

USMS Convention — Atlanta, Georgia 2016

Committee Name: Sports Medicine & Science Committee	Session #:
Committee Chair: Megan Carlson	Vice Chair: Sally Berry
Minutes recorded by: Sally Berry	Date/time of meeting: 09/22/2016 2 PM

Actions Requiring Approval by the HOD:

- 1.

Motions Passed:

1. Recommended to allow the revised statement for USMS Transgender Policy to move on for approval by USMS.

Number of committee members present: 8	Absent: 6	Number of other delegates present:
Committee members present (list all, including chair and vice chair): Megan Carlson, Cathy Fedako, Claire Rudd, Robin Tracy, Mary Pohlmann, Skip Thompson, Jim Miller, Jessica Seaton,		
Committee Members Absent: Sally Guthrie, Jane Moore, Melinda Greig-Walker, Tait Michael, Jane Katz, Laura Hamel,		

Minutes

The meeting was called to order at . 2:01 PM

1. Meg Carlson started the meeting with a review of activities of the committee this past year. Sports Medicine was busy this year. Our guest presentation this year with Dr Tanaka *“To determine age-related declines in functional capacity as assessed by swimming performance times”* Research study online w Dr Tanaka. Informative presentation from “flog” go the distance and surveys.
2. Jessica Seaton has been posting the Sports Medicine blog through USMS website. Any new suggestions to topics are welcome.
3. The committee has been working on a PSA this past year. The message is about swimming benefits while “checking-in” with the swimmer’s health to be medically safe. We are still coming to consensus on this PSA.
4. Sports medicine booth at nationals – the booth sessions over the past year has been highly liked, but not very well attended. The committee is open to suggestions from all USMS members in attendance.
5. Status of Article 106 rule – regarding the deletion of this article 106:– Recommendation is deleting entire article from the rule book. We have been working on the rationale for this deletion. The Committee discussed the need to expand on the “rationale” section with references. Mary Pohlman and Jane Moore have been working on the research for the change/rewording that Sports Medicine Committee can approve and add to the rationale and prepare and submit at the convention. The Sports Medicine Committee has approved the revision of the rationale and this has been submitted to the Rules Committee to be decided at the convention. Rules 106 deals with USMS medical on deck and pre-physical for competition.
6. The Sports Medicine Committee asked for feedback and suggestions from audience for committee focus 1) Suggestions for blogs 2) and national booth information. What would you want from the blog or Sports Medicine booth in nationals – what would you like to see? Below are some audience comments and suggestions:
 - Importance of weight training in addition to aerobic. For injury prevention and training.
 - Training for aging adults
 - Nutrition pre, during, and post workout/competition. Nutrition, pre meet nutrition for both booth and blog

- Swimming's relevance for psychological and physiological balance. This could include using example elite level swimmers/past Olympians and how swimming impacted their recovery psychologically from struggles such as depression, medical illness, etc.
 - Beauty tips in swimming/ body image. Self esteem and looking and feeling good and confident.
 - Diversity in swimming population. survival, obesity, etc.
 - Fitness director at country club mentioned desiring information to swimmers regarding – medical effects of chlorine and inside environment exposures on swimmers. Also pool chemicals such as bromine, reverse osmosis and chlorine. Indoor environment of ambient effects. 15% solution. Discussed the “2 foot barrier” above the water.
 - Water temperature in open water – Our committee's involvement and collaboration with other committees (such as Open Water, Long Distance). Rules on cap of warm water and cold water. What is the research behind the rules.
 - Another psychological overcoming barriers stories from elite athletes and open water swimmers benefits.
7. Transgender task force proposal was discussed (see below for the revised edition). FINA, IOC and now USMS are seeking transgender recording records policy. Our main focus was paragraph 4. Not allowing times to count in records if outside of criteria. Do we align ourselves of IOC or use a different recommendation? Cathy Fedako and Jessica Seaton reviewed information for the committee. IOC change – Female to male no waiting. Male to female need to determine further for anyone transitioning change if less than certain of hormone level. However at the IOC, they are testing for drugs and hormone levels regularly on athletes. USMS don't test either drugs or hormones. But the concern is still providing a level playing field. The IOC has a policy in regulation. USMS reworked our policy and revised what is in the package this week. This concern of hormone level is about posting the times, not competing official time. As Jessica presented to the Committee, the new change in the proposal states “May be eligible as a female hormone based on case by case basis.” Below 10nmol/liter. The group discussed the other side of arguments. It was also noted that hormone level can change within with in several days of treatment. Different than surgery. Another concern and background information was provided by Dr. Jim Miller 1) being consistent w the regular world (documentation from physician) . 2) Suggestion that differentiating from surgical options have been remove. 3) There are many “what if's” 4) What about all the medication, supplement, and other chemical exposure that many USMS athletes take for various reasons or inadvertently. Concerns about a swimmer stopping a necessary medication. There was also much discussion regarding the organization of Master swimming being friendly and all inclusive. The proposal still will be going on the “ honor system”. The policy was to have something in place for use if a swimmer 's record was contested or if a swimmer desired their requirements for competition.
8. Master has a good faith policy that you will honor the gender, and only challenge recorded.

