM members to communicate with us.

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Trustees' Annual Report Continued

Development

At the end of 2022, BASEM put aside designated funds for the purposes of developing BASEM's membership offer, including a greater number of member opportunities, education, and events and raising awareness of SEM in general. To ensure BASEM could work on the development, BASEM increased the staff base further, and spent time ensuring we recruited, trained, and retained good, high quality staff, and that the office was equipped for the increase in staff numbers and included modern-day technology. Our development projects in 2023 included:

IT Development

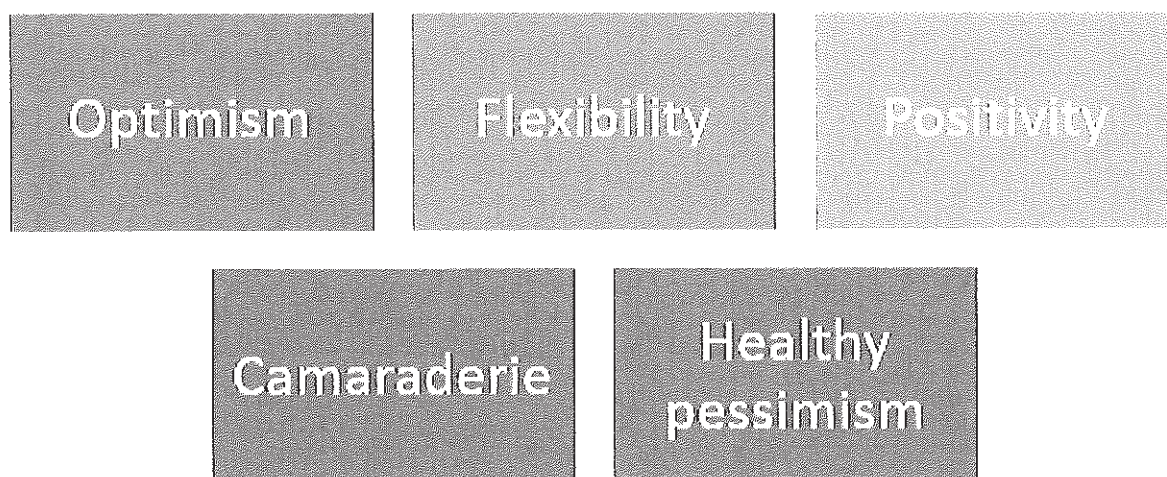
To ensure we are working in the most efficient way possible, the team reviewed our current IT systems and found ways of automating many of the processes. This included our awards system, which previously relied on manual systems and spreadsheets. Additionally, we have worked on updating our website with new functionality and making it easier for members and non-members to find information, including the ability to search, and easier access members' area. The new BASEM website will go live in early 2024 and will be a window to everything BASEM does and provide a one-stop-shop for members.

Member Support

Further to requests from members for increased networking opportunities, BASEM spent time this year creating the processes for a membership directory. This will be available to all members late 2024 and will allow members to search for other members based on geographical location, discipline, or expertise.

Staff Development

In order to improve the opportunities for members, we have taken on an additional two posts in 2023. We created two new posts to develop the range of education opportunities, support the running the 2023 conference, provide administration for the various projects. We also spent time on developing a competency-based system to provide staff with career paths, and to ensure staff are recognised for the work they do. Staff have described the team using these words:



**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

Trustees' Annual Report Continued

Office Refit

With a growing team, and a general return to the office post-COVID, in addition to a need for better meeting facilities, we invested in updating our office space. We introduced a new meeting room at the office, which we have offered as a free to use space to any of BASEM's members should they require some quiet time or meeting facilities.

Administration

We switched direct debit providers at the end of the year to reduce costs and to streamline our processes.

Future Plans

We have made huge inroads to reviewing our current provision, resources and reach, and we are now in a position to take the next steps of our three-year strategic plan. On the horizons for 2024 includes:

- Keeping core relationships with partners
- Member engagement, creating different ways for members to be involved with BASEM
- Promote members benefits
- Creation of the new College of SEM
- Introducing further educational courses

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**REPORT OF THE TRUSTEES
FOR THE YEAR ENDED 31 DECEMBER 2023**

STATEMENT OF TRUSTEES' RESPONSIBILITIES

The trustees (who are also the directors of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE for the purposes of company law) are responsible for preparing the Report of the Trustees and the financial statements in accordance with applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

Company law requires the trustees to prepare financial statements for each financial year which give a true and fair view of the state of affairs of the charitable company and of the incoming resources and application of resources, including the income and expenditure, of the charitable company for that period. In preparing those financial statements, the trustees are required to

- select suitable accounting policies and then apply them consistently;
- observe the methods and principles in the Charity SORP;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in business.

The trustees are responsible for keeping proper accounting records which disclose with reasonable accuracy at any time the financial position of the charitable company and to enable them to ensure that the financial statements comply with the Companies Act 2006. They are also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

In so far as the trustees are aware:

- there is no relevant audit information of which the charitable company's auditors are unaware; and
- the trustees have taken all steps that they ought to have taken to make themselves aware of any relevant audit information and to establish that the auditors are aware of that information.

AUDITORS

The auditors, Xeinadin Audit Limited, will be proposed for re-appointment at the forthcoming Annual General Meeting.

Approved by order of the board of trustees on 18/10/2024 and signed on its behalf by:

Dr P Wheeler

Dr P Wheeler (Oct 18, 2024 12:28 GMT+1)

Dr P Wheeler, Chair

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Opinion

We have audited the financial statements of BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE (the 'charitable company') for the year ended 31 December 2023 which comprise the Statement of Financial Activities, the Balance Sheet, the Cash Flow Statement and notes to the financial statements, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards (United Kingdom Generally Accepted Accounting Practice).

In our opinion the financial statements:

- give a true and fair view of the state of the charitable company's affairs as at 31 December 2023 and of its incoming resources and application of resources, including its income and expenditure, for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the Auditors' responsibilities for the audit of the financial statements section of our report. We are independent of the charitable company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

In auditing the financial statements, we have concluded that the trustees' use of the going concern basis of accounting in the preparation of the financial statements is appropriate.

Based on the work we have performed, we have not identified any material uncertainties relating to events or conditions that, individually or collectively, may cast significant doubt on the charitable company's ability to continue as a going concern for a period of at least twelve months from when the financial statements are authorised for issue.

Our responsibilities and the responsibilities of the trustees with respect to going concern are described in the relevant sections of this report.

Other information

The trustees are responsible for the other information. The other information comprises the information included in the Annual Report, other than the financial statements and our Report of the Independent Auditors thereon.

Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether this gives rise to a material misstatement in the financial statements themselves. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact. We have nothing to report in this regard.

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the Report of the Trustees for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the Report of the Trustees has been prepared in accordance with applicable legal requirements.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the charitable company and its environment obtained in the course of the audit, we have not identified material misstatements in the Report of the Trustees.

We have nothing to report in respect of the following matters where the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of trustees' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the trustees were not entitled to take advantage of the small companies exemption from the requirement to prepare a Strategic Report or in preparing the Report of the Trustees.

Responsibilities of trustees

As explained more fully in the Statement of Trustees' Responsibilities, the trustees (who are also the directors of the charitable company for the purposes of company law) are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the trustees determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the trustees are responsible for assessing the charitable company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the trustees either intend to liquidate the charitable company or to cease operations, or have no realistic alternative but to do so.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Our responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue a Report of the Independent Auditors that includes our opinion. Reasonable assurance is a high level of assurance but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Irregularities, including fraud, are instances of non-compliance with laws and regulations. We design procedures in line with our responsibilities, outlined above, to detect material misstatements in respect of irregularities, including fraud. The extent to which our procedures are capable of detecting irregularities, including fraud is detailed below:

Based on our understanding of the company, we identified that the principal risks of non-compliance with laws and regulations related to building regulations and corporation tax legislation and we considered the extent to which non-compliance might have a material effect on the financial statements. As part of this assessment we considered both quantitative and qualitative factors. We also considered those laws and regulations that have a direct impact on the preparation on the financial statements, such as the Companies Act 2006 and FRS 102.

We evaluated management's incentives and opportunities for fraudulent manipulation of the financial statements which included the risk of management override of controls. We determined that the principal risks were related to posting inappropriate journal entries, omitting, advancing or delaying recognition of events and transactions that have occurred during or after the reporting period, and potential management bias in the determination of accounting estimates or judgements to manipulate results.

Audit procedures performed by the engagement team include:

- Enquiring of and obtaining written representation from management in relation to known or suspected instances of non-compliance with laws and regulations and fraud;
- Evaluation of management's controls designed to prevent and detect irregularities;
- Identifying and, where relevant, testing journal entries posted by senior management or with unusual combinations;
- Assessing and evaluating the business rationale of significant transactions outside the normal course of business;
- Reviewing financial statement disclosures and testing to supporting documentation to assess compliance with applicable laws and regulations;
- Review of correspondence with regulators in so far as they are related to the financial statements;
- Incorporating elements of unpredictability into the nature, timing and/or extent of audit procedures performed.

There are inherent limitations in the audit procedures described above and the further removed non-compliance with laws and regulations is from the events and transactions reflected in the financial statements, the less likely we would become aware of it. Also, the risk of not detecting a material misstatement due to fraud is higher than the risk of not detecting one resulting from error, as fraud may involve deliberate concealment by, for example, forgery or intentional misrepresentation, or through collusion.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our Report of the Independent Auditors.

Other matters which we are required to address

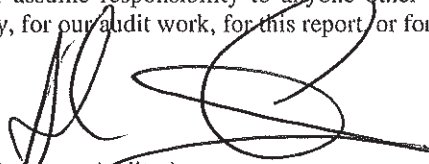
We draw attention to the comparative information which has not been audited, as in the previous period the Company fell below the Statutory Audit limits.

Our opinion is not modified in respect of this matter.

**REPORT OF THE INDEPENDENT AUDITORS TO THE MEMBERS OF
BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

Use of our report

This report is made solely to the charitable company's members, as a body, in accordance with Chapter 3 of Part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the charitable company's members those matters we are required to state to them in an auditors' report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the charitable company and the charitable company's members as a body, for our audit work, for this report or for the opinions we have formed.



Andrew Cribb FCA (Senior Statutory Auditor)
for and on behalf of Xeinadin Audit Limited
Sidings House
Sidings Court
Lakeside
Doncaster
South Yorkshire
DN4 5NU

Date:

28/10/2024

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**STATEMENT OF FINANCIAL ACTIVITIES
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
INCOME AND ENDOWMENTS FROM					
Charitable activities	4				
Memberships		169,129	-	169,129	159,880
Courses		33,187	-	33,187	31,040
Conferences		111,681	-	111,681	56,462
Journal partnership		627,457	-	627,457	577,398
Other trading activities	2	54,550	-	54,550	14,829
Investment income	3	17,339	-	17,339	13,064
Total		<u>1,013,343</u>	<u>-</u>	<u>1,013,343</u>	<u>852,673</u>
EXPENDITURE ON					
Raising funds	5	869	-	869	-
Charitable activities					
Memberships	6	269,342	-	269,342	286,879
Courses		163,641	-	163,641	39,537
Conferences		280,775	-	280,775	203,007
Journal partnership		88,155	-	88,155	91,445
Awards		91,440	-	91,440	4,829
Total		<u>894,222</u>	<u>-</u>	<u>894,222</u>	<u>625,697</u>
Net gains on investments		<u>41,912</u>	<u>-</u>	<u>41,912</u>	<u>-</u>
NET INCOME		161,033	-	161,033	226,976
RECONCILIATION OF FUNDS					
Total funds brought forward		<u>2,799,815</u>	<u>4,115</u>	<u>2,803,930</u>	<u>2,576,954</u>
TOTAL FUNDS CARRIED FORWARD		<u>2,960,848</u>	<u>4,115</u>	<u>2,964,963</u>	<u>2,803,930</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**BALANCE SHEET
31 DECEMBER 2023**

	Notes	Unrestricted funds £	Restricted fund £	2023 Total funds £	2022 Total funds £
FIXED ASSETS					
Tangible assets	13	178,083	-	178,083	342,065
Investment property	14	<u>206,000</u>	-	<u>206,000</u>	-
		384,083	-	384,083	342,065
CURRENT ASSETS					
Debtors	15	532,496	-	532,496	469,605
Cash at bank		<u>2,114,454</u>	<u>4,115</u>	<u>2,118,569</u>	<u>2,072,847</u>
		2,646,950	4,115	2,651,065	2,542,452
CREDITORS					
Amounts falling due within one year	16	<u>(70,185)</u>	-	<u>(70,185)</u>	<u>(80,587)</u>
NET CURRENT ASSETS		<u>2,576,765</u>	<u>4,115</u>	<u>2,580,880</u>	<u>2,461,865</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,960,848</u>	<u>4,115</u>	<u>2,964,963</u>	<u>2,803,930</u>
NET ASSETS		<u>2,960,848</u>	<u>4,115</u>	<u>2,964,963</u>	<u>2,803,930</u>
FUNDS					
18					
Unrestricted funds:					
Designated fund				130,000	452,300
Unrestricted fund				2,745,533	2,347,515
Awards fund				<u>85,315</u>	-
				<u>2,960,848</u>	<u>2,799,815</u>
Restricted funds:					
Restricted funds				<u>4,115</u>	<u>4,115</u>
TOTAL FUNDS				<u>2,964,963</u>	<u>2,803,930</u>

These financial statements have been prepared in accordance with the provisions applicable to charitable companies subject to the small companies regime.

The financial statements were approved by the Board of Trustees and authorised for issue on 18/10/2024 and were signed on its behalf by:

Dr P Wheeler
Dr P Wheeler (Oct 18, 2024 12:28 GMT+1)
Dr P Wheeler, Chair

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023**

	Notes	2023 £	2022 £
Cash flows from operating activities			
Cash generated from operations	1	47,813	249,894
Finance costs paid		<u>(6,545)</u>	<u>(4,939)</u>
Net cash provided by operating activities		<u>41,268</u>	<u>244,955</u>
Cash flows from investing activities			
Purchase of tangible fixed assets		(5,512)	-
Interest received		<u>9,966</u>	<u>1,575</u>
Net cash provided by investing activities		<u>4,454</u>	<u>1,575</u>
Change in cash and cash equivalents in the reporting period			
Cash and cash equivalents at the beginning of the reporting period		<u>2,072,847</u>	<u>1,826,317</u>
Cash and cash equivalents at the end of the reporting period		<u>2,118,569</u>	<u>2,072,847</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE CASH FLOW STATEMENT
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. RECONCILIATION OF NET INCOME TO NET CASH FLOW FROM OPERATING ACTIVITIES

	2023	2022
	£	£
Net income for the reporting period (as per the Statement of Financial Activities)	161,033	226,976
Adjustments for:		
Depreciation charges	5,406	9,222
Losses on investments	(41,912)	-
Interest received	(9,966)	(1,575)
Finance costs	6,545	4,939
Increase in debtors	(62,891)	(29,923)
(Decrease)/increase in creditors	<u>(10,402)</u>	<u>40,255</u>
Net cash provided by operations	<u>47,813</u>	<u>249,894</u>

2. ANALYSIS OF CHANGES IN NET FUNDS

	At 1.1.23	Cash flow	At 31.12.23
	£	£	£
Net cash			
Cash at bank	<u>2,072,847</u>	<u>45,722</u>	<u>2,118,569</u>
	<u>2,072,847</u>	<u>45,722</u>	<u>2,118,569</u>
Total	<u>2,072,847</u>	<u>45,722</u>	<u>2,118,569</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. ACCOUNTING POLICIES

Basis of preparing the financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2019)', Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland' and the Companies Act 2006. The financial statements have been prepared under the historical cost convention, as modified by the revaluation of certain assets.

Income

All income is recognised in the Statement of Financial Activities once the charity has entitlement to the funds, it is probable that the income will be received and the amount can be measured reliably.

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

Expenditure

Liabilities are recognised as expenditure as soon as there is a legal or constructive obligation committing the charity to that expenditure, it is probable that a transfer of economic benefits will be required in settlement and the amount of the obligation can be measured reliably. Expenditure is accounted for on an accruals basis and has been classified under the activity that aggregate all cost related to the activity. Where costs cannot be directly attributed to particular headings they have been allocated to activities on a basis consistent with the use of resources.

Awards offered subject to conditions which have not been met at the year end date are noted as a commitment but not accrued as expenditure.

Governance costs

Governance costs include costs of the preparation and audit of statutory accounts, remuneration to trustees for services not related to duties of being a trustee, costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

Allocation and apportionment of costs

Administration costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity and are allocated to activity cost categories on a basis consistent with the use of resources.

Irrecoverable VAT is charged as a cost against the activity for which the expenditure is incurred.

Website development

Website development is written off over three years, which is the period considered the site will provide economic benefit.

Tangible fixed assets

Depreciation is provided at the following annual rates in order to write off each asset over its estimated useful life.

Long leasehold	- 2% on cost
Fixtures and fittings	- 20% on cost

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

1. ACCOUNTING POLICIES - continued

Tangible fixed assets

Computer equipment - 25% on cost

Investment property

Investment property is shown at most recent valuation. Any aggregate surplus or deficit arising from changes in fair value is recognised in the Statement of Financial Activities.

Taxation

The charity is exempt from corporation tax on its charitable activities.

Fund accounting

Unrestricted funds can be used in accordance with the charitable objectives at the discretion of the trustees.

Designated funds are unrestricted funds set aside by the directors for specific future purposes or projects.

Restricted funds can only be used for particular restricted purposes within the objects of the charity. Restrictions arise when specified by the donor or when funds are raised for particular restricted purposes.

Further explanation of the nature and purpose of each material fund is included in the notes to the financial statements.

Hire purchase and leasing commitments

Rentals paid under operating leases are charged to the Statement of Financial Activities on a straight line basis over the period of the lease.

Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

2. OTHER TRADING ACTIVITIES

	2023	2022
	£	£
Sponsorship	<u>54,550</u>	<u>14,829</u>

3. INVESTMENT INCOME

	2023	2022
	£	£
Rents received	7,373	11,489
Deposit account interest	<u>9,966</u>	<u>1,575</u>
	<u>17,339</u>	<u>13,064</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

4. INCOME FROM CHARITABLE ACTIVITIES

		2023	2022
	Activity	£	£
Member subscriptions	Memberships	169,129	159,880
Course fees	Courses	33,187	31,040
Congress income	Conferences	111,681	56,462
Share of profits from journal	Journal partnership	<u>627,457</u>	<u>577,398</u>
		<u>941,454</u>	<u>824,780</u>

5. RAISING FUNDS

Other trading activities

	2023	2022
	£	£
Sponsorship	<u>869</u>	<u>-</u>

6. CHARITABLE ACTIVITIES COSTS

	Direct Costs £	Support costs (see note 7) £	Totals £
Memberships	80,033	189,309	269,342
Courses	24,607	139,034	163,641
Conferences	205,693	75,082	280,775
Journal partnership	88,155	-	88,155
Awards	<u>16,076</u>	<u>75,364</u>	<u>91,440</u>
	<u>414,564</u>	<u>478,789</u>	<u>893,353</u>

7. SUPPORT COSTS

	Administration £	Governance costs £	Totals £
Memberships	185,372	3,937	189,309
Courses	130,440	8,594	139,034
Conferences	70,695	4,387	75,082
Awards	<u>71,183</u>	<u>4,181</u>	<u>75,364</u>
	<u>457,690</u>	<u>21,099</u>	<u>478,789</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

8. NET INCOME/(EXPENDITURE)

Net income/(expenditure) is stated after charging/(crediting):

	2023	2022
	£	£
Auditors' remuneration	9,600	3,600
Depreciation - owned assets	5,407	9,232
Hire of plant and machinery	<u>1,129</u>	<u>1,383</u>

9. TRUSTEES' REMUNERATION AND BENEFITS

	2023	2022
	£	£
Trustees' fees	<u>4,412</u>	<u>4,200</u>

The following remuneration was paid to Charity's trustees, for services towards providing the Company's charitable aims:

	2023	2022
	£	£
Dr Jane Dunbar	1,400	1,400
Mrs Lucy Wright	1,000	1,600
Dr Dane Vishnubala	2,012	1,200

The board have given regard to the Charity Commission's guidance and consider the payments to be in the best interest and reasonable for the services provided.

