

US Masters Swimming  
Sports Medicine and Science Committee  
Conference Call Minutes  
June 7, 2010

Participating: Jane Moore, chair; Jessica Seaton, vice chair; Nadine Day, executive committee; Steve Erickson, Kristen Heath, Jane Katz, Mary Pohlmann

Conference call started at 7:01 pm Eastern.

#### Committee Business

- 1) Pohlmann moved and Seaton seconded approval of minutes. Motion passed.
- 2) Jessica Seaton confirmed as vice-chair of committee.
- 3) Jane Katz will serve as Sports Medicine and Science Committee representative for Championship Committee meeting to be held at Long Course National Championships in Puerto Rico in August.

#### Research

- 1) Briefly reviewed research report from Angela Tate: Risk Factors for Shoulder Pain in Swimmers across the Lifespan.
- 2) Research survey was conducted at Short Course Nationals in Atlanta; results will be shared when available.

#### Policy Development

- 1) Epidemic illness occurring at national championship meet
  - a. Committee asked to consider this issue based on delay of NCAA championships by one day this spring due to outbreak of gastrointestinal illness in several teams
  - b. Similar issue unlikely to occur at Masters championship: swimmers do not usually travel in large groups; many unaware of illness in others, even teammates; many swimmers are independent, not part of organized team.
  - c. We should consider proactive policy development regarding possibility of an epidemic in the area of a championship meet; what circumstances would delay the meet; who would decide delay necessary. Mary will outline a recommendation for consideration and discussion at next meeting.
- 2) Performance enhancing drug use
  - a. An email message from a USMS member was forwarded to Jane Moore for review. The swimmer expressed concern about performance enhancing drug use in Masters and suggested a written policy against this and consider drug testing.
  - b. The issue was discussed at length. No one on the committee expressed support for drug testing. Concerns include high cost of testing, privacy issues, use of banned substances for treatment of disease, and discontinuation of necessary medications due to fear of testing positive.

- c. Jessica noted that drug testing will be done at 2010 International Gay Games in Cologne, Germany. She will share the working from the entry information.
- d. Mary said that another, possibly bigger issue is sharing medications. She mentioned that a non-physician offered her a marcaine (local anesthetic) injection for fractured ribs at a meet.
- e. Committee will develop a statement regarding the safety and ethics of using performance-enhancing drugs and the safety issues of using someone else's medications. Jane Moore will ask Steve if he would draft a statement for the committee to review at the next meeting.
- f. Nadine said a code of conduct for all members is being developed. It will become part of the registration process. We could request that statement regarding use of performance-enhancing drugs be included in the code of conduct. Jane Moore will send such a request to Nadine.

### Sports Medicine Lectures

- 1) Short Course Nationals: presentations were Dr. Mindy Millard-Stafford on Exercise Is Medicine and Dr. Jim Miller on open water swimming. Jane Katz attended and felt both presentations were excellent. She also attended the American College of Sports Medicine's global kick-off of the Exercise Is Medicine program last week in Baltimore. Videotaping of the presentations was not done. We should try to obtain Power Point presentations from the speakers to post on the web site.
- 2) Long Course Nationals: Laura Groselle is planning; speaker will likely be Joel Stager on enhanced brain function in swimmers. We need to try to arrange videotaping.
- 3) Convention: Steve Erickson will present on medication-related issues including overview of prescription medications used to treat common chronic conditions, how they work, effects they have on exercise, and long-term beneficial effects as well as issues related to adherence, stopping or adjusting medications for perceived side effects. Committee members felt it would be good to have Dr. Jim Miller (family medicine) and Dr. Jessica Seaton (chiropractic medicine) join the question & answer session after the presentation to provide additional practitioner input.
- 4) We discussed possibility of speakers having conflicts of interest such as financial support from a pharmaceutical company. We should request a statement of financial interest or disclosure of relevant financial relationships from all speakers. Jessica will send Jane Moore wording from a disclosure statement she saw recently. Jane Moore will draft a statement we can use with speakers in the future. She will check with Steve to see if he has any arrangements to disclose.
- 5) Nadine suggested that we seek volunteer presenters from USMS membership for future lectures. Jane Moore will ask Laura Groselle if she would be willing to draft guidelines for application and approval of potential speakers. We need to be clear that this does not preclude inviting speakers from outside USMS membership.
- 6) Funding has been provided in the past for travel expenses for speakers not otherwise attending an event and for speaker honorarium. Nadine will check

with current controller to see if this is OK; she thinks it may need to be reimbursement, not a stipend. The committee approved \$500 for Joel Stager to be either an honorarium or reimbursement of expenses for speaking in Puerto Rico.

#### Other

Jessica reported that two major cardiac events have occurred recently at meets in Southern California. This raises a concern that we may need additional education for swimmers and coaches to increase awareness of prevention, warning signs, and need for evaluation and treatment. This could be accomplished by a series of articles for swimmers and coaches newsletters. Additional information could be presented in the remaining levels of coaching certification education. Jane Moore will contact Dr. Craig Seigal (cardiologist) who is part of the Health Network and ask if he would write a series of articles for coaches and swimmers.

#### Next Meeting

Unless urgent issues arise, the next committee meeting will be held at the annual convention in September.

Meeting adjourned at 7:54 pm Eastern.

Jane Moore  
Committee Chair