The committee voted and recommend the current policy changes to the more moderate revised statement to move forward for a vote.

Addendum: sent from Jessica- # 4 most recent changed anther

Proposed Update to USMS Transgender Policy

In November 2015, the IOC changed their transgender guidelines in order to allow transgender athletes to be given the opportunity to compete while ensuring fair competition. Based on the changes in IOC policy, USMS is modifying its policy for recognizing official times obtained by transgender competitors. This policy notwithstanding, participation in all other activities within USMS shall not be restricted based upon gender identity.

An individual who is already a registered USMS member and begins the transition process to a different gender may change their gender designation or re-register in the new gender. The individual is responsible for notifying the membership coordinator at the National Office of the change.

In order for a transgender individual to compete for official times, the swimmer must have legal documentation in the new gender. Legal documentation of the assigned gender can be validated by the appropriate official authorities (including but not limited to: identification such as driver's license, passport, or state identification card). Furthermore, in order for a transgender individual to compete, the following requirements must be met:

1. *Those who transition from female to male are eligible to compete in the male category without restriction.*
2. *Those who transition from male to female prior to puberty and have been on hormone therapy continuously may compete as females without restriction as long as testosterone serum levels remain below 10 nmol/L.*
3. *A competitor who has undergone male to female gender reassignment surgery after puberty will be eligible for official times as a female at competitions in USMS-sanctioned events under the following conditions:*

Hormonal therapy appropriate for the female gender has been administered continuously and uninterrupted in a verifiable manner for a sufficient length of time, no less than one year, to minimize gender-related advantages in sport competitions. Verification requires documentation showing testosterone serum levels regularly measured during the last twelve months that are below 10 nmol/L.

4. A competitor who has not undergone male to female sex reassignment surgery may be eligible for official times as a female. The hormonal requirements shall be consistent with members who have undergone sex reassignment surgery. Eligibility must be determined in advance on a case-by-case basis.

5. Members identifying as female who do not meet the above requirements may compete as a female, with their times discreetly removed from the results.

Except for item 4, USMS will not require proof of eligibility be submitted in advance. However, a member may request a determination in advance.

Should a swimmer's eligibility be challenged based on gender reassignment, then a confidential case-by-case evaluation will occur. Documentation proving the swimmer meets the requirements put forth in the USMS Transgender Policy shall be submitted to the chair of the USMS Rules committee and handled on a confidential basis. The Chair of the USMS Rules committee shall appoint an ad hoc USMS committee comprised of members of the USMS Sports Medicine Committee and the USMS Rules Committee. The decision of this committee can be appealed to the full Rules Committee.

Should a repeat challenge be lodged against a swimmer, then the costs incurred by the swimmer shall be covered by the challenger if the swimmer continues to meet the USMS requirements.

USMS acknowledges that this is an evolving area and will provide guidance in these areas as may be necessary. USMS Rules Committee, September 2016

Tasks for the Upcoming Year

1.

The meeting was adjourned at. 9/22/16 2:55 PM