No remuneration was paid to the trustees during the financial year or previous financial year, for their duties as a trustee.

Trustees' expenses

	2023	2022
	£	£
Trustees' expenses	<u>510</u>	<u>3,930</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

10. STAFF COSTS

	2023	2022
	£	£
Wages and salaries	195,414	134,535
Social security costs	14,454	9,235
Other pension costs	<u>11,477</u>	<u>7,142</u>
	<u>221,345</u>	<u>150,912</u>

The average monthly number of employees during the year was as follows:

	2023	2022
Administration & management	<u>6</u>	<u>3</u>

The number of employees whose employee benefits (excluding employer pension costs) exceeded £60,000 was:

	2023	2022
£60,001 - £70,000	1	1
Less than £60,000	<u>5</u>	<u>2</u>
	<u>6</u>	<u>3</u>

Remuneration to key management personnel in the financial year totalled £63,600

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted funds £	Restricted fund £	Total funds £
INCOME AND ENDOWMENTS FROM			
Charitable activities			
Memberships	159,880	-	159,880
Courses	31,040	-	31,040
Conferences	56,462	-	56,462
Journal partnership	577,398	-	577,398
Other trading activities	14,829	-	14,829
Investment income	<u>13,064</u>	<u>-</u>	<u>13,064</u>
Total	<u>852,673</u>	<u>-</u>	<u>852,673</u>
EXPENDITURE ON			
Charitable activities			
Memberships	286,879	-	286,879
Courses	39,537	-	39,537
Conferences	203,007	-	203,007
Journal partnership	91,445	-	91,445
Awards	<u>4,544</u>	<u>285</u>	<u>4,829</u>
Total	625,412	285	625,697

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

11. COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES - continued				
	Unrestricted funds	Restricted fund	Total funds	
	£	£	£	
NET INCOME/(EXPENDITURE)	227,261	(285)	226,976	
 RECONCILIATION OF FUNDS				
Total funds brought forward	2,572,554	4,400	2,576,954	
 TOTAL FUNDS CARRIED FORWARD	<u>2,799,815</u>	<u>4,115</u>	<u>2,803,930</u>	
 12. INTANGIBLE FIXED ASSETS				Website £
COST				
At 1 January 2023 and 31 December 2023				<u>44,141</u>
AMORTISATION				
At 1 January 2023 and 31 December 2023				<u>44,141</u>
NET BOOK VALUE				
At 31 December 2023				<u>-</u>
At 31 December 2022				<u>-</u>
 13. TANGIBLE FIXED ASSETS				
	Long leasehold	Fixtures and fittings	Computer equipment	Totals
	£	£	£	£
COST				
At 1 January 2023	394,800	11,156	38,975	444,931
Additions	-	-	5,513	5,513
Reclassification	<u>(164,088)</u>	-	-	<u>(164,088)</u>
At 31 December 2023	<u>230,712</u>	<u>11,156</u>	<u>44,488</u>	<u>286,356</u>
DEPRECIATION				
At 1 January 2023	55,272	11,156	36,438	102,866
Charge for year	<u>4,080</u>	-	<u>1,327</u>	<u>5,407</u>
At 31 December 2023	<u>59,352</u>	<u>11,156</u>	<u>37,765</u>	<u>108,273</u>
NET BOOK VALUE				
At 31 December 2023	<u>171,360</u>	<u>-</u>	<u>6,723</u>	<u>178,083</u>
At 31 December 2022	<u>339,528</u>	<u>-</u>	<u>2,537</u>	<u>342,065</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

14. INVESTMENT PROPERTY

	£
FAIR VALUE	
Revaluation	41,912
Reclassification	<u>164,088</u>
At 31 December 2023	<u>206,000</u>
NET BOOK VALUE	
At 31 December 2023	<u>206,000</u>
At 31 December 2022	<u>..</u>

Fair value at 31 December 2023 is represented by:

	£
Valuation in 2023	41,912
Cost	<u>164,088</u>
	<u>206,000</u>

15. DEBTORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade debtors	505,588	456,423
Prepayments	<u>26,908</u>	<u>13,182</u>
	<u>532,496</u>	<u>469,605</u>

16. CREDITORS: AMOUNTS FALLING DUE WITHIN ONE YEAR

	2023	2022
	£	£
Trade creditors	25,239	47,339
Social security and other taxes	5,400	4,198
Other creditors	515	54
Pension	881	606
Accruals and deferred income	<u>38,150</u>	<u>28,390</u>
	<u>70,185</u>	<u>80,587</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

17. LEASING AGREEMENTS

Minimum lease payments under non-cancellable operating leases fall due as follows:

	2023 £	2022 £
Within one year	643	643
Between one and five years	<u>1,606</u>	<u>2,249</u>
	<u>2,249</u>	<u>2,892</u>

18. MOVEMENT IN FUNDS

	At 1.1.23 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
Designated fund	452,300	(61,654)	(260,646)	130,000
Unrestricted fund	2,347,515	222,687	175,331	2,745,533
Awards fund	-	-	<u>85,315</u>	<u>85,315</u>
	2,799,815	161,033	-	2,960,848
Restricted funds				
Restricted funds	4,115	-	-	4,115
	<u>2,803,930</u>	<u>161,033</u>	<u>-</u>	<u>2,964,963</u>

Net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
Designated fund	-	(61,654)	-	(61,654)
Unrestricted fund	<u>1,013,343</u>	<u>(832,568)</u>	<u>41,912</u>	<u>222,687</u>
	<u>1,013,343</u>	<u>(894,222)</u>	<u>41,912</u>	<u>161,033</u>
TOTAL FUNDS	<u>1,013,343</u>	<u>(894,222)</u>	<u>41,912</u>	<u>161,033</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

18. MOVEMENT IN FUNDS - continued

Comparatives for movement in funds

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.22 £
Unrestricted funds				
Designated fund	-	-	452,300	452,300
Unrestricted fund	<u>2,572,554</u>	<u>227,261</u>	<u>(452,300)</u>	<u>2,347,515</u>
	2,572,554	227,261	-	2,799,815
Restricted funds				
Restricted funds	4,400	(285)	-	4,115
	<u>2,576,954</u>	<u>226,976</u>	<u>-</u>	<u>2,803,930</u>

Comparative net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Movement in funds £
Unrestricted funds			
Unrestricted fund	852,673	(625,412)	227,261
Restricted funds			
Restricted funds	-	(285)	(285)
	<u>852,673</u>	<u>(625,697)</u>	<u>226,976</u>

A current year 12 months and prior year 12 months combined position is as follows:

	At 1.1.22 £	Net movement in funds £	Transfers between funds £	At 31.12.23 £
Unrestricted funds				
Designated fund	-	(61,654)	191,654	130,000
Unrestricted fund	2,572,554	449,948	(276,969)	2,745,533
Awards fund	<u>-</u>	<u>-</u>	<u>85,315</u>	<u>85,315</u>
	2,572,554	388,294	-	2,960,848
Restricted funds				
Restricted funds	4,400	(285)	-	4,115
	<u>2,576,954</u>	<u>388,009</u>	<u>-</u>	<u>2,964,963</u>

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

18. MOVEMENT IN FUNDS - continued

A current year 12 months and prior year 12 months combined net movement in funds, included in the above are as follows:

	Incoming resources £	Resources expended £	Gains and losses £	Movement in funds £
Unrestricted funds				
Designated fund	-	(61,654)	-	(61,654)
Unrestricted fund	<u>1,866,016</u>	<u>(1,457,980)</u>	<u>41,912</u>	<u>449,948</u>
	1,866,016	(1,519,634)	41,912	388,294
Restricted funds				
Restricted funds	-	(285)	-	(285)
	<u> </u>	<u> </u>	<u> </u>	<u> </u>
TOTAL FUNDS	<u><u>1,866,016</u></u>	<u><u>(1,519,919)</u></u>	<u><u>41,912</u></u>	<u><u>388,009</u></u>

19. EMPLOYEE BENEFIT OBLIGATIONS

The organisation operates a defined contribution pension scheme.

	2023 £	2022 £
The costs of the scheme to the charity for the year	11,477	7,142
The amount of any contributions outstanding at the year end	881	810
The amount of any contributions prepaid at the year end	-	204

20. RELATED PARTY DISCLOSURES

There were no related party transactions for the year ended 31 December 2023.

21. DESIGNATED FUNDS

Designated funds contains income from unrestricted charitable activities.

These funds have been designated to assist the charity in improving its ability to carry out its charitable aims. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

The designated funds are for the following purposes and expected to be expensed in the 12 months following the balance sheet date:

To create a new research training course for members to improve their skills and provide them with greater opportunities.

BASEM's contribution towards the annual conference.

Provision for legal services in respect of potential collaboration and establishment of College of SEM.

**BRITISH ASSOCIATION OF
SPORT AND EXERCISE MEDICINE**

**NOTES TO THE FINANCIAL STATEMENTS - continued
FOR THE YEAR ENDED 31 DECEMBER 2023**

22. AWARDS FUNDS

Awards funds contains income from unrestricted charitable activities. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

These funds have been designated for Members' research awards and contracted bursaries, to promote the speciality of sport and exercise medicine.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

England & Wales - Charity number 293854

Accounts

CHARITY REGISTRATION NUMBER – 293854
COMPANY REGISTRATION NUMBER – 1962979

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

**BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE
FOR THE YEAR ENDED 31 DECEMBER 2022
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BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name: British Association of Sport and Exercise Medicine (BASEM)

Registered Charity Number: 293854

Company Registration Number: 1962979

Registered Office

3 Jetstream Drive, Auckley, Doncaster. DN9 3QS

Operational Address

3 Jetstream Drive, Auckley, Doncaster. DN9 3QS

Board of Trustees

Dr Roger Hawkes (President)

Dr Eleanor Tillett (Chair)

Dr Ajai Seth (Treasurer)

Dr Robin Chatterjee (Secretary)

Dr Kay Brennan (Chair of Education)

Dr Patrick Wheeler (Chair of Scientific Advisory Group)

Dr Katie Marino (Chair of Membership)

Dr Jane Dunbar (Trustee)

Dr Dane Vishnubala (Trustee)

Mrs Lucy Wright (Trustee appointed 01/08/2022)

Dr Stefan Kluzek (Trustee appointed 01/08/2022)

Mr Timothy Allardyce (Trustee appointed 01/08/2022)

Company Secretary

Dr Robin Chatterjee (Secretary)

Key Management Personnel

Lynda Phillips (Chief Executive Officer)

Bankers

HSBC Bank Plc, 1 High Street, Doncaster

Independent examiner

Andrew Cribb FCA

Smith Craven, Sidings House, Sidings Court, Doncaster, DN4 5NU

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

The trustees who are also directors of the charity for the purposes of the Companies Act 2006, present their report with the financial statements of the charity for the year ended 31 December 2022. The trustees have adopted the provisions of Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) issued in October 2019.

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee and registered in England. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed by its governing document and Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustees

Trustees are appointed for up to 3 years and can be re-elected for a further 3 years, subject to the rules laid down in the Memorandum and Articles of Association.

Trustee Induction and Training

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The Chair and CEO are responsible for ensuring a full induction of Trustees takes place, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the CEO or secretary at the time of the changeover of trustees.

Risk Management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the CEO and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at meetings held throughout the year and the risk management policies are amended as required.

Organisational Structure

The board meet at least four times a year to deal with the business of the Association and is responsible for the governance framework, the strategic direction and policy of the charity. Staff members also attend the meetings but have no voting powers.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and CEO are discussed and agreed at each board meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Each meeting's minutes are recorded, circulated to each member and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the CEO and SMT.



Trustees' Annual Report

Foreword by Chair of BASEM, Professor Eleanor Tillett

Welcome to BASEM's annual report for the period of 1 January to 31 December 2022.

Although free from COVID restrictions throughout this year, there are still national and global challenges which have had an impact on the population, and have caused varying challenges for our membership, both personally and professionally. In response to this, BASEM has continued to provide much of its education online, and has kept membership fees fixed. Membership numbers have remained static overall, with a total of 1038 members at the end of 2022. We are particularly pleased to see a growth of 22% in our undergraduate membership, reflecting the importance we place on BASEM's role in providing education for those entering into SEM, to ensure a high standard of patient care and to grow a strong SEM community.

We have taken time this year to review everything BASEM does, assessing its impact and value. This has been an incredibly important exercise which has enabled us to put down a solid platform for future developments in 2023. The review period included a delve into the efficiency and effectiveness of our resources, and we have identified the need for improved membership technology, increased staff resource, and a focus of resourcing priority areas, such as translating research into practice.

Our annual conference, held in Brighton, was a super opportunity to bring the SEM community together again after such a prolonged period of restrictions due to the pandemic. It was great to have so many people there, sharing experiences, supporting each other, and of course listening to a range of brilliant speakers. The feedback from the conference showed the event was a huge success and delivered for the delegates. We are excited to build on this for October 2023 in Old Trafford.

This report highlights many of our achievements throughout this year, but as always these would not be possible without the support and efforts of our dedicated staff team, all of those who volunteer their time and expertise for us, and the Board team who fly the BASEM flag every day. I would like to take this opportunity to thank all of you for your commitment in 2022. Lastly, a welcome to our new Trustees, Mr Tim Allardyce, Dr Stefan Kluzek, and Mrs Lucy Wright, and our new staff team members, Mrs Debbie Williams, and Mrs Gemma Ball.

Eleanor Tillett

Prof. Eleanor Tillett
Chair of BASEM

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Introduction

BASEM is an organisation established in 1952 to promote the study and investigation of all medical aspects of sport. Its vision was to be the authoritative body on every medical aspect of athletics and exercise. The organisation has worked hard over the years to gain recognition for the field of sports medicine, raising awareness, pioneering research, and leading in practice. Today, BASEM is known as a multidisciplinary sports and exercise membership organisation. Many of its hold key positions within SEM, both in the UK and across the globe. BASEM's membership continues to be diverse, with just over 1000 members across a wide selection of disciplines. Many of its members are actively involved with BASEM, whether that be through participation in one of the committees, providing resources for members or holding a place on the Board. The expertise within BASEM is extensive. BASEM co-owns the British Journal of Sports Medicine, a highly rated global publication which promotes research and education in sport and exercise medicine.

BASEM's Vision

BASEM is the leading multidisciplinary sport and exercise medicine membership organisation in the UK with a core responsibility to provide leadership, education, and support for all.

- *BASEM members are multidisciplinary healthcare professionals who provide the care and management necessary to ensure safe and continuing participation in sport and physical activity at all levels with an emphasis on musculoskeletal medicine.*
- *BASEM supports the benefits of physical activity in all populations, without discrimination and the importance it plays in health and well-being and its role in both primary and secondary prevention of disease. BASEM supports the WHO Global Action Plan to make significantly more people active by 2030.*
- *BASEM recognises the need for strong National and International partnerships to achieve its vision.*
- *BASEM is joint owner of the British Journal of Sports Medicine and the BMJ Open Sport and Exercise Medicine Journal with BMJ Publishing and supports a strong international research agenda to underpin its principles.*

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

BASEM's Objects

Over the year, despite the COVID-19 restrictions, we have still been able to successfully focus on achieving the organisation's objectives through a broad variety of different methods, all invaluable to our members. These are summarised in the table below.

Object	Activity	Object	Activity
To promote exercise as a therapeutic tool	Supported Moving Medicine initiative PR campaigns promoting activity and impact on health to public Membership of OHA	To support and promote the multi-disciplinary team in Sport and Exercise Medicine	MACP collaboration AHP benefits Education Conference BINGs
To support the professional needs of those doctors working in the speciality of Sport and Exercise Medicine and to advise on career structures in Sport and Exercise Medicine;	Member benefits Conference Education USEMS Career opportunities ads	To provide support and education for those healthcare professionals involved in the care of athletes and individuals undertaking, or aspiring to undertake, regular physical activity at all levels	Education Conference
To promote the speciality of Sport and Exercise Medicine and to encourage best standards of clinical practice in the care of the exercising individual	PR campaigns Education Conference BINGs BJSMB BT / BR	To promote the adoption of evidenced-based practice in all areas of Sport and Exercise Medicine	Awards Education Conference BJSMB
To support and encourage research in Sport and Exercise Medicine	BJSMB Awards	To promote the adoption of exercise and physical activity by all sections of the population for their general wellbeing and in the prevention of illness	PR campaigns
To assist and advise all relevant authorities in adopting policies that will encourage and promote physical activity in schools, the workplace and the home	OHA collaboration BJSMB PR campaigns	To cooperate with the Faculty of Sport and Exercise Medicine and the Institute of Sport and Exercise Medicine and to collaborate with other associations both nationally and internationally, in furthering the speciality of Sport & Exercise Medicine and the aims of the association.	Collaborative / partnership work Awards

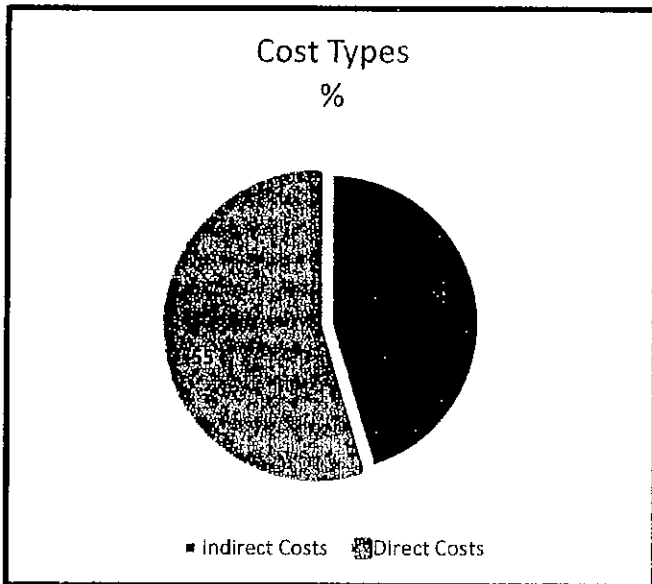
BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

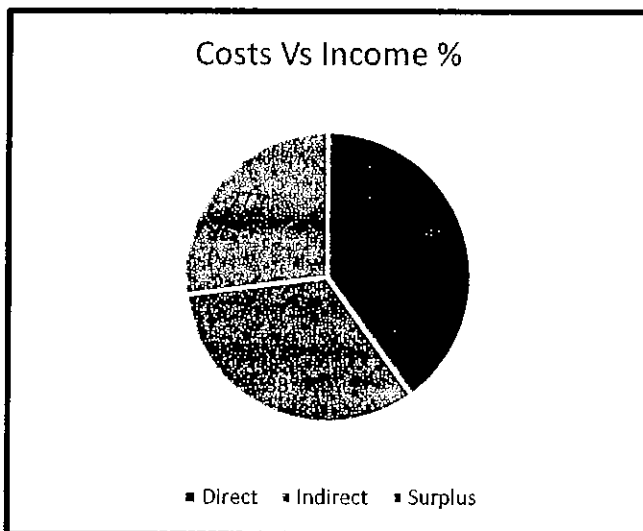
The Financials

Our Direct Costs



Out of our total costs, still the majority go towards expenditure that directly impacts our members. These are our direct costs and include expenditure such as our annual conference, education, BJSM publishing costs and our awards. Although we had an increase in staff in this year, the indirect costs have remained proportionately lower than our direct costs. This increase in direct costs from 2021 is mainly due to the costs of our annual conference in 2022, which was postponed from 2020 due to COVID.

