

USMS Sports Medicine and Research Committee Minutes  
Annual Convention - Ft. Worth, TX Sept. 18, 1986

Old Business

1. Sports Medicine Brochures: Three rough drafts have been received. Topics are shoulder problems, getting started in Masters Swimming, and swimming and pregnancy. Rough drafts are currently being reviewed. Comments will be returned to authors for revisions. Brochures should be ready for printing in early 1987.
2. Evaluating Masters Swimmers Guide: Ross Lambert will continue work on this guide. Goal is publication in a quarterly medical journal or as a monograph.
3. Research studies: Approval was given for Oregon Health Sciences University to contact participants in 1986 Long Course National Championships who are over age 40 to be part of a study on the effect of swimming on bone density. About 80 swimmers completed the study. Results will be distributed when available.
4. Study on Aging and Performance: About 250 responses have been received to the survey which has been published in various local newsletters and the USMS Newsletter. A computer program has been developed to analyze this data which is currently being entered into the computer. Results should be available after the first of the year.

New Business

1. Bill Uhrich would like the committee to develop recommendations for purification of swimming pool water using ozone rather than chlorine. With help from Ross Lambert and Bill Weir, he will collect relevant references for the committee to review.
2. Ross Lambert reported on questionnaire which he distributed concerning medical topics on which Masters swimmers desired more information. Major topics of interest are cardiovascular health, other health, skin and hair care, and nutrition. He will distribute results when available.
3. Medical care at national championship meets. After detailed discussion of the topic, a policy was approved.

Jane A. Moore, Chair  
Sports Medicine & Research Committee

The Sports Medicine and Research Committee has adopted the following policy for national championship meets.

It is the policy of United States Masters Swimming that the highest degree of medical care be present at the national championship meets in the event it is needed during the course of the meet. As a minimum requirement of United States Masters Swimming, the host shall provide:

1. Ambulance with appropriate personnel on site during the meet.
2. Medical orientation meeting with officials prior to the start of the meet.

Sports Medicine + Research  
Name of Committee

Jane A. Moore  
Chairperson

Voting Members

- BILL WEIR
- Ross Lambert
- BILL VHRICH
- DAVID DIEHL
- SANDI Pousseau
- Jim Miller
- Mano-Sanguily
- BILL BARTHOLD
- Tom Brook

Others in attendance. No vote - voice at the will of the Chair

Betty Whitcomb  
Eric Snyder

- Cynthia Jones
- Carolyn Ferris-Johnson
- Joan Spansten - PMS
- Judy Meyer
- Mary Lee Watson
- Reg W. Richardson
- Chris Georges SPMA

- Marilyn Early
- LARRY KRETZER
- JACK BUCHANAN
- CLAY EVAN SPMA
- MICHAEL HEATHER SPMA
- Art Maynard MAMSC
- MEL GOLDSTEIN - (CHAMP)
- DIANE LETENDRE

Please attached minutes of meeting to this form and deliver to Nancy Ridout, Secretary, as soon as possible after your meeting. Hugh Moore

- Margaret Samson
- Michael A. Loux - CT/Past President
- BUNNY ADLER Admonstrator Dist.
- DON MEHL - BORDER

- Cecil Blackwell
- Jan Huneke
- Ken Reardon SPMA