

Sports Medicine and Research Committee Report  
Meeting - Thursday, September 12, 1985

1. Medical care at National Championship meets was discussed. Beginning with the 1987 National Championship meets, the new rules for medical preparations as accepted at the 1984 meeting will be in effect. Until that time, the championship meets are encouraged but not required to follow the guidelines. During this transition period, Dr. Jim Miller has been acting as Medical Director for the National Championship meets. He reports one or two incidences and one or two hospitalizations - usually spectators - per meet. There was great concern about the liability of USMS and participating doctors from out-of-state who have been providing medical care at these meets. An Ad-hoc committee of Dr. Bill Weir, Dr. Jim Miller, Dr. Bill Barthold and Dr. Jane Moore, along with Mike Laux, Tom Boak, Jack Geoghegan, Hill Carrow, Dan Gruender and Dr. Manny Sanguilly was formed to further discuss this issue of liability.
2. The series of informational brochures produced by U.S. Swimming Sports Medicine was reviewed. The order form for these brochures will be reproduced and distributed to all delegates. A budget proposal will be made for the Sports Medicine and Research Committee to produce a similar series of brochures on topics specific to Masters athletes. U.S. Swimming Sports Medicine topics will not be duplicated. Committee members will review the USS brochures and send ideas for the Masters brochures to the chair. Gene Donner indicates that printing costs for an 8-1/2 x 14" four-fold two-side print brochure would be 20 cents each for 1,000. We hope to initially produce five brochures, sell them at near cost through the national office, and use the proceeds to produce further brochures.
3. All committee members are encouraged to continue writing articles pertaining to masters swimming for publication in medical journals and swimming magazines.
4. It was suggested that the committee begin keeping records of deaths of master swimmers that occur during or following swimming, for the purpose of studying possible causes of such deaths. It is hoped that any such incidents will be reported to the committee.
5. In the past several years, two researchers have contacted USMS regarding participation of members in research studies. Drs. Marise Gottlieb and Jan Culhane were contacted to determine what progress had been made on their studies. Neither study received funding, so neither was conducted.
6. Dr. Bill Weir summarized his research to date. A copy of the abstract of his report is included with these minutes.
7. Dr. Ross Lambert's guide for medical care of master swimmers was reviewed. It was felt to be too long for general distribution to physicians. Suggestions included having two versions of the document (one for swimmers and one for physicians) adding a glossary of medical

## Sports Medicine and Research (2)

terms for non-medical swimmers (one was prepared by Bill Uhrich), splitting the document up and publishing sections, and publishing the document in its entirety in a large quarterly journal. The final proposal adopted by the committee recommends that Dr. Lambert proceed in two directions. First, expand the medical information, especially to include consideration of the less than elite master swimmer. Second, break the document into digestible quantities with diagrams, for the information of swimmers, to be published in Swim Magazine, Swim-Master and LMSC newsletters. Committee members will also review the latest version of the document and send individual comments to Dr. Lambert.

8. A summary of Dr. Jane Moore's research on aging and performance was presented. Conclusions are: data collected in the same manner as Rahe and Arthur used in their 1972 study still shows a decrease in performance of nearly 1% per year. This is, however, probably not an accurate result because it uses cross-sectional data from a very limited number of swimmers. Data collected from tracking specific swimmers through Top Ten Records shows an over-all average improvement in times of 1.3% per year. Even disregarding the first four years when nearly all swimmers improve, times slow only an average of 0.46% per year. Rahe and Arthur's study probably overestimates slowing with age and this study probably underestimates by following only Top Ten swimmers. Future plans are to obtain records of swim times for a number of years from a large number of swimmers to do a longitudinal study. The effect of other factors including sex, sprint vs. distance events and different strokes will be considered, as well as the possibility that the decline with age is not linear.

9. Current proposed changes in rules and law and legislation were reviewed. No medical recommendations were felt to be necessary.

10. The Sports Medicine and Research Committee agreed, following the meeting of the Ad-hoc committee on liability, to support that committee's conclusion that the previously accepted medical standards for National Championship meets be applied to the 1986 Short Course and Long Course National Championship meets.

Dr. Jane Moore, Chairperson