Costs Vs Income



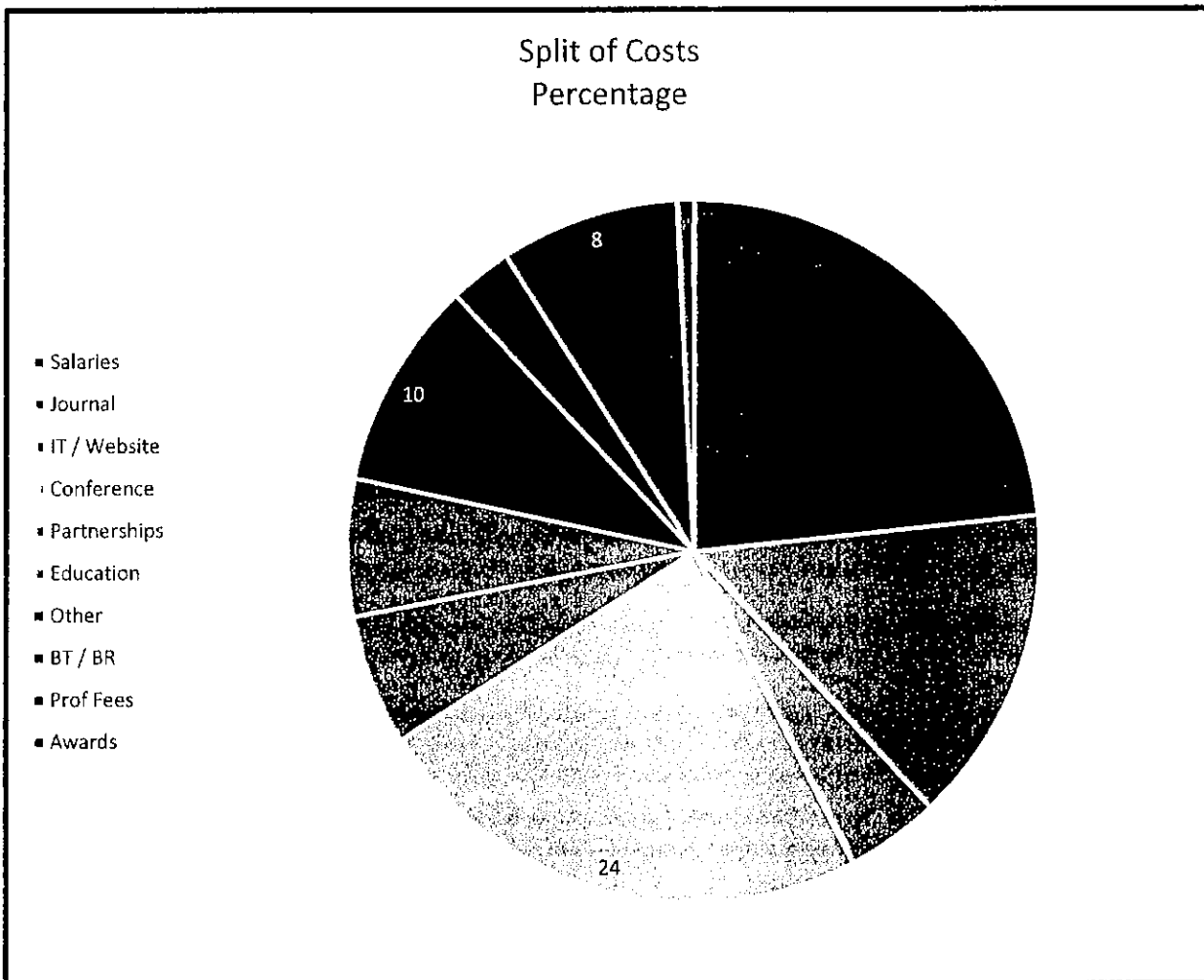
This graph shows how our income is spent. In 2022, 40% of our income was spent directly on member benefits. The graph also shows a surplus of 27%. This surplus is to be set aside in our designated fund, which will be used for specific projects in line with our charitable aims.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Costs Breakdown



Our largest expenditure this year was our conference, with salaries (including NI and pensions) coming in as our second largest. It is worth noting that we spent just shy of 18% of our income on the conference, but received 8% of our income from conference fees and sponsorship, which shows the level of investment BASEM makes towards the annual conferences.

Although we recruited additional staff this year, our staff costs are lower than the previous year. This was due to other costs in addition to salaries being paid out in 2021, hence the higher expenditure. However, our expenditure on overtime started to decrease throughout the year owing to having staff in the right positions, able to share the workload. At the end of the year, BASEM still only employed 2.9 FTE, with additional external staff support for the finance and marketing functions.

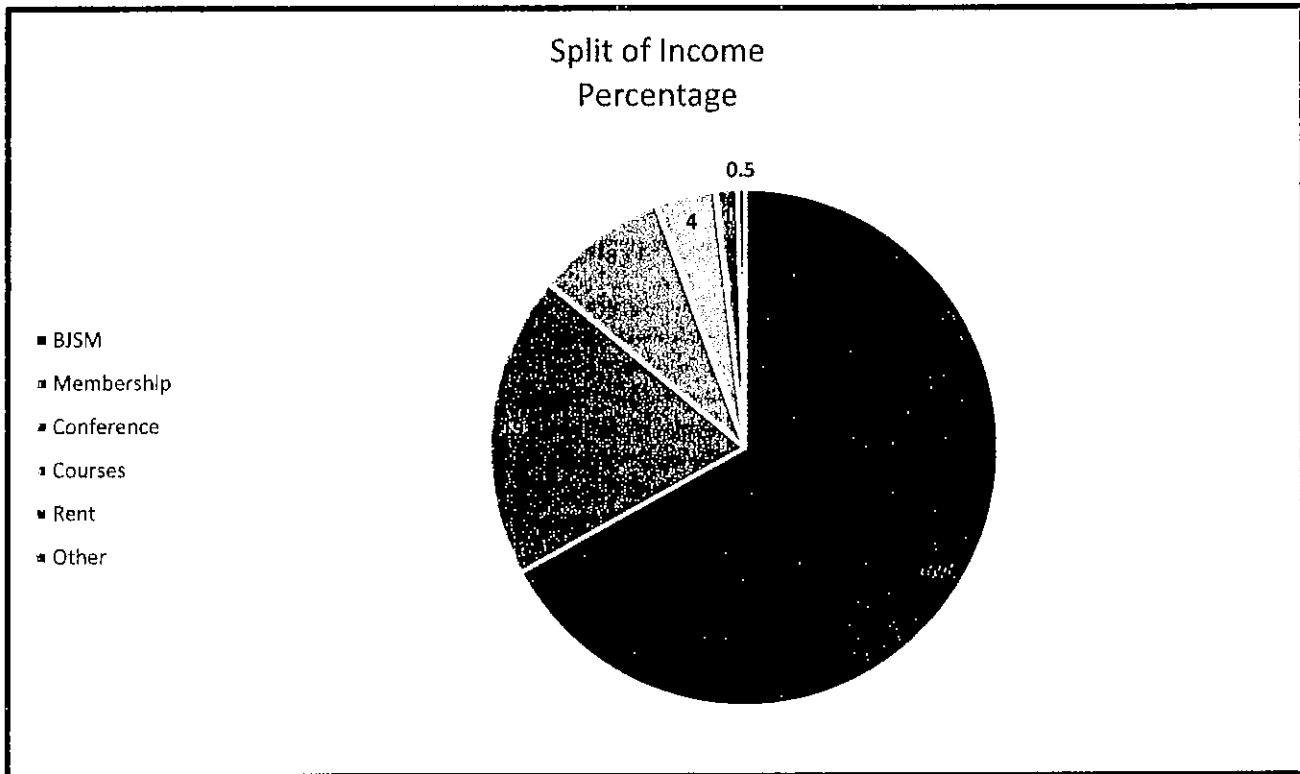
By contrast, our awards expenditure decreased in 2022. This was due to us placing all of our awards under review. This review was carried out thoroughly, and only completed towards the very end of the year. It ensured that all relevant policies were in place, including legal conditions, to enable the awards to be offered with clarity around the responsibilities and requirements we, as a funder, have. The review also included ensuring award categories were in line with BASEM's aims, recruiting new members for the awards committee, and enhancing the operating procedures for making awards.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Income



Our income sources remain consistent, with much of our income being from our medical journal, BJSJ. This helps to support the costs of supporting our membership and being able to have a greater impact in developing the sports and exercise medicine speciality. This year, we saw an increase in our income from courses, due to the additional courses that were able to run now the COVID restrictions are lifted.

Balance Sheet

We have surpluses this year which are to be put aside into designated funds. These include:

- Development work on our membership systems, enabling members to access greater support, including networking, and to enable BASEM to work more efficiently
- Office refit to improve facilities in our office, incorporate confidential meeting space, and create working space for additional staff
- Education development projects
- Educational and scientific awards projects
- Contribution towards the cost of the conference to keep members' registration fees low
- Legal costs for work relating to partnerships, including our collaboration with the Faculty of Sport and Exercise Medicine

Following a review of our reserves policy, the Board agreed that the policy to have two years of running costs held in reserve remained appropriate. With the designated funds being put aside as above, there are sufficient funds remaining to meet our reserves policy requirements.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Actions Against Last Year's Plans

Plan	Activity
A review of our resources for members, quality standards and accessibility	Reviewed SEM Academy and OrthoEvidence usage and value to members Surveyed members regarding BASEM Reports Processes changed to measure impact, rather than outcomes
Introducing more ways for members to interact with us and each other, to share knowledge	Member involvement through PR campaigns Awards and conference committees drawn from membership BINGs started bringing networking opportunities
A review of our IT, including website and member database	Review completed and schedule of work has been put in place based on member surveys and feedback. Work will take place in 2023 as per strategic plan.
Establishing a PR strategy to help to better communicate our mission and our achievements against it	PR strategy designed with support of external PR consultant PR campaigns started This work will develop throughout 2023
A review of our awards and bursaries to ensure they are fit for purpose and are effective to support our aims	Review carried out to ensure all policies are in place Contract templates drawn up ready for offering awards Assessment of impact of current awards against organisation objects was made Some awards have been removed and others updated to ensure clarity and appropriate fit
Restructuring the Board and Committee roles to ensure greater focus on the areas of importance and that we can continue to attract experienced volunteers to support us	Set roles for Board in keeping with strategy Ongoing Board training and development has been put in place Restructure of committees to enable a flexible approach to create focus groups as and when required EDI committee established ready for implementation in 2023
Recruitment of new Trustees to the Board to ensure Board is representative of our diverse membership and that no Board member has an unreasonable workload	Recruitment of new Trustees saw three new Board members elected by membership vote Board is more representative of its member base, with two out of nine Board members being AHP members
Reviewing our offer and support for staff to ensure we can recruit and retain high quality staff who are committed to BASEM's mission	Staff benefits, such as EAP scheme introduced Pensions, salaries, and other benefits reviewed and brought in line with industry standards, and ensuring equity across staff team Consultant employed to support BASEM to create a suitable competency and skills based pay framework, ensuring development opportunities along with pay progression for staff
A further review of our M&As to ensure they enable us to operate swiftly and efficiently whilst meeting our aims	Review of M&As commenced and will be completed in 2023.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Activities to Meet Objects

Our Research Bursaries and Awards

In line with our strategic plan, we placed many of our awards on hold this year whilst we conducted a review of the impact of the awards and the processes in place to manage the awards appropriately. As such, our expenditure on awards this year was relatively minor. However, we are very pleased to have been able to support members who had their training and development plans delayed due to COVID, in addition to recognising members who were nominated for awards during the COVID period but were unable to attend a conference to showcase their work and receive their certificate.

This year, these include:

- Our external meeting bursary and travelling fellowship were awarded to support a member's attendance at the Ultrasound Application in Regional Anaesthesia and Pain Medicine in Innsbruck, Austria, along with a two-week placement at the Innsbruck University Medical Clinic. The learning from this experience has been brought back to the UK and is being used to develop a clinical pilot and a multicentre study. The full report was detailed in BASEM's newsletter, BASEM Today, Issue 60.
- The MSc Bursary was awarded for a study into the minimum dose, type and intensity of exercise required to produce an impact on cognition. The research has improved the understanding of the effects of different types of activity to response times. The report has been published in BASEM's newsletter, BASEM Today, Issue 59.
- The Tom Donaldson Poster Awards are for students who have carried out research. Their abstracts are presented at the annual conference. This year, the abstracts that were awarded were:
 - 1st prize – "Face Masks Whilst Exercising Trial (MERIT): A Crossover Randomised Controlled Study"
 - 2nd prize – "Methoxyflurane in the management of shoulder dislocation"
 - 3rd prize – "The Effect of Biological Sex on Cardiovascular Response to Acute Hypoxia"
- The Malcolm Read Award is given for small projects that would not easily find funding elsewhere. This year, we have supported costs towards a patient involvement study that investigates whether Junior Parkrun could be a suitable intervention to increase physical activity in children.
- We were very lucky to have been offered a partnership with the Rugby Football Union (RFU) to be able to award one member a place on the Rugby Team Physician Course. Applications were received from nine members who competed for the place, which will now become an annual award.
- In 2022, we opened up a new award to support the costs of a member undertaking a PhD, with a SEM related topic. The award opened for applications in December with the aim of supporting a PhD student from September 2023 onwards.

Our Promotion of Members' Work

In October 2022, we started a series of promotional campaigns, themed around sporting events taking place around the UK. The aim of these campaigns is to promote members' work, raise awareness of SEM, and share knowledge amongst members. We have received articles, research, podcasts, and videos from our members working in different areas within SEM, all keen to support BASEM's mission and help others within SEM. This series will continue into 2023, and later in 2023 the theme will change to ensure we cover as many aspects of SEM as possible. As a result of these campaigns we have started to increase our member activity, which also keeps BASEM up to date with what's happening in SEM so it can continue to support its members.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Our Education and Careers Resources

Revision courses

Our revision courses are primarily for those who wish to sit the Faculty of Sport and Exercise Medicine (FSEM) membership exam, aimed at registrars, and are there to refresh delegates' knowledge. Some delegates attend the revision course to just update their knowledge, and do not go on to sit the exam. When the courses were moved to online only, this opened up the courses to others for whom travelling would have been a challenge, and as such we will continue to offer these courses online. The revision courses this year were attended by delegates from as far afield as Malaysia, Singapore and Sri Lanka, proving a success in supporting our overseas members. We want to continue to improve our delivery of the revision courses, and in 2023 will be refreshing the question banks and reviewing the exam pass rate data to ensure the course is focusing enough attention on any areas that are more complex.

BASEM Revision Course Part One

We had 28 delegates on this course, which was delivered online allowing overseas members to attend and making it more accessible to all as there was no need for them to travel. The course was delivered live, so although it was online, there was still an opportunity for group discussion, which was well received, with feedback particularly around the interactive format and the engaging presenters.

Well presented. Great resources as revision which could be valuable for everyone in SEM

Interaction with other participants that really added perspectives that I hadn't considered

BASEM Revision Course Part Two

We had 18 delegates for this course. 100% of those who completed the feedback forms said the course met their needs. Participants enjoyed discussing case studies and the sharing of experiences, including the experiences of the tutors.

Foundation course

Our foundation course is a three-and-a-half-day residential course, which explores the three strands of SEM; exercise medicine, musculoskeletal medicine and team care. It is aimed at those with an interest in SEM, and those starting out in their SEM careers. The course is always very popular, with this year being no exception with it being fully booked and a waiting list. The delegates find the networking and ability to share experiences valuable.

The practical nature of the course also appeals to the delegates. This year we had 32 delegates with 100% advising that the course had met their needs.

Good mix of lectures and practical. The tutors were great and so readily available to answer questions. Overall a great course that met and exceeded all my expectations.

A broad yet thorough introduction to SEM, which gave me a greater idea of how to progress in the field going forward

Feel more confident and will take it back to my current practice

Improved joint exam and diagnosis

Had good networking opportunities. Found it helpful to discuss with other delegates

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

Nutrition webinar

BASEM teamed up with the Nutrition Society to deliver a webinar on sports nutrition. There were 90 registrants for the course, including 59 BASEM members. The webinar enabled members to develop their knowledge in how low carbohydrate diets effect performance in elite athletes.

Our Partnerships

USEMS

We have continued our support for SEM undergraduates through our partnership with the Undergraduate Sport and Exercise Medicine Society. As we have in years before, BASEM has supported the financial running of the society through sponsorship of its website, IT costs, conferences and events. The USEMS conference attracted over 70 delegates from universities across the UK. Our staff and Board were present to provide insight into BASEM's role in supporting medical professionals with an interest in SEM.

SEM Academy

In 2022, we started working with ACSEP to develop some BASEM modules for the SEM Academy platform. This development work will continue into 2023. Around 370 of BASEM's members use SEM Academy for their CPD.

Faculty of Sport and Exercise Medicine (FSEM)

With our members' permission, we started working with FSEM to explore how we can work more closely together including in the FSEM's plans to establish a College of Sports and Exercise Medicine. Groups made up of members from each organisation were formed and met throughout the year to discuss various perspectives. At the end of 2022, this work is being finalised ready to present to each organisation's Board and memberships to establish any next steps. Many of our members have been involved in this process, which they have donated their time to, and their input has been invaluable.

Orthoevidence

We have renewed our licence for members to receive Orthoevidence again this year. Over 1000 BASEM members have registered with Orthoevidence and 33% of these use the platform on a regular basis. It allows members to keep up to date with the latest research to improve patient care. It has the single largest MSK database in the world and this is available at no cost to all of our members.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

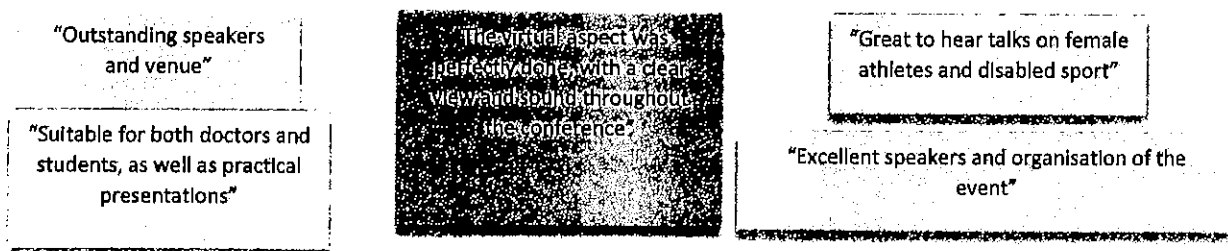
FOR THE YEAR ENDED 31 DECEMBER 2022

Our Annual Conference

Brighton 2022

Our conference, held in Brighton and live streamed, was well attended with 156 members and 126 non-members attending. We also hosted the EFSMA annual meeting at this conference, encouraging 31 EFSMA members from its various membership nations. 45 speakers came to make this long-awaited conference on Health and Performance an extra special occasion, with members welcoming the opportunity to meet each other again, the first time since COVID. Additionally, as a result of the conference, 12% of in-person non-member attendees became members, and 7% of virtual non-member attendees became members.

The general feedback was that the debate was enjoyed, it was a good programme with hands-on sessions.



- ❖ 85% of attendees said they would be able to implement the learning into their practice
- ❖ 98% of attendees said they found the sessions useful to them personally
- ❖ 87% said the conference fulfilled their educational goals and expected learning outcomes

Our Publications and Communications

British Journal of Sport and Exercise Medicine (BJSM)

Jointly owned by BASEM and British Medical Journal (BMJ), our members continue to receive this journal at no charge to them. In 2022, the Impact Factor increased from 13.800 to 18.473, retaining its top spot in the Sports Sciences category. We also publish BMJ Open Sport and Exercise Medicine (BOSEM), a peer reviewed open access journal which allows anyone to view research carried out by professionals within the SEM speciality. This journal highlights the expertise within the sector and supports our mission to gain greater recognition for SEM.

Newsletters

BASEM Today is a quarterly publication that goes out to all members, in addition to being distributed to educational establishments and at other events that BASEM supports throughout the year. The newsletter gives members an opportunity to read about what other members are doing in their field of expertise, again sharing the multi-disciplinary approach.

BINGs

Many of our members have told us that they really appreciate the opportunity to network, to share ideas and experiences, to problem solve together and to get to know others in the SEM field who can support their career development. BASEM established some informal networking groups (BINGs) in 2022, held online and facilitated by BASEM staff. Although these are in their infancy, we currently have 48 members attending the groups, which we plan to develop over the next year.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2022

RED-S

BASEM has a dedicated site for dissemination of knowledge on RED-S, particularly directed at athletes and dancers, and their coaches and healthcare professionals. The RED-S site is accessed by on average 150 times a week. It is becoming well known and has a wide audience, as our member, Dr Nicky Keay, who provides the content for the site promotes the site at a variety of events worldwide.

