

SPORTS MEDICINE AND RESEARCH COMMITTEE
1990 CONVENTION MEETING

Chair: Jane Moore; Recorder: Sandi Rousseau.
Members attending: Jim Miller, Bob Merrick, Art Mayer, Laura Val,
Bill Uhrich, Barbara Bower, Patricia Diehl, Sandi Rousseau.

I. NATIONAL CHAMPIONSHIPS MEDICAL REPORT

Dr. Jim Miller reported very few medical incidents at either Nationals. An on-site visit was required before Short Course Championships because of compliance problems. At that meet, an ambulance was not available during warm-up times. At Long Course Nationals, one person was removed from the water twice. She was requested to withdraw from remaining events but refused. There are currently no rules to allow for disqualification under these circumstances. The form for recording incidents is not generally being used, as most ambulance services have their own forms for reports. The USMS form will be used if this is not the case.

It was moved, seconded and passed unanimously to recommend to Championship Committee that the wording of the meet packet be changed to require hosts to have a medical transport vehicle on site during all warm-up times, including the day before the meet as well as during all competition times.

II. ONGOING PROJECTS

A letter to be sent to sports medicine related graduate school programs encouraging research projects to be done at national championship meets has been composed. Address labels have been prepared from the American College of Sports Medicine Directory of Graduate School Programs. The letter will be updated when 1992 Championships have been awarded and then mailed.

III. RESEARCH PROJECTS

Dr. Ian Thompson presented preliminary results from a survey on motivation. A questionnaire was distributed regarding what factors motivate people to swim lifelong. Health factors were most important. The most common reasons to keep swimming were the aerobic benefit and the sense of well-being. Next was the enjoyment of the feeling of a hard workout. Least important were weight control and encouragement of family and friends. Most important factors in starting to swim were aerobic benefit, previous success in the sport, and the year-round availability. Least important were stress control and the exercise environment. Most important remembered factors in a return to swimming by inactive former swimmers were team membership, camaraderie, and a sense of well-being. Least important were stress control and convenient time and location. These results suggest that for marketing, emphasis should be placed on the good aerobic benefit of swimming. More involvement of family and friends might also encourage longer participation.

Aging and performance study was updated. It is felt that more years of data (swim times) are needed to reach reliable conclusions.

It was moved and seconded to provide monies to cover costs of printing and mailing update to previous survey respondents. This was amended to also circulate survey again through the national newsletter. Amended motion was approved.

A survey regarding shoulder injuries and rehabilitation was sent to swim coaches in January, 1990 by Centinela Hospital Medical Center. They will be contacted regarding status and results of this survey.

IV. SAFETY

A written report was received from Thomas Tripp, Ohio LMSC. The policy requiring a dedicated area for warm-up and warm-down throughout swim meets was successful and has been permanently implemented.

Pacific Masters has created a packet of signs which are distributed to all meet directors. This packet includes signs designating slow, medium and fast warm-up lanes as well as sprint, pace, and kicking/pulling lanes. They specify no diving allowed. Signs are also included which are to be posted with emergency telephone numbers as well as pool address and phone numbers. This system has been recently put into use in the Pacific LMSC. It was moved, seconded and passed that Laura Val (Health, Safety and Fitness Chair for Pacific) prepare a cover letter to be sent along with original copies of all signs to each LMSC by the National Office with updates for the LMSC Handbook. The cover letter will ask for feedback on use of the system to be sent to Laura Val. She will then consider possible revisions and report back next year.

An article summarizing medical literature on immersion hypothermia was prepared by Jane Moore for the Long Distance Swimming Committee. This was briefly reviewed. The most serious problems seem to occur in water of less than 60°F.

V. RULES CHANGES

R-8 Approval was recommended for Ohio's proposal regarding availability of warm-up lane continuously during swim meets.

R-22 Disapproval of time adjustments for swims done at altitude was recommended.

Proposal for changing butterfly stroke rules was discussed. Motion was made but not seconded.

Discussion of Swimmer's Bill of Rights and monitoring chlorine levels by oxidation reduction potential rather than parts per million was held. Bill Uhrich will gather further information on this subject to be presented next year.

Legislation change to add to definition of the Sports Medicine and Research Committee was proposed and approved. Addition to the current 506.16 page 74: The committee shall stimulate and encourage such research and investigations and shall also distribute results of that research and other pertinent information to Masters swimmers and others as appropriate.

UNITED STATES MASTERS SWIMMING CONVENTION
SEPTEMBER 19-24, 1990
PITTSBURGH, PA

COMMITTEE Sports Medicine + Research
CHAIRMAN Jane Moore RECORDER Sandi Rousseau

VOTING MEMBERS PRESENT:

Jim Miller - MD
Bob Merrick
Art Mayo - MD
Sandi Rousseau - Oregon
Louis Val Pacific
Bill Uffink
Barbara Bower
Patricia Diehl

NON-VOTING MEMBERS. VOICE AT OPTION OF THE CHAIR.

Edw Fogli - for Judy Hillis
Rhea Wilkins - VA
Marylou Schultz
Steve Wyck
Nancy Miller - VA
Alice Jones - Metro
FRANK TILLOTSON
Len Thompson
Cray Taylor NE
Popok Dik
Cardyn Cunningham
George Cunningham
Michael A. Lax - Conn.
Meg Smath - Ky.
Bill Walter - Niagara
Bobbi Turcotte San Diego Imperial
David Diehl - Potomac Valley
Bessie Cooper
Marcia Manantonio Texas
Lil HANAMAN - FGC

Please attach a copy of the Minutes of your meeting to this form and return it as soon as possible to Mel Goldstein, USMS Secretary. It 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 Mel Goldstein prior to the House of Delegates meetings.



**United States
Masters
Swimming**



From: Dr. Jane Moore

Date: 9/21/90

To: Mel Goldstein
Sports Medicine and Research
Committee Actions Requiring approval
of House of Delegates

1. Letter to be mailed to graduate school programs in sports medicine fields about possibility of research studies at Nationals
2. Aging & Performance Study
 - a. money to: repeat survey insert in National Newsletter
 - : print & mail update request to previous survey respondents
 - b. National Office to assist in obtaining addresses for previous survey respondents
3. Warm-Up Safety Signs
 - copies of each to be sent to each LMSC by National Office with cover letter explaining their use.

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