

Sports Medicine and Research Committee Minutes  
September 24, 1987

Prepared by David Diehl and Jane Moore.

Meeting called to order by chair Jane Moore at 1:10 PM.

Members Present: David Diehl, Jim Miller, Jane Moore, Sandi Rousseau, Manuel Sanguily, and Bill Weir.

Medical reports from 1987 Short Course and Long Course National Championships were reviewed. No major problems were reported.

The wording of the policy adopted in 1986 specifying minimal requirements for medical care at National Championship meets was reviewed. It was felt to be adequate. The importance of the required pre-meet meeting with officials was stressed. This meeting is necessary to determine if adequate personnel and equipment are available for the meet. It was suggested that the meet host might send an outline of medical plans to the medical director for review prior to the meet.

Medical portions of the Championship committee's proposed meet contract were discussed. MSC recommend to Championship committee adoption of medical portions; especially statement that meet will not start until the adequate medical coverage is on deck.

Form for reporting medical incidences at National Championship meets was presented. MSC to have form reviewed by USMS insurance carrier to determine if the information is adequate. If so, recommend that Championship committee request completed form be returned with meet report and then send copies of completed form to Sports Medicine Committee and insurance carrier.

"Guidelines for Safety in Warm-Ups" was discussed. MSC add to #2 before "No dives, backstroke starts ...": Lanes should be designated slow, medium and fast. MSC recommend these Guidelines be included in National Championship meet packet. MSC to retittle same document with change noted above "Suggestions for Warm-Up for Local Meets" and send a copy to each LMSC.

The need for a warm-up/warm-down area or lane was discussed. MSC that following "Suggestions for Warm-Down During Local Meets" also be distributed to each LMSC along with the "Suggestions for Warm-Ups at Local Meets" and a cover letter stating: "In response to requests, we feel that the enclosed information may be helpful."

Suggestions for Warm-Down During Local Meets

1. In pools of 5 lanes or more where no warm-up/warm-down facility is immediately available, one lane should be set aside during the meet for this purpose. In the alternative, the meet director may hold a 10 minute warm-up/warm-down at appropriate intervals.

2. At the end of each heat where no warm-up/warm-down facility is immediately available, or a lane is not being used for this purpose (i.e. pool of 4 lanes or less), ample time should be given for the competitors to swim to the other end of the pool before starting the next heat.

Sports Medicine brochures were discussed. Shoulder Problems brochure is delayed for further work. Getting Started in Masters Swimming has been split into two parts: Fitness and Health Through Masters Swimming and The Role of the Medical Exam in Masters Swimming. These two brochures and the Exercise and Pregnancy brochure are ready for publication. Committee recommends brochures be printed.

MSC every health, fitness or medical brochure published by USMS contain the following information: "NOTE: Masters swimming is a strenuous athletic activity and each participant is advised to consult his/her personal physician before undertaking the program."

MSC: Brochure titled The Role of the Medical Exam in Masters Swimming be published in the next issue of the USMS newsletter and also that a copy of the same brochure be sent to each new (not renewing) USMS registrant.

MSC: A copy of each of the three brochures be sent to every LMSC Chair and Registrar and each new registrant be advised of the availability of the brochures from the National Office.

Reports on ongoing studies on osteoporosis and swimming, ozone treatment of swimming pools and performance and aging were received and briefly discussed.

Meeting adjourned 4:10 PM.

USMS 1987 Convention  
Hyatt Regency, Atlanta Georgia

Committee SPORTS MEDICINE

Chairman Jane Moore

Recorder DAVID DIEHL

Voting Members: Jane Moore - PNA  
Sandi Rousseau - Oregon  
David Diehl - Potomac Valley  
Bill Weir - North Dakota  
Jim Miller MD - Virginia  
Mani - Conn

Non-voting members. Voice at the option of the Chair

Hugh Moore - PNA  
Elin Zander Inland Empire  
Eric Snyder NJ  
Bob Merrick A.P.  
Monica Burick - Pacific  
Mani - Conn  
Mike Lana - Conn.  
Catie Cooper FLA.  
Nancy Bunn MD.

Ruth Wilson Pacific  
Josi Mousain Pacific  
Ken Owen Pacific  
Dick Monahan - Metropolitan  
Barbara Ford - Oregon  
Jake Hef  
WARREN GEIL - SOUTH TEXAS  
Craig Tribuzi - Southwestern  
JACK BUCHANAN - COLORADO  
MARGARET STANNARD - COLORADO  
Patricia "Skippy" Mattson, Georgia  
DON MEHL - BORDER

Please attach a copy of the minutes of the meeting to this form and return it as soon as possible to Nancy Ridout, USMS Secretary. Must be handed in before you leave the Convention.

All committee actions require approval of the House of Delegates. Any such actions must be handed to Nancy Ridout prior to the House of Delegates meetings.

Non Voting Members

Leslie Melony North Carolina

Todd Samland Midwestern

Mike Caldwell Missouri Valley

Stephen Hogan Potomac Valley

Louise Donovan Central

Jerry Donovan Central

Reg Richardson - S.P.M.A.

Bill Mulliken Central

Moria Britton - OHIO

Art Mayer

Judy Meyer - Florida Gold Coast

## SPORTS MEDICINE AND RESEARCH COMMITTEE

Actions requiring approval of the House of Delegates.

1. Recommend that medical portions of the Championship Committee proposed meet packet be adopted; especially the statement that the meet will not start until adequate medical coverage is on deck.
2. Recommend that the form for reporting medical incidences at National Championship meets be reviewed by USMS insurance carrier to determine if information is adequate. If so, recommend that Championship committee request completed form be returned with meet report. Championship committee should then send copies of the completed form to Sports Medicine Committee and insurance carrier.
3. Recommend Guidelines for Safety in Warm-Ups proposed by Championship committee be amended to include under #2: Lanes should be designated slow, medium and fast. Also recommend amended Guidelines be included in national championship meet packet.
4. Guidelines for Safety in Warm-Ups be retitled Suggestions for Warm-Ups at Local Meets and a copy sent to each LMSC.
5. Document "Suggestions for Warm-Downs at Local Meets" should also be distributed to each LMSC along with Suggestions for Safety in Warm-Ups and a cover letter stating: "In response to requests, we feel that the enclosed information may be helpful."
6. Sports Medicine brochures: Fitness and Health Through Masters Swimming, The Role of the Medical Exam in Masters Swimming, and Exercise and Pregnancy should be printed and distributed.
7. Every health, medical or fitness brochure published by USMS should contain the following information: "NOTE: Masters swimming is a strenuous athletic activity and each participant is advised to consult his/her personal physician before undertaking the program."
8. Brochure titled "The Role of the Medical Exam in Masters Swimming" should be published in the next issue of the USMS newsletter. A copy of the same brochure should be sent to each new USMS registrant.
9. A copy of each of the three brochures should be sent to every LMSC chair and registrar. Each new registrant should be advised of the availability of the brochures from the National office.