Volunteers

BASEM has continued to receive a vast amount of support from its volunteers, who make up various working groups and committees, including the conference, awards, science, and education committees and the BASEM Today team, who keep members up to date with the latest. Many of our members continue to contribute to our newsletters, by providing articles, guest editing editions of BASEM Today and BASEM Reports, and sharing their connections to help us identify others outside of the BASEM community who can help. We have also started to receive offers of help from other members who are willing to get involved with our PR campaigns. There are a range of individual members who have supported BASEM by giving their time to increase the knowledge base at BASEM, by disseminating information to the BASEM Board about their areas of expertise, and those who represent BASEM at external events. The BASEM community has given a lot to support BASEM this year, and we are truly grateful for everyone's time and effort.

Governance

In 2022, we recruited three new Trustees to the BASEM Board. Voted in by the membership, the new Trustees took their positions in July. The additions mean that BASEM is now developing a Board that is representative of its member base, with 18% of the Board now being Allied Health Professionals (AHPs), where 19% of our member base in 2022 were AHPs.

In 2022, we have reviewed the Board roles and revisited the responsibilities that are assigned to each Board member, with particular attention to our Board Leads. This has helped us to identify how each Board member can have an impact on BASEM's organisation and strategic missions, and ensure the skill sets amongst the Board members are being utilised to their full potential.

Future Plans

We have made huge inroads to reviewing our current provision, resources and reach, and we are now in a position to take the next steps of our three-year strategic plan. On the horizons for 2023 includes:

- An overhaul of our IT, including membership database and online facilities, website and in-house telephony
- A focus on directing our educational resources where they are most needed, in line with findings from research, and translating science into practice
- Better understand our impact, in relation to everything we do, putting in place systems and structures to measure and evaluate the impact and take necessary action in accordance with the results
- Greater promotion of BASEM and its members through improved communications and PR
- Investing more of BASEM's surpluses to have greater impact in relation to BASEM's charitable objects
- Growing and developing our partnerships to provide more opportunities for our members

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2022, Charity no 293854.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

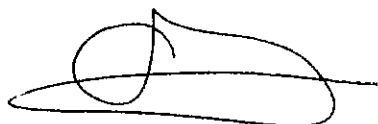
Independent examiner's statement

Since your charity's gross income exceeded £250,000 your examiner must be a member of a listed body. I can confirm that I am qualified to undertake the examination as I am a registered member of ICAEW, which is one of the listed bodies

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102).

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.



Claire Docherty FCCA
For and on behalf of Smith Craven
Sidings House
Sidings Court
Doncaster
South Yorkshire
DN4 5NU

Date: 14/06/2023

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)

FOR THE YEAR ENDED 31 DECEMBER 2022

	Notes	Unrestricted Funds £	Restricted Funds £	2022 Total funds £	2021 Total funds £
INCOME					
Investment income	2a	1,575	-	1,575	170
Rental income		11,489	-	11,489	11,288
Income from Charitable Activities	2	839,609	-	839,609	731,943
Total Income		852,673	-	852,673	743,401
EXPENDITURE					
Charitable activities	3				
Direct costs		337,924	285	338,209	196,814
Administrative costs		275,709	-	275,709	275,216
Governance costs	4	11,779	-	11,779	4,743
Total Expenditure		625,412	285	625,697	476,773
NET INCOME/(EXPENDITURE)		227,261	(285)	226,976	266,628
RECONCILIATION OF FUNDS					
Funds brought forward	10	2,572,554	4,400	2,576,954	2,310,326
Transfer of funds		-	-	-	-
Funds carried forward		2,799,815	4,115	2,803,930	2,576,954

All operations of the charity in the year are continuing.

The charity has no recognised gains or losses other than the net incoming resources for the above financial period.

BALANCE SHEET

AS AT 31 DECEMBER 2022

	Note	Unrestricted funds £	Restricted funds £	Total 2022 £	Total 2021 £
FIXED ASSETS	7	<u>342,065</u>	<u>-</u>	<u>342,065</u>	<u>351,287</u>
CURRENT ASSETS					
Debtors	8	469,605	-	469,605	439,682
Cash at bank and in hand		<u>2,068,732</u>	<u>4,115</u>	<u>2,072,847</u>	<u>1,826,317</u>
		<u>2,538,337</u>	<u>4,115</u>	<u>2,542,452</u>	<u>2,265,999</u>
CREDITORS					
Amounts falling due within one year	9	<u>(80,587)</u>	<u>-</u>	<u>(80,587)</u>	<u>(40,332)</u>
NET CURRENT ASSETS		<u>2,457,750</u>	<u>4,115</u>	<u>2,461,865</u>	<u>2,225,667</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,799,815</u>	<u>4,115</u>	<u>2,803,930</u>	<u>2,576,954</u>
NET ASSETS		<u>2,799,815</u>	<u>4,115</u>	<u>2,803,930</u>	<u>2,576,954</u>
FUNDS OF THE CHARITY					
Represented by					
Unrestricted funds (general reserve)		2,347,515	-	2,347,515	2,572,554
Designated funds		452,300	-	452,300	-
Restricted funds		-	4,115	4,115	4,400
TOTAL FUNDS	10	<u>2,799,815</u>	<u>4,115</u>	<u>2,803,930</u>	<u>2,576,954</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2022

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2022 in accordance with Section 476 of the Companies Act 2006

The trustees acknowledge their responsibilities for

- ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on _____ and were signed on its behalf by:


Dr Eleanor Tillett (Chair)

28/5/23

28th March 2023

On behalf of the Board of Trustees

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below and also have been consistently applied within the accounts.

1.1 Basis of preparation of financial statements

The financial statements of the charitable company, which is a public benefit entity under FRS 102, have been prepared in accordance with the Charities SORP (FRS 102) 'Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) Issued in October 2019, Financial Reporting Standard 102 'The Financial Reporting Standard applicable in the UK and Republic of Ireland', the Charities Act 2011 and the Companies Act 2006. The financial statements have been prepared under the historical cost convention with the exception of investments which are included at market value.

British Association of Sport and Exercise Medicine meets the definition of a public benefit under FRS102. The financial statements are prepared under the historical cost convention or transaction value unless otherwise stated in the relevant accounting policy note(s). The financial statements are prepared in Sterling which is the functional currency of the charity and rounded to the nearest £.

1.2 Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

1.3 Fund accounting

Unrestricted funds are available of use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

1.4 Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity has entitlement to the funds, any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grants receivable, funding the general activities of the charity, are included in the period in which they are receivable.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 ACCOUNTING POLICIES – CONTINUED

1.5 Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Donations are recognised when receivable.

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

1.6 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

1.7 Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

1.8 Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received..

1.9 Investment income

Investment income is recorded under the accruals method.

1.10 Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources. Irrecoverable VAT is charged to the SoFA as incurred.

1.11 Administration and Governance costs

Administration costs are those that assist the work of the charity but do not directly represent charitable activities and include office costs, governance costs and administrative payroll costs. They are incurred directly in support of expenditure on the objects of the charity.

Governance costs include costs of the preparation and examination of statutory accounts, remuneration to trustees for services not related to duties of being a trustee, costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

1 ACCOUNTING POLICIES – CONTINUED

1.12 Taxation

The charity is exempt from corporation tax on its charitable activities.

1.13 Pension costs and other post-retirement benefits

The charitable company operates a defined contribution pension scheme. Contributions payable to the charitable company's pension scheme are charged to the Statement of Financial Activities in the period to which they relate.

1.14 Tangible fixed asset and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates to write off the cost less any residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	20%, 25% straight line
Leasehold buildings	2% straight line

Website development is written off over three years, which is the period considered the site will provide economic benefit.

Depreciation is charged from the month of purchase.

2 ANALYSIS OF CHARITABLE RESOURCES RECEIVED

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Charitable Activities				
Members subscriptions	159,880	-	159,880	161,431
Course fees	31,040	-	31,040	30,100
Annual Congress Income.	68,901	-	68,901	1,450
Share of profits from Journal	577,398	-	577,398	537,737
Sponsorship in BASEM Today	2,390	-	2,390	1,225
	839,609	-	839,609	731,943

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

2a. ANALYSIS OF INVESTMENT INCOME

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Investment income				
Bank and loan interest received	1,575	-	1,575	170
	1,575	-	1,575	170

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

3 ANALYSIS OF CHARITABLE RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Direct costs				
Courses	35,337	-	35,337	19,809
Annual Congress	150,602	-	150,602	19,783
Journal for members	91,445	-	91,445	88,882
BASEM Today	18,229	-	18,229	22,172
BASEM Awards	4,544	285	4,829	15,357
Other member resources	-	-	-	26
Partnership Agreements	37,767	-	37,767	25,785
Donations	-	-	-	5,000
Total	337,924	285	338,209	196,814
Administrative costs				
Salaries	139,570	-	139,570	144,179
Pension contributions	7,142	-	7,142	4,291
Premises	2,416	-	2,416	2,725
General rates	960	-	960	960
Printing, postage, stationery	1,187	-	1,187	3,227
Telephone	2,744	-	2,744	3,025
Insurance	2,820	-	2,820	2,015
Travel	6,335	-	6,335	4,936
Computer	21,095	-	21,095	17,900
Marketing	34,176	-	34,176	25,180
Bank charges	4,939	-	4,939	3,140
Subscriptions	1,611	-	1,611	852
Professional fees	24,868	-	24,868	44,047
Equipment Hire	1,383	-	1,383	4,843
Repairs	7,015	-	7,015	1,626
Sundry	1,008	-	1,008	2,487
Staff Training	7,218	-	7,218	-
Depreciation	9,222	-	9,222	9,783
Total	275,709	-	275,709	275,216

4 ANALYSIS OF GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	2022 Total Funds £	2021 Total Funds £
Board of trustees expenses	8,179	-	8,179	1,743
Independent Examiner fee	3,600	-	3,600	3,000
Total	11,779	-	11,779	4,743

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

5 DETAILS OF CERTAIN ITEMS OF EXPENDITURE

5.1 Trustee expenses

A total of £3,930 (2021: £1,743) expenses were reimbursed to trustees during the financial year, for travel and course costs associated with duties of being Trustees.

5.2 Trustee remuneration

The following remuneration was paid to Charity's trustees, for services towards providing the Company's charitable aims:

Dr Dane Vishnubala	£1,200
Dr Jane Dunbar	£1,400
Mrs Lucy Wright	£1,600

The board have given regard to the Charity Commission's guidance and consider the payments to be in the best interest and reasonable for the services provided.

6 PAID EMPLOYEES

6.1 Staff costs

	2022	2021
	£	£
Gross wages	130,335	132,690
Employers' national insurance costs	9,235	11,489
Pension costs	7,142	4,291
Total	<u>146,712</u>	<u>148,470</u>

No remuneration was paid to trustees during the financial year or previous financial year, for their duties as a trustee.

Remuneration to key management personnel in the financial year totalled £63,074

No other employees earned more than £60,000 in the period.

6.2 Average number of full-time equivalent employees in the year

	2022	2021
	No.	No.
The parts of the charity in which the employees work		
Administration and management £60,000 - £70,000	1	-
Administration and management Less than £60,000	2	3
Total	<u>3</u>	<u>3</u>

6.3 Defined contribution pension scheme

Details of the scheme

	2022	2021
	£	£
The organisation operates a defined contribution pension scheme.		
The costs of the scheme to the charity for the year	7,142	4,291
The amount of any contributions outstanding at the year end	810	688
The amount of any contributions prepaid at the year end	204	-

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

7 TANGIBLE FIXED ASSETS

	Website	Computer Equipment	Leasehold Buildings	Fixtures & Fittings	Total
Cost	£	£	£	£	£
At 1 January 2022	44,141	38,975	394,800	11,156	489,072
Additions	-	-	-	-	-
At 31 December 2022	<u>44,141</u>	<u>38,975</u>	<u>394,800</u>	<u>11,156</u>	<u>489,072</u>
Depreciation					
At 1 January 2022	44,141	35,112	47,376	11,156	137,785
Charge for year	-	1,326	7,896	-	9,232
At 31 December 2022	<u>44,141</u>	<u>36,438</u>	<u>55,272</u>	<u>11,156</u>	<u>147,007</u>
Net Book Value					
At 31 December 2022	<u>-</u>	<u>2,537</u>	<u>339,528</u>	<u>-</u>	<u>342,065</u>
At 1 January 2021	<u>-</u>	<u>3,863</u>	<u>347,424</u>	<u>-</u>	<u>351,287</u>

8 DEBTORS

Analysis of debtors

Amounts receivable within one year

	2022	2021
	£	£
BMJ Debtor	456,323	422,670
Other Debtors	100	706
Prepayments	13,182	16,306
Total	<u>469,605</u>	<u>439,682</u>

9 CREDITORS

Analysis of creditors

Amounts falling due within one year

	2022	2021
	£	£
Trade Creditors	47,339	9,422
Social Security & other tax	4,806	4,328
Accruals and other creditors	28,442	26,582
Total	<u>80,587</u>	<u>40,332</u>

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

10 MOVEMENT IN FUNDS

10.1 Analysis of net assets by fund

	Unrestricted Funds £	Restricted Funds £	Total £
Net current assets	2,457,750	4,115	2,461,865
Tangible fixed assets	342,065	-	342,065
Net assets at 31 December 2022	2,799,815	4,115	2,803,930

10.2 Movements in funds

	Opening balance £	Incoming resources £	(Resources expended) £	Transfer of Funds £	Closing balance £
Unrestricted funds					
General Fund	2,572,554	852,673	(625,412)	-	2,799,815
Restricted funds					
Core activities	4,400	-	(285)	-	4,115
TOTAL FUNDS	2,576,954	852,673	(625,697)	-	2,803,930

10.3 Comparative for movement in funds

	Opening balance £	Incoming resources £	(Resources expended) £	Transfer of Funds £	Closing Balance £
Unrestricted funds					
General Fund	2,292,912	743,401	(476,773)	13,014	2,572,554
Restricted funds					
Core activities	17,414	-	-	(13,014)	4,400
TOTAL FUNDS	2,310,326	743,401	(476,773)	-	2,576,954

11 RELATED PARTY TRANSACTIONS

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year, other than those disclosed in 5.2.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

12 OPERATING LEASES

At 31 December 2022 the Company had total future minimum lease payment commitments under non-cancellable operating leases as set out below:

	2022	2021
	£	£
Operating leases which expire:		
Within 1 year	643	928
Between 2 to 5 years	2,249	-
Total	<u>2,892</u>	<u>928</u>

13 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Year ending 31 December 2021		
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	£
INCOME			
Investment income	170	-	170
Rental income	11,288	-	11,288
Income from Charitable Activities	731,943	-	731,943
Total Income	<u>743,401</u>	<u>-</u>	<u>743,401</u>
 EXPENDITURE			
Charitable activities			
Direct costs	196,814	-	196,814
Administrative costs	275,216	-	275,216
Governance costs	4,743	-	4,743
Total Expenditure	<u>476,773</u>	<u>-</u>	<u>476,773</u>
 NET INCOME/(EXPENDITURE)	266,628	-	266,628
 RECONCILIATION OF FUNDS			
Funds brought forward	2,292,912	17,414	2,310,326
 Transfer of funds	13,014	(13,014)	-
Funds carried forward	<u>2,572,554</u>	<u>4,400</u>	<u>2,576,954</u>

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2022

14 DESIGNATED FUNDS

Designated funds contains income from unrestricted charitable activities.

These funds have been designated to assist the charity in improving its ability to carry out its charitable aims. Such amounts have not been included in deferred income as they hold no performance-related or other conditions that may limit recognition.

The designated funds are for the following purposes and expected to be expensed in the 12 months following the balance sheet date:

To improve the charity's premises and facilities, providing confidential meeting space, storage for educational equipment and additional working space for new staff.

To introduce and update CRM, website and online membership area to increase interaction between Members and BASEM, to enable BASEM members to network with each other and increase efficiencies and tracking of member administrative processes.

To create a new research training course for members to improve their skills and provide them with greater opportunities.

To create a new award to support research in SEM.

BASEM's contribution towards the annual conference.

Provision for legal services in respect of potential collaboration and establishment of College of SEM.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

England & Wales - Charity number 293854

Accounts

CHARITY REGISTRATION NUMBER – 293854
COMPANY REGISTRATION NUMBER – 1962979

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

UNAUDITED FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021



**BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE
FOR THE YEAR ENDED 31 DECEMBER 2021
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BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

REFERENCE AND ADMINISTRATIVE DETAILS

Charity Name: British Association of Sport and Exercise Medicine (BASEM)

Registered Charity Number: 293854

Company Registration Number: 1962979

Registered Office

Unit 10 Phoenix Park, Stephenson Industrial Estate, Telford Way, Coalville, LE67 3HB

Operational Address

3 Jetstream Drive, Auckley, Doncaster. DN9 3QS

Board of Trustees

Dr Roger Hawkes (President)

Dr Eleanor Tillett (Chair)

Dr Ajai Seth (Treasurer)

Dr Robin Chatterjee (Secretary)

Dr Kay Brennan (Chair of Education)

Dr Patrick Wheeler (Chair of Scientific Advisory Group)

Dr Katie Marino (Head of Membership Services)

Dr Jane Dunbar (Executive Member)

Dr Dane Vishnubala (Executive Member)

Company Secretary

Dr Robin Chatterjee (Secretary)

Key Management Personnel

Lynda Phillips (Chief Executive Officer)

Bankers

HSBC Bank Plc, 1 High Street, Doncaster

Independent examiner

Andrew Cribb FCA

Smith Craven, Sidings House, Sidings Court, Doncaster, DN4 5NU

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee and registered in England. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed by its governing document and Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

The trustees are the Directors of the company for the purposes of the Companies Act 2006.

Recruitment and Appointment of Trustees

Trustees are appointed for up to 3 years and can be re-elected for a further 3 years, subject to the rules laid down in the Memorandum and Articles of Association.

Trustee Induction and Training

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The Chair and CEO are responsible for ensuring a full induction of Trustees takes place, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the CEO or secretary at the time of the changeover of trustees.

Risk Management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the CEO and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at meetings held throughout the year and the risk management policies are amended as required.

Organisational Structure

The board meet at least four times a year to deal with the business of the Association and is responsible for the governance framework, the strategic direction and policy of the charity. Staff members also attend the meetings but have no voting powers.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and CEO are discussed and agreed at each board meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Each meeting's minutes are recorded, circulated to each member and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the CEO and SMT.

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

Foreword by Chair of BASEM, Dr Eleanor Tillett

Welcome to BASEM's annual report for the period of 1 January to 31 December 2021.

The year in review has seen a great deal of activity take place at BASEM, including a major review of the memorandum and articles of association, the governing document which defines how BASEM operates. Additionally, with the year starting with a national lockdown due to the COVID-19 pandemic, BASEM had to be creative to continue to run courses and conferences and we entered the virtual world. Our key highlights of the year include:

- A hugely successful Spring Conference, focusing on hip and groin, switched to a virtual event, and bringing in over 2400 delegates from across the globe. The feedback from the conference was overwhelmingly positive, with most participants confirming they had learnt something valuable that they can take back into practice to support patients.
- Continuing our education provision through COVID-19 restrictions by developing the courses for online delivery and ensuring safe distances. This included running a Foundation Skills course for 30 delegates, two Revision courses, with 47 participants across both and a one-day education day with over 70 attendees.
- The great amount of work that went into the restructuring of the organisation's M&As proved valuable when at the end of 2021, we were able to produce a final draft of the new M&As ready for approval at the AGM. The new M&As will allow the organisation to operate more efficiently in an increasingly online world.
- We developed new partnerships to broaden our education offer to our members, providing a range of educational resources to improve learning across the sector.
- The recruitment of BASEM's first Chief Executive Officer. Lynda joined us in November 2021 and by the end of the year she had begun work with the Board and staff teams on developing a strategic plan which will take BASEM forward and further support the work of SEM professionals and improve outcomes for the community.

I would like to thank all our volunteers, who devoted much of their personal time to BASEM over the last year and worked hard to develop BASEM through various channels, including committees, subgroups, in-house publication and journal editing teams, and of course working on our Board of Trustees. My thanks also goes out to our staff members and contractors who had to adapt so quickly to different ways of working at various points throughout the year. Finally, I would like to thank our members who continue to support BASEM's objectives and each other. Our people are valuable to BASEM, and we wouldn't be able to deliver any of our objectives without their ongoing commitment.

Eleanor Tillett

Chair of BASEM

Introduction

BASEM is an organisation established in 1952 to promote the study and investigation of all medical aspects of sport. Its vision was to be the authoritative body on every medical aspect of athletics and exercise. The organisation has worked hard over the years to gain recognition for the field of sports medicine, raising awareness, pioneering research, and leading in practice. Today, BASEM is known as a multidisciplinary sports and exercise membership organisation. Many of its members are doctors, many with key influence within SEM, both in the UK and across the globe. BASEM's membership has grown and continues to do so at a steady rate each year, with just over 1000 members across a wide selection of disciplines. Many of its members are actively involved with BASEM, whether that be through participation in one of the committees, providing resources for members or holding a place on the Board. The expertise within BASEM is extensive.

BASEM co-owns the British Journal of Sports Medicine, a highly rated global publication which promotes research and education in sport and exercise medicine.

BASEM's Vision

BASEM is the leading multidisciplinary sport and exercise medicine membership organisation in the UK with a core responsibility to provide leadership, education, and support for all.

- *BASEM members are multidisciplinary healthcare professionals who provide the care and management necessary to ensure safe and continuing participation in sport and physical activity at all levels with an emphasis on musculoskeletal medicine.*
- *BASEM supports the benefits of physical activity in all populations, without discrimination and the importance it plays in health and well-being and its role in both primary and secondary prevention of disease. BASEM supports the WHO Global Action Plan to make significantly more people active by 2030.*
- *BASEM recognises the need for strong National and International partnerships to achieve its vision.*
- *BASEM is joint owner of the British Journal of Sports Medicine and the BMJ Open Sport and Exercise Medicine Journal with BMJ Publishing and supports a strong international research agenda to underpin its principles.*

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

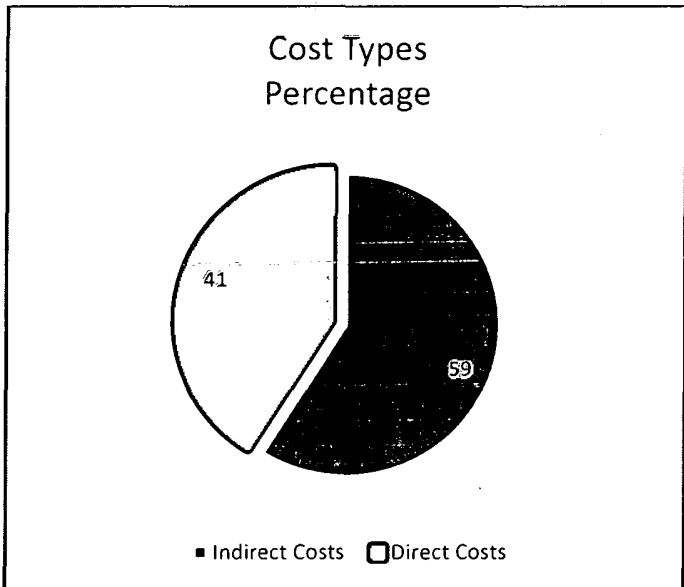
BASEM's Objects

Over the year, despite the COVID-19 restrictions, we have still been able to successfully focus on achieving the organisation's objectives through a broad variety of different methods, all invaluable to our members. These are summarised in the table below.

Object	Activity	Object	Activity
To promote exercise as a therapeutic tool	Awards and bursaries Spring conference Education meeting Hosted symposium	To support and promote the multi-disciplinary team in Sport and Exercise Medicine	Supporting AHPs with education offer Offering education and resources for diverse disciplines
To support the professional needs of those doctors working in the specialty of Sport and Exercise Medicine and to advise on career structures in Sport and Exercise Medicine;	Foundation and Revision Skills courses Career resources on website Connecting members with each other to support careers Advertising job vacancies to support career progression Supported USEMS website and virtual meeting costs	To provide support and education for those healthcare professionals involved in the care of athletes and individuals undertaking, or aspiring to undertake, regular physical activity at all levels	Spring conference Education day
To promote the specialty of Sport and Exercise Medicine and to encourage best standards of clinical practice in the care of the exercising individual	SEM Academy Conference Courses Awards	To promote the adoption of evidenced-based practice in all areas of Sport and Exercise Medicine	Research Conference Members involved in committees. BASEM Reports
To support and encourage research in Sport and Exercise Medicine	Research BJSM Awards	To promote the adoption of exercise and physical activity by all sections of the population for their general wellbeing and in the prevention of illness	Hosted symposiums (international)
To assist and advise all relevant authorities in adopting policies that will encourage and promote physical activity in schools, the workplace and the home	Partnerships	To cooperate with the Faculty of Sport and Exercise Medicine and the Institute of Sport and Exercise Medicine and to collaborate with other associations both nationally and internationally, in furthering the specialty of Sport & Exercise Medicine and the aims of the association.	Partnerships

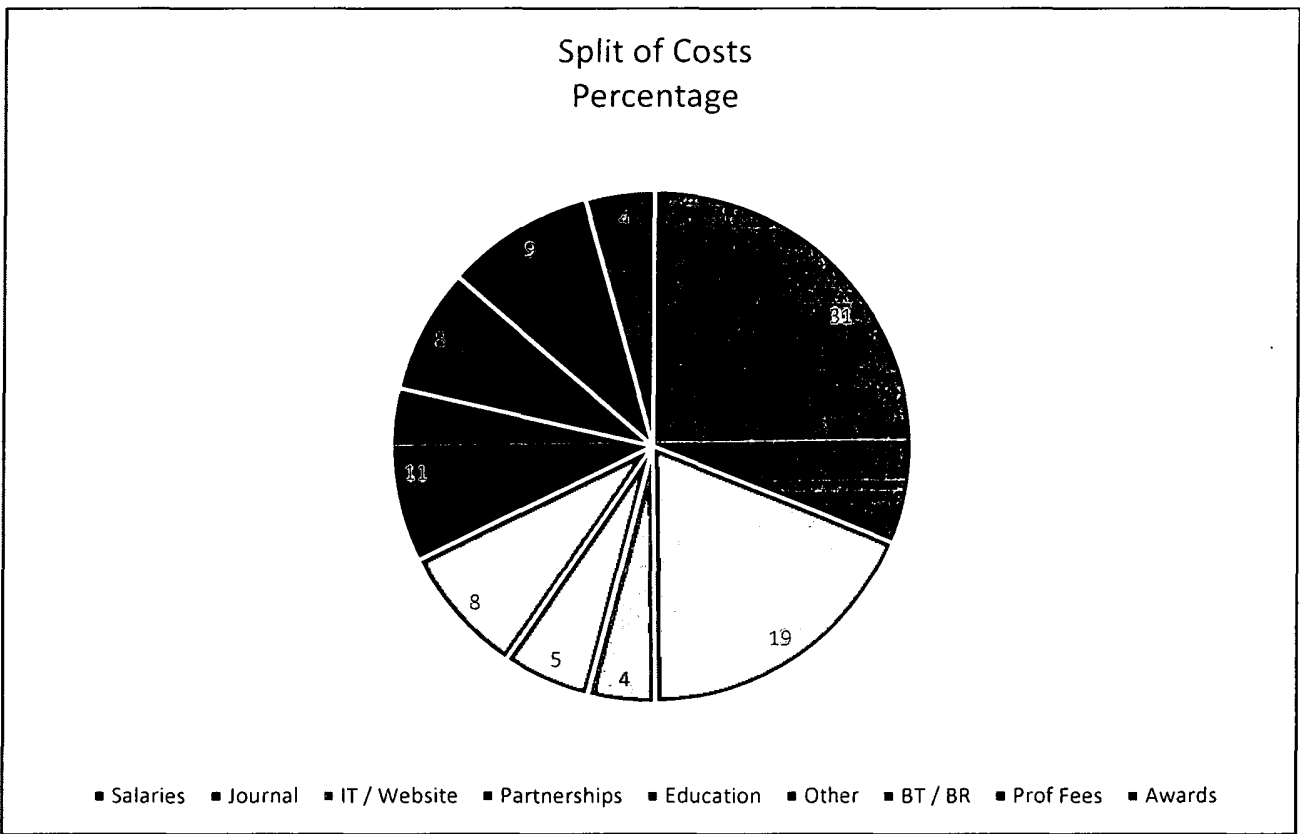
The Financials

Our Direct Costs



Even with many of our awards and bursaries being on hold throughout this period due to COVID, meaning we spent less than allocated on these, we have increased the spend on direct costs from the previous year, which are those that directly impact our members. We have done this through adding value by introducing more resources available to our members, including BASEM Reports and SEM Academy. Our general administrative costs increased from the previous year mostly due to additional legal costs incurred to support BASEM with staffing matters, drawing up partnership contracts and making changes to our M&As.

Costs Breakdown



The largest expense was on staff salaries, including NI, pensions, and one-off staff costs. However, this expenditure equates to just 19% of our income. Throughout this year, there have been up to three members of staff employed by

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE TRUSTEES

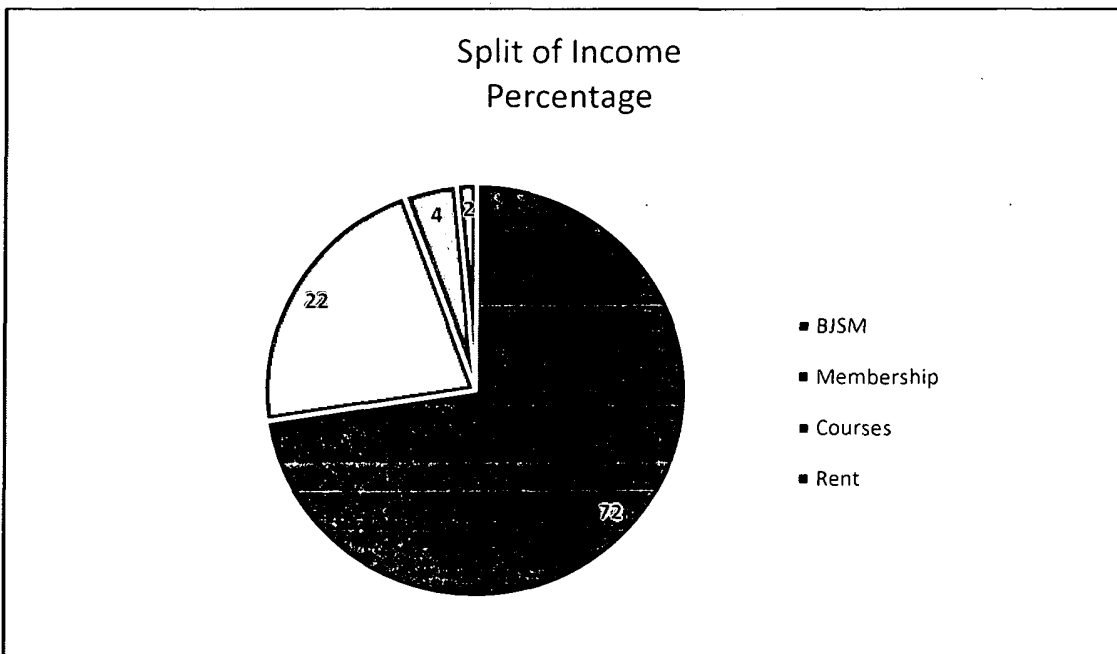
FOR THE YEAR ENDED 31 DECEMBER 2021

BASEM at any one time, yet the achievements of the organisation have been great. We recognise that we can do more still if we invest further in this area and as such, we have plans to increase our staffing next year.

Our IT and website are key to delivering many of the resources for members and non-members alike. We have invested in our IT to ensure members can access the latest developments in SEM quickly. However, with the growth of our membership, we need to overhaul our IT systems to make them fit for the future, and we have plans to do this next year.

Our partnerships are key to our resources offer to our members and include costs for purchasing licences for SEM e-learning platforms such as SEM Academy, WCEA and Ortho Evidence. These platforms contain up to date information and some such as Ortho-Evidence provide opportunities for professionals to share experiences and gain peer support.

Income



Our income sources remain the same, with much of our income being from our medical journal, BJSJ. This helps to support the costs of supporting our membership and being able to have a greater impact in developing the sports and exercise medicine speciality.

Balance Sheet

Our reserves policy states we are to have two years running costs in our reserves. BASEM currently holds £2,576,954 in reserves including restricted funds of £4,400. We are in the process of planning the use of the unrestricted funds over and above our reserves policy to further our aims. This will be part of our strategic plan which we will be designing and implementing from next year.

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

Actions Against Last Year's Plans

Plan	Activity
To build on the significant progress made during 2020 in terms of financial stability and will continue to look at cost efficient ways of running the organisation to ensure the longer-term financial sustainability and growth of the Association.	Board training CEO appointed Plans for reserves
To allocate some of the unrestricted funds achieved during 2020 to further develop the organisation and the benefits it offers to its members.	Conference held at no charge to delegates Funds allocated for awards and bursaries Course development to ensure we could offer virtual options
BASEM plans to continue to promote membership to both existing and potential new members	Further members gained through partnerships, including a broadening of the disciplines to include more AHPs
BASEM is keen to promote physical activity to the whole population, to improve general health and to aid in the prevention and management of chronic disease and will continue to deliver training in different formats to meet learner needs as per the Moving Medicine cooperation with FSEM	Continued partnership with FSEM and supporting Moving Medicine initiative
The BJSM will continue to be marketed in new territories	Continued collaboration with BJSM partners, BMJ, to ensure BJSM's success
BASEM will facilitate a Spring Meeting on 28th May. This event will be delivered remotely, providing free accredited learning for all. The Annual Conference and AGM will be held 11th and 12th November in Brighton. BASEM also plans to run Revision Courses for the FSEM Membership Exam Parts One and Two and Foundation Skills Course.	Although our plans had to be tweaked somewhat, all of these except the AGM were held in some form. The AGM was postponed to 2022 due to COVID-19.

Activities to Meet Objects

Our Research Bursaries and Awards

We are very proud of the bursaries and awards BASEM gives to support our members in developing the speciality of sport and exercise medicine. We have several awards and bursaries that focus particularly on supporting the education of our members, including many opportunities to commence research, which has an impact on the way patients receive treatment, from the elite athlete through to the gentle walker. We also like to recognise and promote members who have delivered something outstanding in the year. These awards support our aim to ensure sport and exercise medicine is delivered with a high level of quality.

This year, these include:

- Our MSc Sport and Exercise bursary awarded to explore the effects of exercise type and intensity on cognition.

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

- A Research Bursary given to monitor the impact of personalised exercise programmes in people recovering from COVID-19 from critical care to return to every-day life.
- A Research Bursary given to explore the muscles involved in wrist injury in golfers.
- Our Travelling Fellowship given to conduct a study into the benefits and risks of performance exercise, in particular dance.
- Our one-off Recognition of Contribution through COVID Award was won by the Chief Medical Officers' Steering group for developing a framework for the safe return to sport, which was adopted nationally benefiting all those involved in sport
- The Sir Roger Bannister Award seeks to recognise a lifetime's outstanding contribution to the field of Sport and Exercise Medicine. This year, BASEM awarded this to Dr Faith Gardner for her significant contribution throughout her career to the work in the recognition of sports and exercise medicine as a distinct speciality.

Our Membership

Our membership increased during 2021 and includes broad and multi-disciplinary range of professionals. Membership increased from 983 members at the end of 2020 to 1047 members at the end of 2021. There was an increase of 19% of Allied Health Professionals (AHPs), including a number of osteopaths transferring membership from the now dissolved Osteopathic Sports Care Association (OSCA). Our overseas members also increased by over 30%, which gives us the opportunity to support sports and exercise medicine across the globe.


Our Education and Careers Resources

Throughout the COVID-19 pandemic, it was more important than ever that medical professionals could access training. BASEM's courses were typically delivered face-to-face, however the lockdown prevented this from taking place. Our approaches to delivery had to change and much of our education became online.

BASEM supports doctors wishing to take the Faculty of Sport and Exercise Medicine (FSEM) Diploma exam, which enables them to become members of the FSEM and gain recognition as a Physician with a speciality in sports and exercise medicine.

The Part Two Revision Course programme was restructured to develop the first online course, delivered in February 2021. The course had twelve delegates who will have been able to take the FSEM exam following completion.


We continued to run the revision course online for Part One, which was delivered in July 2021. We were very pleased to have 35 delegates for this course, showing more professionals are getting involved in sport and exercise medicine.




I have much more confidence in undertaking MSK consultations

Our Foundation Skills Course is a starting point for those wishing to explore a career in sport and exercise medicine. It covers the broad range of skills, including team care, Musculo-skeletal medicine and exercise. There is a practical emphasis in the course which means delegates can take a hands-on approach to learning. In October 2021, we ran our annual Foundation Skills

Course. With some restrictions being removed by this time, we



Massively improved my joint examinations!



I now have better examination skills that I have put to immediate use

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

were able to deliver this in-person. To meet guidelines and run the event safely, we acquired a larger space for delivery and provided PPE for the delegates. We had 30 delegates.

Our Partnerships

USEMS

We are very supportive of our student doctors who are starting out in their SEM careers, and we work closely with the Undergraduate Sports and Exercise Medicine Society (USEMS) to encourage, inspire, and support students in their initial steps. BASEM has supported the financial running of the society through sponsorship of its website, IT costs, conferences and events. In 2021, we sponsored awards for the USEMS poster prize given at their conference which attracted over 50 student delegates looking to begin their careers in sport and exercise medicine and make it their career, raising their awareness of how BASEM can support them. The supporting of networking and educational opportunities for those wishing to pursue careers in SEM ensures the next generation of SEM professionals are provided with educational opportunities during their training at a reasonable cost, making it more accessible to a greater number of people as a career choice.

SEM Academy

In 2021, we agreed a partnership with the Australasian College of Sport and Exercise Physicians (ACSEP) to work with them on producing a high-quality SEM specific education resource for SEM professionals across the globe. This would be delivered through ACSEP's platform, SEM Academy. Recognising that SEM is very new, and experts are broadly spread across several countries, we wanted to work on the basis that we could help to bring expertise together into one resource that would always be up to date. As such, we have invested in this resource and have committed to providing course content for it, in addition to providing it as a free resource for all BASEM members.

Royal Society of Medicine

This year, we agreed a partnership with the Royal Society of Medicine, offering a joint discount off each other's membership to encourage greater knowledge sharing.

Faculty of Sport and Exercise Medicine

Over the year we have continued to work closely with the Faculty of Sport and Exercise Medicine (UK) who set standards for sport and exercise medicine in the UK. We have heavily supported their initiative, Moving Medicine, which supports medical professionals to have meaningful discussions with patients about incorporating exercise into their lives.

Our Conferences

Spring Conference

Due to COVID-19 and in the interests of continuing our education offer to our membership, we switched the original plans for an in-person conference to a completely virtual conference. At the same time, we removed all fees for people to attend. The day, focusing on hip and groin attracted delegates from 143 countries across over 2000 delegates.

"Evidence-based information combined with clinical experience"

"Best focus on pelvic injury from all angles and opening up new and beneficial research points for athletes and society"

"Everything was perfect and well explained. I have learnt a lot"

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

Education Day

Again, due to COVID-19 cases increasing, and the new Omicron strain being very much an unknown, BASEM completely switched the

“It helped me to see it in a new perspective and helped me find a new way to deal with hip and groin conditions”

“It provided a broad spectrum and overview into the application of evidence-based practice and insight in the approach of diagnosis and treatment from a variety of different professions”

November. Our AGM which would usually have been held on the same day was postponed until the following year, as our constitution did not allow online voting. Our Autumn Education Day was attended by over 70 delegates. We had a variety of sessions, including a session on Long COVID clinics which enabled delegates to better understand the effects of Long COVID and how they can support patients.

Autumn Education Day to an online only event in

Hosted Symposium

We were delighted to be invited to host a symposium at the International Federation of Sports Medicine’s (FIMS) conference this year, bringing British specialists to share knowledge on social prescription, impact of movement on health and positive health effects of playing golf.

Our Resources

British Journal of Sport and Exercise Medicine (BJSM)

Jointly owned by BASEM and British Medical Journal (BMJ), our members continue to receive this journal at no charge to them. The journal is still the leading sports medical journal in the world and is highly regarded by our membership. We also publish BMJ Open Sport and Exercise Medicine (BOSEM), a peer reviewed open access journal which allows anyone to view research carried out by professionals within the SEM speciality. This journal highlights the expertise within the sector and supports our mission to gain greater recognition for SEM.

Newsletters

BASEM’s first newsletter was published in March 1999 and BASEM has been producing a newsletter ever since. Now in the form of BASEM Today, this quarterly publication goes out to all members, in addition to being distributed to educational establishments and at other events that BASEM supports throughout the year. The newsletter gives members an opportunity to read about what other members are doing in their field of expertise, again sharing the multi-disciplinary approach. There were an increasing number of more scientific articles with references being submitted by guest editors and as such, BASEM Reports was introduced in May this year as a supplement to BASEM Today. The issues of BASEM Reports this year included:

- Sports cardiology handbook, presented by Dr Michael Papadakis
- Sports Imaging Handbook, presented by Dr (LT Col) Ed Sellon
- Long COVID Handbook, presented by Dr Romila Bahl, Dr Polly Baker and Dr Rebecca Robinson

OrthoEvidence

To support the osteopaths who had become BASEM members during this year, we took on a licence to provide OrthoEvidence to all of our members free of charge. This resource is a platform which provides education, research, networking and sharing of best practice within Musculo-skeletal medicine.

Volunteers

BASEM encourages its members to be actively involved in BASEM’s activities and a large proportion of BASEM’s work utilises member volunteers who donate their time and expertise to support BASEM’s aims. Some of the volunteers

REPORT OF THE TRUSTEES

FOR THE YEAR ENDED 31 DECEMBER 2021

are part of committees, such as research, awards, scientific advisory group, and education committees, which are made up of a multi-disciplinary team, reflecting the membership and as such being able to have a greater impact to all of our members. When OSCA members joined BASEM this year, the Vice President of OSCA joined the education committee to provide experience of osteopaths in sport and exercise medicine. In addition to the committees, other volunteers include our BASEM Today and BASEM Reports editorial team, videographer and photographer for our events, many volunteers who support the organisation and delivery of our conferences and education events and those who keep in touch with BASEM less formally to support our work. And we are very lucky to have a dedicated Board who put in regular hours, both in their legal duties as Trustees, looking after the governance of the organisation, and operationally, supporting in hands-on roles. There is a vast amount of volunteer hours donated to BASEM each year and BASEM recognises how much it relies on this support.

Governance

As we ended 2021, we presented a proposed new set of M&As to the membership. The new M&As include changes to enable BASEM to operate more efficiently and effectively in an increasingly online world, particularly considering the pandemic. They allow BASEM greater flexibility to forge partnerships that will support BASEM's mission. Members will be able to vote for or against the proposals in the AGM (or by proxy) next year.

The Board remained the same in 2021, however we recognise the need to recruit new Trustees to increase the diversity of the Board to better reflect the membership. We aim to carry out recruitment in 2022.

The Board attended some Trustee training this year and as a result we have a better understanding of how a Board governs a charity. As such, we agreed to create a new role for a Chief Executive Officer for BASEM, to develop strategic plans and drive forward the organisation's aims. This role was successfully appointed and our new CEO, Lynda Phillips, started with BASEM at the end of November, joining the existing staff team (Amanda Harwood, Membership Manager and Lucy Bateman, Education Manager).

Future Plans

With a new CEO now in place at BASEM, it is a great time for us to review and evaluate our current practices, policies, membership offer, strategies and systems to ensure they are sustainable and continue to meet our aims. This includes:

- A review of our resources for members, quality standards and accessibility
- Introducing more ways for members to interact with us and each other, to share knowledge
- A review of our IT, including website and member database
- Establishing a PR strategy to help to better communicate our mission and our achievements against it
- A review of our awards and bursaries to ensure they are fit for purpose and are effective to support our aims
- Restructuring the Board and Committee roles to ensure greater focus on the areas of importance and that we can continue to attract experienced volunteers to support us
- Recruitment of new Trustees to the Board to ensure Board is representative of our diverse membership and that no Board member has an unreasonable workload
- Reviewing our offer and support for staff to ensure we can recruit and retain high quality staff who are committed to BASEM's mission
- A further review of our M&As to ensure they enable us to operate swiftly and efficiently whilst meeting our aims.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

INDEPENDENT EXAMINER'S REPORT ON THE ACCOUNTS

I report to the charity trustees on my examination of the accounts of the Company for the year ended 31 December 2021, Charity no 293854.

Responsibilities and basis of report

As the charity's trustees of the Company (and also its directors for the purposes of company law) you are responsible for the preparation of the accounts in accordance with the requirements of the Companies Act 2006 ('the 2006 Act').

Having satisfied myself that the accounts of the Company are not required to be audited under Part 16 of the 2006 Act and are eligible for independent examination, I report in respect of my examination of your charity's accounts as carried out under section 145 of the Charities Act 2011 ('the 2011 Act'). In carrying out my examination I have followed the Directions given by the Charity Commission under section 145(5) (b) of the 2011 Act.

Independent examiner's statement

I have completed my examination. I confirm that no matters have come to my attention in connection with the examination giving me cause to believe:

1. accounting records were not kept in respect of the Company as required by section 386 of the 2006 Act; or
2. the accounts do not accord with those records; or
3. the accounts do not comply with the accounting requirements of section 396 of the 2006 Act other than any requirement that the accounts give a true and fair view which is not a matter considered as part of an independent examination; or
4. the accounts have not been prepared in accordance with the methods and principles of the Statement of Recommended Practice for accounting and reporting by charities [applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102)].

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Andrew Cribb FCA
For and on behalf of Smith Craven
Sidings House
Sidings Court
Doncaster
South Yorkshire
DN4 5NU

Date:

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE
STATEMENT OF FINANCIAL ACTIVITIES (INCLUDING INCOME AND EXPENDITURE ACCOUNT)
FOR THE YEAR ENDED 31 DECEMBER 2021

	Notes	Unrestricted Funds £	Restricted Funds £	2021 Total funds £	2020 Total funds £
INCOME					
Investment income		-	-	-	2,672
Rental income		11,288	-	11,288	11,288
Other income		170	-	170	6,629
Income from Charitable Activities	2	731,943	-	731,943	749,594
Total Income		743,401	-	743,401	770,183
EXPENDITURE					
Charitable activities	3				
Direct costs		196,814	-	196,814	152,831
Administrative costs		275,216	-	275,216	211,457
Governance costs	4	4,743	-	4,743	7,981
Total Expenditure		476,773	-	476,773	372,269
NET INCOME/(EXPENDITURE)		266,628	-	266,628	397,914
RECONCILIATION OF FUNDS					
Funds brought forward	10	2,292,912	17,414	2,310,326	1,912,412
Transfer of funds	15	13,014	(13,014)	-	-
Funds carried forward		2,572,554	4,400	2,576,954	2,310,326

All operations of the charity in the year are continuing.

The charity has no recognised gains or losses other than the net incoming resources for the above financial period.



BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

BALANCE SHEET

AS AT 31 DECEMBER 2021

	Note	Unrestricted funds £	Restricted funds £	Total 2021 £	Total 2020 £
FIXED ASSETS	7	<u>351,287</u>	<u>-</u>	<u>351,287</u>	<u>357,404</u>
CURRENT ASSETS					
Debtors	8	439,682	-	439,682	461,112
Cash at bank and in hand		1,826,317	-	1,826,317	1,571,532
		<u>2,265,999</u>	<u>-</u>	<u>2,265,999</u>	<u>2,032,644</u>
CREDITORS					
Amounts falling due within one year	9	<u>(40,332)</u>	<u>-</u>	<u>(40,332)</u>	<u>(79,722)</u>
NET CURRENT ASSETS		<u>2,225,667</u>	<u>-</u>	<u>2,225,667</u>	<u>1,952,922</u>
TOTAL ASSETS LESS CURRENT LIABILITIES		<u>2,576,954</u>	<u>-</u>	<u>2,576,954</u>	<u>2,310,326</u>
NET ASSETS		<u>2,576,954</u>	<u>-</u>	<u>2,576,954</u>	<u>2,310,326</u>
FUNDS OF THE CHARITY					
Represented by					
Unrestricted funds (general reserve)		2,572,554	-	2,572,554	2,292,912
Restricted funds		-	4,400	4,400	17,414
TOTAL FUNDS	10	<u>2,572,554</u>	<u>4,400</u>	<u>2,576,954</u>	<u>2,310,326</u>

The charitable company is entitled to exemption from audit under Section 477 of the Companies Act 2006 for the year ended 31 December 2021

The members have not required the company to obtain an audit of its financial statements for the year ended 31 December 2021 in accordance with Section 476 of the Companies Act 2006

The trustees acknowledge their responsibilities for

- (a) ensuring that the charitable company keeps accounting records that comply with Sections 386 and 387 of the Companies Act 2006 and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the charitable company as at the end of each financial year and of its surplus or deficit for each financial year in accordance with the requirements of Sections 394 and 395 and which otherwise comply with the requirements of the Companies Act 2006 relating to financial statements, so far as applicable to the charitable company

These financial statements have been prepared in accordance with the special provisions of Part 15 of the Companies Act 2006 relating to charitable small companies.

The financial statements were approved by the Board of Trustees on 28th July 2022 and were signed on its behalf by:

Dr Eleanor Tillett (Chair)
On behalf of the Board of Trustees

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 ACCOUNTING POLICIES

The principal accounting policies adopted in the preparation of the financial statements are set out below and also have been consistently applied within the accounts.

1.1 Basis of preparation of financial statements

The financial statements have been prepared in accordance with the Accounting and Reporting by Charities; Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) - (Charities SORP (FRS 102)) (effective 1 January 2015).

1.2 Going Concern

The financial statements have been prepared on a going concern basis as the trustees believe that no material uncertainties exist. The trustees have considered the level of funds held and the expected level of income and expenditure for 12 months from authorising these financial statements. The budgeted income and expenditure is sufficient with the level of reserves for the charity to be able to continue as a going concern.

1.3 Fund accounting

Unrestricted funds are available of use at the discretion of the trustees in furtherance of the general objectives of the charitable company and which have not been designated for other purposes.

Restricted funds are funds which are to be used in accordance with specific restrictions imposed by donors which have been raised by the Charity for particular purposes. The cost of raising and administering such funds are charged against the specific fund.

1.4 Incoming resources

All incoming resources are included in the Statement of Financial Activities when the charity has entitlement to the funds, any performance conditions have been met, the amount can be measured reliably and it is probable that the income will be received.

Grants receivable, funding the general activities of the charity, are included in the period in which they are receivable.

1.5 Incoming resources with related expenditure

Where incoming resources have related expenditure (as with fundraising or contract income) the incoming resources and related expenditure are reported gross in the SoFA.

Donations are recognised when receivable.

In accordance with the Charities SORP (FRS 102), the general volunteer time is not recognised, refer to the trustees report for more information about their contribution.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 ACCOUNTING POLICIES – CONTINUED

1.6 Expenditure

All expenditure is accounted for on an accruals basis and has been classified under headings that aggregate all costs related to the category. Expenditure is recognised where there is legal or constructive obligation to make payments to third parties, it is probable that the settlement will be required and the amount of the obligation can be measured reliably.

1.7 Gifts in kind

Gifts in kind are accounted for at a reasonable estimate of their value to the charity or the amount actually realised. Gifts in kind for sale or distribution are included in the accounts as gifts only when sold or distributed by the charity. Gifts in kind for use by the charity are included in the SoFA as incoming resources when receivable.

1.8 Donated services and facilities

These are only included in incoming resources (with an equivalent amount in resources expended) where the benefit to the charity is reasonably quantifiable, measurable and material. The value placed on these resources is the estimated value to the charity of the service or facility received..

1.9 Investment income

Investment income is recorded under the accruals method.

1.10 Liability recognition

Liabilities are recognised as soon as there is a legal or constructive obligation committing the charity to pay out resources. Irrecoverable VAT is charged to the SoFA as incurred.

1.11 Governance costs

Include costs of the preparation and examination of statutory accounts, the costs of trustee meetings and the cost of any legal advice to trustees on governance or constitutional matters.

1.12 Debtors

Trade and other debtors are recognised at the settlement amount due after any trade discount offered. Prepayments are valued at the amount prepaid net of any trade discounts due.

1.13 Creditors

Creditors and provisions are recognised where the charity has a present obligation resulting from a past event that will probably result in the transfer of funds to a third party and the amount due to settle the obligation can be measured or estimated reliably. Creditors and provisions are normally recognised at their settlement after allowing for any trade discounts due.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

1 ACCOUNTING POLICIES – CONTINUED

1.14 Tangible fixed asset and depreciation

Tangible fixed assets are stated at cost less depreciation. Depreciation is provided at rates to write off the cost less any residual value of each asset over its expected useful life as follows:

Fixtures, fittings and equipment	20%, 25% straight line
Leasehold buildings	2% straight line

Website development is written off over three years, which is the period considered the site will provide economic benefit.

Depreciation is charged from the month of purchase.

2 ANALYSIS OF CHARITABLE RESOURCES RECEIVED

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Charitable Activities				
Members subscriptions	161,431	-	161,431	138,045
Course fees	30,100	-	30,100	5,986
Annual Congress income.	1,450	-	1,450	618
Share of profits from Journal	537,737	-	537,737	600,900
Sponsorship in BASEM Today	1,225	-	1,225	4,045
	731,943	-	731,943	749,594

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

3 ANALYSIS OF CHARITABLE RESOURCES EXPENDED

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Direct costs				
Courses	19,809	-	19,809	7,506
Annual Congress	19,783	-	19,783	23,433
Journal for members	88,882	-	88,882	88,864
BASEM Today	22,172	-	22,172	14,974
BASEM Awards	15,357	-	15,357	12,041
Other member resources	26	-	26	3,372
Partnership Agreements	25,785	-	25,785	-
Donations	5,000	-	5,000	2,641
Total	196,814	-	196,814	152,831
Administrative costs				
Salaries	144,179	-	144,179	96,948
Pension contributions	4,291	-	4,291	5,410
Premises	2,725	-	2,725	1,213
General rates	960	-	960	956
Printing, postage, stationery	3,227	-	3,227	10,007
Telephone	3,025	-	3,025	1,928
Insurance	2,015	-	2,015	1,713
Travel	4,936	-	4,936	1,273
Computer	17,900	-	17,900	4,770
Marketing	25,180	-	25,180	3,373
Bank charges	3,140	-	3,140	2,759
Subscriptions	852	-	852	2,672
Professional fees	44,047	-	44,047	59,452
Equipment Hire	4,843	-	4,843	-
Repairs	1,626	-	1,626	3,344
Sundry	2,487	-	2,487	1,982
Depreciation	9,783	-	9,783	13,657
Total	275,216	-	275,216	211,457

4 ANALYSIS OF GOVERNANCE COSTS

	Unrestricted Funds £	Restricted Funds £	2021 Total Funds £	2020 Total Funds £
Board of trustees expenses	1,743	-	1,743	3,967
Independent Examiner fee	3,000	-	3,000	-
Auditors fees	-	-	-	4,014
Total	4,743	-	4,743	7,981

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

5 DETAILS OF CERTAIN ITEMS OF EXPENDITURE

5.1 Trustee expenses

A total of £1,743 (2020: £3,967) expenses were reimbursed to trustees during the financial year, for resources associated with duties of being Trustees.

6 PAID EMPLOYEES

6.1 Staff costs

	2021	2020
	£	£
Gross wages	132,690	88,063
Employers' national insurance costs	11,489	8,885
Pension costs	4,291	5,410
Total	<u>148,470</u>	<u>102,358</u>

No remuneration was paid to trustees during the financial year or previous financial year.
No employee earned more than £60,000 in the period.

6.2 Average number of full-time equivalent employees in the year

	2021	2020
	No.	No.
The parts of the charity in which the employees work		
Administration	3	3
Total	<u>3</u>	<u>3</u>

6.3 Defined contribution pension scheme

Details of the scheme

	2021	2020
	£	£
The organisation operates a defined contribution pension scheme.		
The costs of the scheme to the charity for the year	4,291	5,410
The amount of any contributions outstanding at the year end	688	880
The amount of any contributions prepaid at the year end	-	-

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

7 TANGIBLE FIXED ASSETS

	Website	Computer Equipment	Leasehold Buildings	Fixtures & Fittings	Total
Cost	£	£	£	£	£
At 1 January 2021	44,141	35,309	394,800	11,156	485,406
Additions	-	3,666	-	-	3,666
At 31 December 2021	44,141	38,975	394,800	11,156	489,072
Depreciation					
At 1 January 2021	44,141	33,430	39,480	10,951	128,002
Charge for year	-	1,682	7,896	205	9,783
At 31 December 2021	44,141	35,112	47,376	11,156	137,785
Net Book Value					
At 31 December 2021	-	3,863	347,424	-	351,287
At 1 January 2020	-	1,879	355,320	205	357,404

8 DEBTORS

Analysis of debtors

Amounts receivable within one year

	2021	2020
	£	£
BMJ Debtor	422,670	445,641
Other Debtors	706	1,055
Prepayments	16,306	14,416
Total	439,682	461,112

9 CREDITORS

Analysis of creditors

Amounts falling due within one year

	2021	2020
	£	£
Trade Creditors	9,422	972
Social Security & other tax	4,328	5,380
Accruals and other creditors	26,582	73,370
Total	40,332	79,722

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

10 MOVEMENT IN FUNDS

10.1 Analysis of net assets by fund

	Unrestricted Funds £	Restricted Funds £	Total £
Net current assets	2,225,667	-	2,225,667
Tangible fixed assets	351,287	-	351,287
Net assets at 31 December 2021	2,576,954	-	2,576,954

10.2 Movements in funds

	Opening balance £	Incoming resources £	(Resources expended) £	Transfer of Funds £	Closing balance £
Unrestricted funds					
General Fund	2,292,912	743,401	(476,773)	13,014	2,572,554
Restricted funds					
Core activities	17,414	-	-	(13,014)	4,400
TOTAL FUNDS	2,310,326	743,401	(476,773)	-	2,576,954

10.3 Comparative for movement in funds

	Opening balance £	Incoming resources £	(Resources expended) £	Transfer of Funds £	Closing Balance £
Unrestricted funds					
General Fund	1,894,998	770,183	(372,269)	-	2,292,912
Restricted funds					
Core activities	17,414	-	-	-	17,414
TOTAL FUNDS	1,912,412	770,183	(372,269)	-	2,310,326

11 TAXATION

As a registered charity, the trust does not pay any income taxes on its charitable activities.

12 RELATED PARTY TRANSACTIONS

No trustee or other person related to the charity had any personal interest in any contract or transaction entered into by the charity during the year.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

13 DEPARTURE FROM REPORTING STANDARD FRS102

Termination and redundancy payments should be disclosed within staff costs in accordance with FRS102. The disclosure should state the total amount in the reporting period, the nature of the payment, accounting policy and extent of funding at the reporting date.

The trustees have not disclosed detail of termination and redundancy payments, to comply with confidentiality agreements signed between the charity and its employees.

The trustees are satisfied this departure does not affect the financial statements from presenting a true and fair view.

14 OPERATING LEASES

At 31 December 2021 the Company had total future minimum lease payment commitments under non-cancellable operating leases as set out below:

	2021	2020
	£	£
Operating leases which expire:		
Within 1 year	928	1,857
Between 2 to 5 years	-	928
Total	<u><u>928</u></u>	<u><u>2,785</u></u>

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE FINANCIAL STATEMENTS

FOR THE YEAR ENDED 31 DECEMBER 2021

15 COMPARATIVES FOR THE STATEMENT OF FINANCIAL ACTIVITIES

	Year ending 31 December 2020		
	Unrestricted	Restricted	Total
	Funds	Funds	Funds
	£	£	£
INCOME			
Investment income	2,672	-	2,672
Rental income	11,288	-	11,288
Other income	6,629	-	6,629
Income from Charitable Activities	749,594	-	749,594
Total Income	770,183	-	770,183
EXPENDITURE			
Charitable activities			
Direct costs	152,831	-	152,831
Administrative costs	211,457	-	211,457
Governance costs	7,981	-	7,981
Total Expenditure	372,269	-	372,269
NET INCOME/(EXPENDITURE)	397,914	-	397,914
RECONCILIATION OF FUNDS			
Funds brought forward	1,894,998	17,414	1,912,412
Transfer of funds	-	-	-
Funds carried forward	2,292,912	17,414	2,310,326

16 TRANSFER OF FUNDS

A total of £4,399 restricted funds were returned to DJO UK LTD on 11th November 2020 as an unawarded research fund.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

England & Wales - Charity number 293854

Accounts

**BRITISH ASSOCIATION OF SPORT AND
EXERCISE MEDICINE**

**ANNUAL REPORT
AND
FINANCIAL STATEMENTS**

**For the year ended
31 December 2020**

Registered Charity No: 293854

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

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BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020

REFERENCE AND ADMINISTRATIVE INFORMATION

Charity Name: British Association of Sport and Exercise Medicine (BASEM)

Charity Registration Number: 293854

Company Registration Number: 1962979

Executive Committee

Dr Roger Hawkes (President)

Dr Nigel Jones (Chair) – Resigned 12th November 2020.

Dr Eleanor Tillett (Chair) – Appointed 12th November 2020.

Mr Leo Athanasatos (Treasurer) - Term of office completed 12th October 2020.

Dr Ajai Seth (Treasurer) - Appointed 12th November 2020

Dr R Chatterjee (Secretary) – Appointed 12th November 2020

Dr Kay Brennan (Chair of Education)

Dr Patrick Wheeler (Chair of Scientific Advisory Group) – Appointed 12th November 2020

Dr Katie Marino (Head of Membership Services) – Appointed 12th November 2020.

Dr Jane Dunbar (Executive Member) – Appointed 12th November 2020.

Dr Dane Vishnubala (Executive Member) – Appointed 12th November 2020.

Professor G Smith (Professional Relations – Associates) – Term of Office completed 12th October 2020.

Dr Ajai Seth (Executive Member) – Term of Office completed 12th October 2020.

Dr Dora Papadopoulou (Executive Member) – Term of Office completed 12th October 2020.

Dr Chris Tomlinson (Executive Member) – Term of Office Completed 12th October 2020.

Company Secretary

Dr Robin Chatterjee

Staff

Mrs Nicky Birkinshaw (BASEM Business Development Manager)

Mrs Lucy Bateman (BASEM Education Manager)

Ms Amanda Harwood (BASEM Membership Manager)

Mr Ian Rouse (BASEM Marketing Manager)

Ms Alice Hanson (BASEM Events Co-ordinator) – resigned January 2020

Registered Office

Unit 10 Phoenix Park, Stephenson Industrial Estate, Telford Way, Coalville, LE67 3HB

Operational Address

3 Jetstream Drive, Auckley, Doncaster. DN9 3QS

Auditor

Evolve Accountants and Business Advisors Limited, Unit 10 Phoenix Park, Stephenson Industrial Estate, Telford Way, Coalville, LE67 3HB

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

Bankers

HSBC Bank Plc, 1 High Street, Doncaster

Solicitors

Paul Bullen and Co, 10 Albion Place, South Parade, Doncaster. DN1 2EG

STRUCTURE, GOVERNANCE AND MANAGEMENT

Governing Document

The organisation is a charitable company limited by guarantee, incorporated on 21 November 1985 and registered as a charity on 3 March 1986. The company was established under a Memorandum of Association that established the objects and powers of the charitable company and is governed under its Articles of Association. In the event of the company being wound up, each member is required to contribute an amount not exceeding £1.

Recruitment and Appointment of Trustees

The directors of the company are also charity trustees for the purposes of charity law and under the company's Articles are known as members of the Executive Committee.

There are 8 elected trustees on the Executive Committee. The trustees hold office for a period of three years (four in the case of Chair and President as per special resolution at the AGM 2017) and can be renewed for a further three years at the discretion of the AGM. They are elected to the Executive Committee as Trustees by the following process: -

A Trustee (Executive Officer) can be appointed by nomination and election from amongst the Members of the Association. No person other than a Member of the Association is eligible to be a member of the Executive Committee. Nominations for Executive Officers can be received from any Member of the Association and if more than those nominated by the Executive Committee are proposed before the AGM, a postal vote must be arranged no later than 28 days prior to the AGM. It is at the AGM that nominations are considered, and votes are counted. When the motion is passed the member takes up that position.

Trustee Induction and Training

New incoming trustees are presented with a full induction pack which includes roles and responsibilities of charity trustees and legal requirements. The BASEM Business Development Manager also supports the incoming trustees, providing information on the structure, future plans, operational policies and any other information seen to be of assistance to the post holder. All documentary changes as signatory to any official documents are put in place by the Business Development Manager at the time of the changeover of trustees.

Support is always available via email and telephone between all members of the Executive Committee and the BASEM staff team.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

Risk Management

The trustees recognise the importance of Risk Management within the framework of governance and internal control. Risk assessments, including financial and security risks, have been carried out by the trustees. The assessment is reviewed on an ongoing basis, by the BASEM Business Development Manager and the Treasurer. The outcome of these reviews is then reported to and discussed by the trustees at the Executive Committee meetings held throughout the year and the risk management policies are amended as required.

Organisational Structure

The charitable company has an Executive Committee which meets at least four times a year to deal with the business of the Association and is responsible for the governance framework and the strategic direction and policy of the charity. The four staff members also attend the Executive Committee meetings but have no voting powers.

The Executive Committee meets for the despatch of business and can adjourn and otherwise regulate their meetings as they think fit. Decisions at any meeting shall be made by a majority of votes. In the case of an equality of votes the Chairperson shall have a second or casting vote which shall be used in those circumstances to maintain the status quo. Two members of the Executive Committee may at any time summon a meeting of the Executive Committee by giving a minimum of 14 days' notice. The quorum necessary for the transaction of the business of the Executive Committee shall be three.

All decisions on policy changes, introduction of new policy, business, discussion and agreement of all business of the sub-committees, reporting on business from the Secretary, Treasurer, and Business Development Manager are discussed and agreed at each Executive Committee Meeting. New initiatives, legal requirements and questions raised by Members are all discussed at each meeting. Every meeting is minuted and circulated to each member of the Executive Committee and is made available to Members upon request.

Day to day enquiries regarding the operational business are dealt with by the Business Development Manager and membership administration is dealt with by the Membership Manager. Educational queries are the responsibility of the Education Manager and Conference queries the responsibility of the Events Co-Ordinator.

Sub-Committees of BASEM

The Executive Committee may delegate any of its powers to sub-committees consisting of such member or members of its body together with such other Members of the Association as they may think fit. Any sub-committee so formed shall be entitled to request any Advisory Person or other person whom the sub-committee may decide to invite to attend the meetings of such sub-committee in an advisory capacity without any entitlement to vote thereat. Any sub-committee so formed shall in the exercise of the powers so delegated conform to any regulations that may be imposed on it by the Executive Committee. All acts and proceedings of any such sub-committee shall be fully reported back to the Executive Committee as soon as possible.

The Chairpersons of subcommittees are nominated by the Executive Committee. If at any meeting the Chairperson is not present within five minutes after the time appointed for holding the same, the members thereof present may choose one of their number to be Chairperson of that meeting.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

A sub-committee may meet and adjourn as it sees fit. Questions arising at any meeting shall be determined by a majority of votes of the members (other than Advisory Persons and any other Members not having such vote) who may be present, and in the case of an equality of votes the Chairperson shall have a second or casting vote. No resolution passed at a meeting of a sub-committee shall be valid or effective unless the resolution is confirmed by the Executive Committee.

There were five sub-committees in 2020. An Education sub-committee was responsible for the development of the education programme. A Conference sub-committee was responsible for the development of the programme for both the Spring and Annual Conferences. An Awards sub-committee was responsible for the facilitation of the bursaries, awards and sponsorships. A small sub committee was developed to facilitate the Malcolm Read Award. The 2020 Award was awarded to Dr Anna Marshall for her research into "The Effect of Dietary Nitrate Supplementation, on High Altitude Exercise Performance and Adaptation during a Military Trekking Expedition" A newly formed Scientific Advisory Group was formed towards the end of 2020.

The Post of Editor of the British Journal of Sports Medicine

The Editor of the British Journal of Sport and Medicine shall be appointed by the Executive Committee of BASEM in conjunction with the British Medical Journal Publishing Group for an initial period of three to five years. This individual appointment may be continued by the unanimous agreement of the Executive Committee. The post should be suitably remunerated. The holder of the post may attend the meetings of the Executive Committee without any voting rights.

OBJECTIVES AND ACTIVITIES FOR THE BENEFIT OF THE PUBLIC

The objects for which the Association is established are: -

- To promote and study methods for the protection and improvement of public health and fitness amongst members of the public participating in sporting, recreational and other leisure-time activities;
- To promote public research into the causation and treatment of medical problems arising from such activities and into the scientific and psychological aspects of athletic and sporting achievement and to publish the useful results of such research.

Membership is offered to all healthcare professionals working in the field of sport and exercise medicine. Full membership is available to Doctors of Medicine and Allied Health Professionals eligible and registered to work within the UK. Individuals applying for membership of BASEM should be educated to degree level or equivalent to degree level (not including undergraduate students.) Categories of membership can be found on the BASEM website at www.basem.co.uk

All the policies of the Association are stated in full in the Memorandum & Articles of Association, which is available to view on the website at www.basem.co.uk.

The Association is committed to the advancement and development of knowledge and scientific study in the natural and pathological consequences of physical training and sports participation upon human health.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

To achieve this aim, BASEM will continue to co-operate with other national and international organisations to promote and raise the profile of Sport and Exercise Medicine (SEM) and organise appropriate scientific meetings, educational courses and Annual Conferences for its multi-disciplinary membership.

In partnership with the British Medical Journal Publishing Group (BMJ), the BJSM, an international journal is now published monthly with 24 issues per year, promoting clinical research papers in sport and exercise medicine.

The Executive Committee has referred to the guidance contained in the Charity Commission's general guidance on public benefit when reviewing our aims and objectives and in planning our future activities. The Executive Committee consider how planned activities will contribute to the aims and objectives it has set.

ACHIEVEMENTS AND PERFORMANCE

BASEM was affected by the restrictions imposed by Covid19 but was able to facilitate several education events during 2020.

The BASEM Revision Course for the FSEM Membership Exam Part Two was delivered in March 2020 at the Holiday Inn Hotel Doncaster. The course was oversubscribed with 21 delegates and made a surplus for the organisation. Unfortunately, the Part Two Exam scheduled to take place in April was cancelled.

The Spring Conference scheduled to take place on 19th March at the Birmingham Burlington Hotel was postponed as we entered the first period of lockdown. The Conference will be facilitated remotely on 28th May 2021.

The BASEM Foundation Skills Course scheduled to take place 7th – 10th June was also cancelled due to the pandemic. Over 70 people registered an interest in this course, and it is intended the course will be facilitated, face to face, in October 2021.

The BASEM Revision Course for the FSEM Membership Exam was facilitated remotely on 8th August in preparation for the Faculty exam on 9th September and attracted 32 delegates.

The Annual Conference scheduled to take place on 19th and 20th November in association with University of Brighton was postponed until 11th and 12th November 2021.

During the first period of lockdown a series of CPD to your front room was delivered to all members monthly and included topics such as Harassment in Sport, Female Athlete, Anti-Doping and much more. These were very well received.

A webinar was delivered on Career Pathways which received excellent feedback.

A series of MSK resources were developed by students and junior doctors and reviewed by senior experienced clinicians. The aim is for these to be disseminated to all members early 2021.

A reciprocal arrangement was agreed with RSM of 20% discount in membership as an introductory benefit for the first year of membership.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

Other Member Benefits:

Negotiations commenced with ACSEP for a partnership agreement which would provide access to the SEM Academy online learning platform for all BASEM Members.

Governance

BASEM's governance documents were not reviewed and therefore no changes made. The intention is to review the Memorandum of Understanding and Articles of Association for the organisation early 2021 and to present these for approval at the AGM 2021.

Business Planning

The services of an external Business Analyst/Consultant were commissioned during the year with a view to establishing a five-year business plan. A Vision and Mission Statement was developed and approved by the Executive Board. Terms of Reference were introduced and approved for the newly formed sub committees: Education, Communications, Scientific Research, Membership Services and Partnerships. A strategy day was due to be facilitated in March but was postponed due to the pandemic.

A membership survey was commissioned and facilitated by Enventure as part of the above process and its findings delivered to the Executive Board at its meeting in March 2020. The pandemic and subsequent furloughing of key staff members stalled the implementation of many of the recommendations within the report, and the plan is to revisit the action points in 2021.

Staffing Changes

Ms Alice Hanson, Events Co-ordinator, resigned from the post in January 2020 and the position remains vacant.

Website development and Social Media

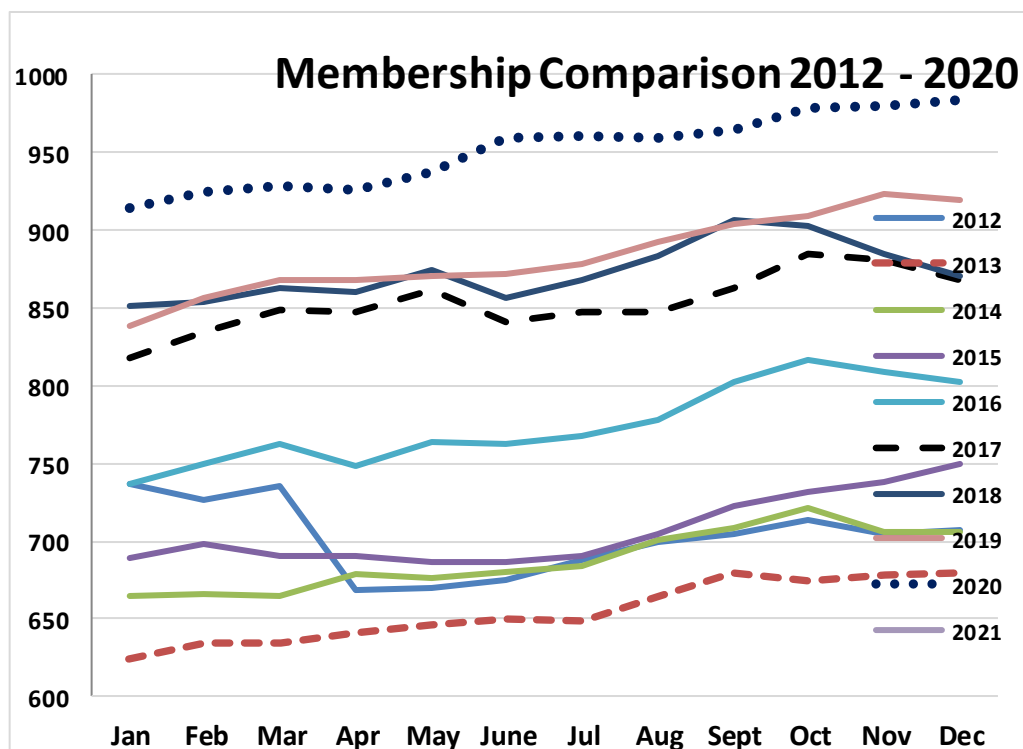
BASEM continues to develop its website and CRM system. These are now fully integrated which will improve efficiency and reduce staff time in the future.

Member Services Development

The BASEM membership has shown a 7% increase throughout the year (versus a predicted 5%). The introduction of a 'pay monthly' has been a contributing factor in this increase as has the growth in overseas members.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)



BASEM Today

The BASEM Today membership magazine has continued to grow and develop and has become extremely popular. During 2020 four editions were produced. The Spring Edition was a special Commemorative 50th issue guest edited by Mr Graham Holloway. The Summer Edition was guest edited by Dr Sardar Bahadur and featured Boxing and Combat Sports – *Reports on medical management and mental health in martial arts*. The Autumn edition was guest edited by Dr Amit Mistry and Dr Tim Rogers and focussed on Mental Health Challenges. The final edition for 2020 was guest edited by Professor Yannis Pitsiladis and Dr Nick Webborn of Brighton University. It focussed on three main issues affecting the integrity of elite sport: *Doping, Technological Fairness/Opportunities and the Fair Integration of Intersex and Transgender Athletes in Elite Sport*.

The Malcolm Read Scholarship

BASEM was fortunate to receive a donation of £19,000 during 2007 from UKADIS, when it was wound down. This has been set aside to use in the Malcolm Read Scholarship Fund. No Award was made in 2020.

Sponsorship

During 2020 BASEM Sponsored four SEM Student Conferences and continued to fund the hosting costs of the USEMs website.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

FINANCIAL REVIEW

The results for the year show total incoming resources for the year of £770,183 Total resources expended in the year amounted to £372,269. The net incoming resources for the year amounted to £397,914

RESERVES POLICY

The Executive Committee has reviewed the reserves held by BASEM as at 31 December 2020. This review encompassed the nature of the income and expenditure streams, the need to match variable income with fixed commitments and the nature of the reserves.

The review concluded that the Association needs reserves both to enable it to progress its long term aims and to protect its current activities, to allow the Executive Committee to meet its responsibilities and ensure that it continues to operate on a going concern basis.

The Executive Committee has examined the needs, risks and challenges faced by the Association in both the short term and the medium term and have formulated a policy to meet those needs. The Executive Committee feel that the level of free reserves, being the unrestricted reserves not held in fixed assets, are satisfactory at £1,935,508. During the preparation of the budgets for 2021 further consideration is to be given to the level of free reserves that will be needed for the long-term development of the Association.

PLANS FOR 2021

BASEM plans to build on the significant progress made during 2020 in terms of financial stability and will continue to look at cost efficient ways of running the organisation to ensure the longer-term financial sustainability and growth of the Association.

BASEM plans to allocate some of the unrestricted funds achieved during 2020 to further develop the organisation and the benefits it offers to its members. These will include:

- £10,000 to expand the in-house education programme.
- £92,000 for bursaries and prizes for which members can apply.
- £20k to support a PhD (a maximum of £100k for the five-year period 2021 – 2025)
- £29,500 subsidy towards Spring Conference and Annual Conference
- £1,000 development of Motivate2Move

BASEM plans to continue to promote membership to both existing and potential new members. The Accountable officer is the Head of Membership Services who works closely with the Membership Manager, Business Development Manager, Marketing Manager, and Education Manager

BASEM is keen to promote physical activity to the whole population, to improve general health and to aid in the prevention and management of chronic disease and will continue to deliver training in different formats to meet learner needs as per the Moving Medicine cooperation with FSEM.

The BJSM will continue to be marketed in new territories with newly appointed Editor, Jon Drezner. It continues to be a very popular, highly regarded peer reviewed journal. BASEM is delighted to report that the BJSM impact factor has increased to 12.68.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

BASEM will facilitate a Spring Meeting on 28th May. This event will be delivered remotely, providing free accredited learning for all. The Annual Conference and AGM will be held 11th and 12th November in Brighton. BASEM also plans to run Revision Courses for the FSEM Membership Exam Parts One and Two and Foundation Skills Course.

The Executive Committee plans to maintain its investment into continually improving the facilities for its members, fostering relations with allied agencies, to develop educational facilities within Sport and Exercise Medicine, encouraging the membership to be involved in all aspects of this process. The Association will continue to support the Faculty of Sport and Exercise Medicine (FSEM) and the Programme Directors around the Home Countries who are evolving the training requirements of doctors specialising in SEM. It plans the further promotion of BASEM to allied health professionals including the establishment and promotion of SEM pathways for AHPs working in the sports arena as well as co-opting AHP's onto the Education Committee to promote their educational requirements.

The Association continues to support undergraduate SEM Societies and offers its undergraduate student members a discounted rate of £25 per year with online-only access to the BJSM. A concessionary membership level also applies for FY1 and FY2 Doctors, full time Post Graduate students in SEM, newly qualified allied healthcare professionals and SEM trainees.

RESPONSIBILITIES OF THE EXECUTIVE COMMITTEE

The Executive Committee is responsible for preparing the Executive Committee Report and the financial statements in accordance with applicable law and regulations.

Company law requires the Executive Committee to prepare financial statements for each financial year. Under that law the Executive Committee has elected to prepare the financial statements in accordance with United Kingdom Generally Accepted Accounting Practice (United Kingdom Accounting Standards and applicable law). Under company law, the Executive Committee must not approve the financial statements unless it is satisfied that they give a true and fair view of the affairs of the charitable company and of its incoming resources and application of resources, including income and expenditure for the financial year. In preparing those financial statements, the Executive Committee is required to:

- select suitable accounting policies and then apply them consistently;
- make judgements and estimates that are reasonable and prudent;
- prepare the financial statements on the going concern basis unless it is inappropriate to presume that the charitable company will continue in operation.

The Executive Committee is responsible for keeping adequate accounting records that are sufficient to show and explain the charitable company's transactions and disclose with reasonable accuracy at any time the financial position of the charitable company and to enable it to ensure that the financial statements comply with the Companies Act 2006. It is also responsible for safeguarding the assets of the charitable company and hence for taking reasonable steps for the prevention and detection of fraud and other irregularities.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

REPORT OF THE EXECUTIVE COMMITTEE FOR THE YEAR ENDED 31 DECEMBER 2020 (Continued)

In so far as the Executive Committee is aware, there is no relevant audit information of which the charitable company's auditors are unaware and the Executive Committee has taken all the steps which it ought to have taken to make itself aware of any relevant audit information and to establish that the auditor is aware of that information.

AUDITORS

Evolve Accountants and Business Advisors Limited were re-appointed as the charitable company's auditor during the year.

This report has been prepared in accordance with the Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015) and in accordance with the provisions applicable to companies entitled to the small companies exemptions.

Approved by the Executive Committee on 5 August 2021 and signed on its behalf by:

..... **(Dr Eleanor Tillett) (Chair)**

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE**

YEAR ENDED 31 DECEMBER 2020

Opinion

We have audited the financial statements of British Association of Sport and Exercise Medicine (the 'company') for the year ended 31 December 2020 which comprise the statement of income and retained earnings, statement of financial position and the related notes, including a summary of significant accounting policies. The financial reporting framework that has been applied in their preparation is applicable law and United Kingdom Accounting Standards, including FRS 102 The Financial Reporting Standard applicable in the UK and Republic of Ireland (United Kingdom Generally Accepted Accounting Practice).

This report is made solely to the company's members, as a body, in accordance with chapter 3 of part 16 of the Companies Act 2006. Our audit work has been undertaken so that we might state to the company's members those matters we are required to state to them in an auditor's report and for no other purpose. To the fullest extent permitted by law, we do not accept or assume responsibility to anyone other than the company and the company's members as a body, for our audit work, for this report, or for the opinions we have formed.

In our opinion the financial statements:

- give a true and fair view of the state of the company's affairs as at 31 December 2020 and of its profit for the year then ended;
- have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice;
- have been prepared in accordance with the requirements of the Companies Act 2006.

Basis for opinion

We conducted our audit in accordance with International Standards on Auditing (UK) (ISAs (UK)) and applicable law. Our responsibilities under those standards are further described in the auditor's responsibilities for the audit of the financial statements section of our report. We are independent of the company in accordance with the ethical requirements that are relevant to our audit of the financial statements in the UK, including the FRC's Ethical Standard, and the provisions available for small entities, in the circumstances set out in note 14 to the financial statements, and we have fulfilled our other ethical responsibilities in accordance with these requirements. We believe that the audit evidence we have obtained is sufficient and appropriate to provide a basis for our opinion.

Conclusions relating to going concern

We have nothing to report in respect of the following matters in relation to which the ISAs (UK) require us to report to you where:

- the directors' use of the going concern basis of accounting in the preparation of the financial statements is not appropriate; or
- the directors have not disclosed in the financial statements any identified material uncertainties that may cast significant doubt about the company's ability to continue to adopt the going concern basis of accounting for a period of at least twelve months from the date when the financial statements are authorised for issue.

Other information

The other information comprises the information included in the annual report, other than the financial statements and our auditor's report thereon. The directors are responsible for the other information. Our opinion on the financial statements does not cover the other information and, except to the extent otherwise explicitly stated in our report, we do not express any form of assurance conclusion thereon.

In connection with our audit of the financial statements, our responsibility is to read the other information and, in doing so, consider whether the other information is materially inconsistent with the financial statements or our knowledge obtained in the audit or otherwise appears to be materially misstated. If we identify such material inconsistencies or apparent material misstatements, we are required to determine whether there is a material misstatement in the financial statements or a material misstatement of the other information. If, based on the work we have performed, we conclude that there is a material misstatement of this other information, we are required to report that fact.

We have nothing to report in this regard.

**INDEPENDENT AUDITOR'S REPORT TO THE MEMBERS OF
BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE (Continued)**

YEAR ENDED 31 DECEMBER 2020

Opinions on other matters prescribed by the Companies Act 2006

In our opinion, based on the work undertaken in the course of the audit:

- the information given in the directors' report for the financial year for which the financial statements are prepared is consistent with the financial statements; and
- the directors' report has been prepared in accordance with applicable legal requirements.

Matters on which we are required to report by exception

In the light of the knowledge and understanding of the company and its environment obtained in the course of the audit, we have not identified material misstatements in the directors' report.

We have nothing to report in respect of the following matters in relation to which the Companies Act 2006 requires us to report to you if, in our opinion:

- adequate accounting records have not been kept, or returns adequate for our audit have not been received from branches not visited by us; or
- the financial statements are not in agreement with the accounting records and returns; or
- certain disclosures of directors' remuneration specified by law are not made; or
- we have not received all the information and explanations we require for our audit; or
- the directors were not entitled to prepare the financial statements in accordance with the small companies regime and take advantage of the small companies' exemptions in preparing the directors' report and from the requirement to prepare a strategic report.

Responsibilities of directors

As explained more fully in the directors' responsibilities statement, the directors are responsible for the preparation of the financial statements and for being satisfied that they give a true and fair view, and for such internal control as the directors determine is necessary to enable the preparation of financial statements that are free from material misstatement, whether due to fraud or error.

In preparing the financial statements, the directors are responsible for assessing the company's ability to continue as a going concern, disclosing, as applicable, matters related to going concern and using the going concern basis of accounting unless the directors either intend to liquidate the company or to cease operations, or have no realistic alternative but to do so.

Auditor's responsibilities for the audit of the financial statements

Our objectives are to obtain reasonable assurance about whether the financial statements as a whole are free from material misstatement, whether due to fraud or error, and to issue an auditor's report that includes our opinion. Reasonable assurance is a high level of assurance, but is not a guarantee that an audit conducted in accordance with ISAs (UK) will always detect a material misstatement when it exists. Misstatements can arise from fraud or error and are considered material if, individually or in the aggregate, they could reasonably be expected to influence the economic decisions of users taken on the basis of these financial statements.

A further description of our responsibilities for the audit of the financial statements is located on the Financial Reporting Council's website at www.frc.org.uk/auditorsresponsibilities. This description forms part of our auditor's report.

Mr James Nixon (Senior Statutory Auditor)

For and on behalf of
Evolve Accountants and Business Advisors Limited
Accountant & Statutory Auditor
Unit 10 Phoenix Park
Telford Way, Coalville
Leicestershire, LE67 3HB

5 August 2021

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

**STATEMENT OF FINANCIAL ACTIVITIES (Including Income and Expenditure Account)
FOR THE YEAR ENDED 31 DECEMBER 2020**

	<u>Notes</u>	<u>Unrestricted Funds</u>	<u>Restricted Funds</u>	<u>Total Funds 2020 £</u>	<u>Total Funds 2019 £</u>
INCOMING RESOURCES					
Incoming Resources from Generated Funds					
Investment Income		2,672	-	2,672	4,817
Rental Income		11,288	-	11,288	11,540
Other Income – JRS Grant		6,629	-	6,629	-
Incoming resources from Charitable Activities	2	749,594	-	749,594	812,790
Total Incoming Resources		<u>770,183</u>	<u>-</u>	<u>770,183</u>	<u>829,147</u>
RESOURCES EXPENDED					
Charitable activities					
Direct Costs	3	152,831	-	152,831	321,098
Administrative Costs		211,457	-	211,457	250,628
Governance costs	4	7,981	-	7,981	17,469
Total Resources Expended		<u>372,269</u>	<u>-</u>	<u>372,269</u>	<u>589,195</u>
Net Incoming Resources		397,914	-	397,914	239,952
Total funds brought forward		<u>1,894,998</u>	<u>17,414</u>	<u>1,912,412</u>	<u>1,672,460</u>
Total funds carried forward		<u>2,292,912</u>	<u>17,414</u>	<u>2,310,326</u>	<u>1,912,412</u>

The notes on pages 16 to 22 form part of these financial statements.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

BALANCE SHEET AS AT 31 DECEMBER 2020

	<u>Note</u>	<u>2020</u> £	<u>2019</u> £
Fixed Assets	8	<u>357,404</u>	<u>371,061</u>
Current Assets			
Debtors	9	461,112	433,563
Cash at bank and in hand		<u>1,571,532</u>	<u>1,145,424</u>
		<u>2,032,644</u>	<u>1,578,987</u>
Creditors			
Amounts falling due within one year	10	(79,722)	(37,636)
Net Current Assets		<u>1,952,922</u>	<u>1,541,351</u>
Net Assets		<u>2,310,326</u>	<u>1,912,412</u>
Funds			
Restricted funds	12	17,414	17,414
General unrestricted fund		<u>2,292,912</u>	<u>1,894,998</u>
Total Funds		<u><u>2,310,326</u></u>	<u><u>1,912,412</u></u>

These financial statements have been prepared in accordance with the special provisions for small companies under Part 15 of the Companies Act 2006 and with Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015).

These financial statements were approved by the Executive Committee and authorised for issue on 5 August 2021, and are signed on their behalf by:

..... (Mr Ajai Seth) (Treasurer)

Company Registration Number: 1962979

The notes on pages 16 to 22 form part of these financial statements

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES

The principal accounting policies are summarised below. The accounting policies have been applied consistently throughout the year and in the preceding year.

(a) Basis of Accounting

The financial statements have been prepared under the historical cost convention and in accordance with the Companies Act 2006 and Accounting and Reporting by Charities: Statement of Recommended Practice applicable to charities preparing their accounts in accordance with the Financial Reporting Standard applicable in the UK and Republic of Ireland (FRS 102) (effective 1 January 2015)

(b) Fund Accounting

- Unrestricted funds are available for use at the discretion of the Executive Committee in furtherance of the general objectives of the charity.
- Designated funds are unrestricted funds earmarked by the Executive Committee for particular purposes.
- Restricted funds are subjected to restrictions on their expenditure imposed by the donor.

(c) Incoming Resources

All incoming resources are included in the Statement of Financial Activities when the Association is entitled to the income and the amount can be quantified with reasonable accuracy. The following specific policies are applied to particular categories of income:

- Members' subscriptions, course fees, and Annual Congress income are included in the period to which the receipt relates. Where income relates to the following accounting period it has been treated as deferred income.
- The value of services provided by volunteers has not been included in these accounts.
- Investment income is included when receivable.

(d) Resources Expended

Expenditure is recognised on an accruals basis as a liability is incurred. Expenditure includes VAT, which cannot be recovered, and is reported as part of the expenditure to which it relates:

- Charitable activities expenditure comprises those costs incurred by the Association in the delivery of its activities and services for its beneficiaries.
- Governance costs include those costs associated with meeting the constitutional and statutory requirements of the Association and include the audit fees and costs linked to the strategic management of the Association.
- All costs are allocated between the expenditure categories of the Statement of Financial Activities on a basis to reflect the use of the resource. Costs relating to a particular activity are allocated directly. The resources expended in the operation of the Association's central services system and central office which cannot be directly allocated are apportioned between the expenditure categories on the basis of the estimated amount of staff time involved in each activity.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

1. ACCOUNTING POLICIES (Continued)

(e) Fixed Assets

Depreciation is provided at rates calculated to write off the cost of each asset over its expected useful life, at varying rates:

Item	%	Basis
Office Equipment	25	Straight line
Fixtures and Fittings	20	Straight line
Leasehold Buildings	2	Straight line

Website development is written off over the period to which it is considered the site will provide economic benefit – this is three years.

All items of equipment that are not consumable in nature are capitalised.

Donated assets are brought in at their second hand value at the date of receipt.

(f) Pension costs

The Association operates a defined contribution pension scheme for employees. The assets of the scheme are held separately from those of the company. Annual contributions payable are charged to the Statement of Financial Activities.

(g) Foreign currencies

Assets and liabilities in foreign currencies are translated into sterling at the rates of exchange ruling at the balance sheet date. Transactions in foreign currencies are translated into sterling at the rate of exchange ruling at the date of the transaction. Exchange differences are taken into account in arriving at the net incoming resources.

2. INCOMING RESOURCES FROM CHARITABLE ACTIVITIES

	Total Funds <u>2020</u> £	Total Funds <u>2019</u> £
Members subscriptions	138,045	137,029
Course fees	5,986	36,785
Annual Congress income	618	70,682
Share of profits from Journal	600,900	567,194
Advertising in BASEM Today	4,045	1,100
	<u>749,594</u>	<u>812,790</u>

All the above income relates to unrestricted fund activities.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

3. RESOURCES EXPENDED ON CHARITABLE ACTIVITIES

	Unrestricted Funds	Restricted Funds	Total Funds <u>2020</u> £	Total Funds <u>2019</u> £
Direct Costs				
Cost of courses	7,506	-	7,506	20,396
Annual Congress expenditure	23,433	-	23,433	96,427
Cost of Journal for members	88,864	-	88,864	77,756
Cost of BASEM Today	14,974	-	14,974	14,662
BASEM awards	12,041	-	12,041	35,439
Other member resources	3,372	-	3,372	-
Donations	2,641	-	2,641	76,418
	<u>152,831</u>	<u>-</u>	<u>152,831</u>	<u>321,098</u>
Administrative Costs				
Salaries and NI	96,948	-	96,948	124,058
Pension contributions	5,410	-	5,410	5,518
Rent, storage, light and heat	1,213	-	1,213	2,349
General rates	956	-	956	940
Stationery, printing and postage	10,007	-	10,007	13,591
Telephone	1,928	-	1,928	1,946
Insurance	1,713	-	1,713	1,549
Staff travel and subsistence	1,273	-	1,273	7,306
Website and database	4,770	-	4,770	380
Advertising	3,373	-	3,373	7,896
Bank charges	2,759	-	2,759	2,345
Subscriptions	2,672	-	2,672	4,437
Professional fees	59,452	-	59,452	53,275
Repairs	3,344	-	3,344	4,413
Other costs	1,982	-	1,982	4,174
Depreciation	13,657	-	13,657	16,451
	<u>211,457</u>	<u>-</u>	<u>211,457</u>	<u>250,628</u>

4. GOVERNANCE COSTS

	Total Funds <u>2020</u> £	Total Funds <u>2019</u> £
Executive Committee expenses and meeting costs	3,967	13,434
Auditors fees	4,014	4,035
	<u>7,981</u>	<u>17,469</u>

All the above expenditure relates to unrestricted fund activities.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

5. NET INCOMING RESOURCES FOR THE YEAR

This is stated after charging:	<u>2020</u> £	<u>2019</u> £
Depreciation	13,657	16,451
Auditors' remuneration – audit services	4,014	4,035
- non-audit services	677	677
	<u>18,348</u>	<u>21,163</u>

Out of pocket expenses of £3,967 were reimbursed to members of the Executive Committee (2019 - £13,434). No member of the Executive Committee received any remuneration in respect of their duties as trustees during this or the previous year.

6. STAFF COSTS AND NUMBERS

Staff costs were as follows:	<u>2020</u> £	<u>2019</u> £
Salaries	88,063	115,750
Social security costs	8,885	8,307
Pension contributions	5,410	5,518
	<u>102,358</u>	<u>129,575</u>

During the year the charity made contributions into a pension fund for three members of staff. (2019: three)

The average number of employees during the year was as follows:

	<u>2020</u>		<u>2019</u>	
	Full time	Part time	Full time	Part time
Administrative staff	<u>1</u>	<u>2</u>	<u>1</u>	<u>3</u>

All of the members of the Executive Committee and the members of sub-committees are unpaid volunteers, and they each give a substantial amount of their time to the Association to help it continue to function in an effective and efficient manner.

7. TAXATION

The charitable company is exempt from Corporation Tax on its charitable activities.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

8. TANGIBLE FIXED ASSETS

	<u>Website</u> £	<u>Office Equipment</u> £	<u>Leasehold Buildings</u> £	<u>Fixtures & Fittings</u> £	<u>Total</u> £
Cost					
At 1 January 2020	44,141	35,309	394,800	11,158	485,408
Additions	-	-	-	-	-
Disposals	-	-	-	-	-
At 31 December 2020	<u>44,141</u>	<u>35,309</u>	<u>394,800</u>	<u>11,158</u>	<u>485,408</u>
Accumulated Depreciation					
At 1 January 2020	44,141	29,414	31,584	9,208	114,347
Charge for year	-	4,016	7,896	1,745	13,657
Disposals	-	-	-	-	-
At 31 December 2020	<u>44,141</u>	<u>33,430</u>	<u>39,480</u>	<u>10,953</u>	<u>128,004</u>
Net Book Value					
At 31 December 2020	<u>-</u>	<u>1,879</u>	<u>355,320</u>	<u>205</u>	<u>357,404</u>
At 1 January 2020	<u>-</u>	<u>5,895</u>	<u>363,216</u>	<u>1,950</u>	<u>371,061</u>

9. DEBTORS

	<u>2020</u> £	<u>2019</u> £
BMJ Debtor	445,641	416,140
Other debtors	1,055	3,300
Prepayments	14,416	14,123
	<u>461,112</u>	<u>433,563</u>

10. CREDITORS (AMOUNTS FALLING DUE WITHIN ONE YEAR)

	<u>2020</u> £	<u>2019</u> £
Trade creditors	972	3,922
Other taxes and social security	5,380	3,476
Accruals and other creditors	73,370	30,238
	<u>79,722</u>	<u>37,636</u>

**BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE
NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020**

11. ANALYSIS OF NET ASSETS BETWEEN FUNDS

	<u>Unrestricted Funds</u> £	<u>Restricted Funds</u> £	<u>Total</u> £
Tangible fixed assets	357,404	-	357,404
Net Current assets	1,935,508	17,414	1,952,922
Net assets at 31 December 2020	<u>2,292,912</u>	<u>17,414</u>	<u>2,310,326</u>

12. RESTRICTED FUNDS

	<u>At 01/01/20</u>	<u>Incoming Resources</u>	<u>Outgoing Resources</u>	<u>At 31/12/20</u>
Malcolm Read Scholarship Fund	13,015	-	-	13,015
DJO BASEM Research Awards Fund	4,399	-	-	4,399
	<u>17,414</u>	<u>-</u>	<u>-</u>	<u>17,414</u>

Malcolm Read Scholarship Fund

The fund, currently standing at £13,015 is to support an annual award of £1,500, with emphasis being placed on clinical work within the field of SEM. The idea is to reward work by a clinician, who, in the tradition of Malcolm Read, contributes to the practice of SEM by using practical / clinical experience to shape thinking within the field. The award is intended to be accessible to relatively small projects and studies which would not otherwise attract funding or a large audience.

Applicants are required to explain how they intend to use the money. It may be used for funding international travel for further study at a Centre of Excellence, providing medical cover for touring with international sports teams, clinically based research projects within the UK, educational projects within the UK, and other projects which fall into the general category of Clinical Sport & Exercise Medicine. Successful applicants will be asked to present the findings of their work at the Annual Congress and also to submit a report on the subsequent use of their award funds.

If the judges do not feel that the work is up to standard, the awards do not have to be awarded. They are only awarded if the papers meet the marking criteria.

DJO BASEM Research Awards Fund

The fund relates to donations by DJO to provide prizes for research/educational travel to be taken following presentation of the award.

The work should include a structured abstract and be presented in the standard format of introduction, methods, results, discussion, conclusion, references and should include acknowledgement of support received. The abstract will be a maximum of 300 words and the short paper a maximum of 3000 words.

BRITISH ASSOCIATION OF SPORT AND EXERCISE MEDICINE

NOTES TO THE ACCOUNTS FOR THE YEAR ENDED 31 DECEMBER 2020

13. OPERATING LEASES

At 31 December 2020 the Association had total future minimum lease payment commitments under non-cancellable operating leases as set out below.

	2020	2019
	£	£
Operating leases which expire:		
Within one year	-	-
Between 2 to 5 years	<u>2,785</u>	<u>4,698</u>

14. APB ETHICAL STANDARDS

In common with many other organisations of our size and nature we use our auditors to assist with the preparation of the financial statements.