

USMS Convention—Dallas, Texas. 2010

Committee Name: Sports Medicine and Science	Session #: 3	Report #: 1
Committee Chair: Jane Moore	Vice Chair: Jessica Seaton	
Minutes recorded by: Mary Pohlmann	Date/time of meeting: 09/16/10 03:15 PM	

Actions Requiring Approval by the HOD:

1. Reinstate \$1500 for videotaping of lectures into the Sports Medicine & Science budget.

Motions Passed:

1. All presenters shall complete a disclosure of financial relationships statement prior to giving Sports Medicine lectures.
2. In the event of an epidemic illness or pandemic which may impact any U.S. Masters Swimming sponsored event(s), the Sports Medicine and Science Committee recommends that the event host(s) adhere to the current advisories of the Centers for Disease Control and Prevention and the local Health Department regarding the advisability of travel and public gatherings in deciding whether to cancel or postpone such event(s).
3. Ask Championship Committee to include as a part of the bid packet that the Championship meet host provide accommodation for a Sports Medicine lecture.

Number of committee members present: 9

Absent: 3

Number of other delegates present: 26

Committee members present (list all, including chair and vice chair): Jane Moore, Jessica Seaton, Mary Pohlmann, Jim Miller, Laura Groselle, Sally Guthrie, Jane Katz, Malcolm Cooper, Nadine Day (ex officio)

Minutes

The meeting was called to order at 3:15 pm

1. Welcome & Introductions
2. Approval of the June conference call minutes was deferred until the next meeting.
3. Research Review
 - a. Angela Tate did a study on shoulder injuries last year. She presented it at the National Athletic Training Conference and has submitted it to the American Journal of Sports Medicine for publication. She studied 236 swimmers who each completed a survey and underwent a physical examination. Thirty-one per cent of 8 to 11 year olds and 64% of Masters swimmers had pain while swimming. She recommends further study to develop exposure guidelines and shoulder symptom prevention programs.
 - b. Committee members reviewed a University of Michigan study proposal consisting of a questionnaire inquiring about the impact of certain medications (beta-blockers) on performance. This was a well-constructed study, but initially the definition of training was much less than done by a typical Masters swimmer. After discussion, changes were made and we gave a positive recommendation to the Endowment Fund Board of Governors.
 - c. Last year we did not approve a request for access to demographic data of Masters swimmers to compare rates of bladder cancer with non-swimmers. A study has recently been published which looked at a very small number of swimmers and found 7% higher levels of chlorine byproducts in their blood after swimming, Similar chlorine byproducts in drinking water have been associated with increased risk of bladder cancer. We now have a request from Kyle Steenland of Emory University to reconsider providing USMS demographic data. We still have reservations about this type of research, but will ask him to submit a full proposal for review.
4. Policy Development – Information Collection
 - a. Committee previously discussed use of a disclosure statement for presenters of sport medicine talks. Jessica Seaton provided a simple disclosure statement indicating that the named speaker has no financial relationships with companies that provide/make products being discussed. Mary Pohlmann suggested that this be worded in the affirmative, rather than negative: "I have the following financial relationships to disclose:" If the speaker has no financial relationships, the response should be "NONE". Mary Pohlmann moved that all presenters shall complete a disclosure of financial relationships statement

prior to giving Sports Medicine lectures. Jim Miller seconded. **MSA** We also discussed requiring authors of sports medicine and science related articles to disclose financial relationships.

- b. Mary Pohlmann made the following motion: In the event of an epidemic illness or pandemic which may impact any U.S. Masters Swimming sponsored event(s), the Sports Medicine and Science Committee recommends that the event host(s) adhere to the current advisories of the Centers for Disease Control and Prevention and the local Health Department regarding the advisability of travel and public gatherings in deciding whether to cancel or postpone such event(s). **MSA**
- c. Nadine Day stated that USMS Insurance will be providing cancellation coverage for National Championships. Similar insurance may be available for other events.
- d. Performance Enhancing Drug Use – Many Masters take medications that may be performance-enhancing drugs, but that should be taken for necessary and legitimate medical reasons. We do not want people to stop taking these drugs. We are not in favor of drug testing for Masters swimmers. In previous meetings, there was discussion about a possible USMS code of conduct clause related to performance enhancing drugs. Nadine indicated that the Board of Directors considered this but did not recommend it. Jessica noted that some international Masters competitions have wording about drug testing in their event registration information; some Masters may decide to stop their medication because of it.
- e. Sally Guthrie will be giving the Sports Medicine presentation at this convention: “Medication and the Adult Swimmer with Chronic Illness”
- f. A Cardiac Event Awareness education campaign will be created. Jim Miller and Mary Pohlmann recommended that cerebrovascular event education be combined with cardiac event education. Craig Siegel, a cardiologist in Texas is willing to help with this. The campaign could be tied to a national cardiovascular disease awareness month.

5. Sports Medicine Lectures:

- a. Open Water and ACSM Exercise as Medicine talks were presented at 2010 Spring Nationals. There were no presentations at Summer Nationals because no room was available at the pool.
- b. Nadine stated that currently the championship contract does not require the meet host to provide a room for a Sports Medicine presentation; it is only recommended. Nadine suggested that if we want this to be a requirement of the meet host, we need to send a recommendation to Championship Committee. Laura Groselle moved to ask Championship Committee to include a requirement in the meet contract that the Championship meet host provide accommodation for a Sports Medicine lecture. **MSA**
- c. Timing of presentations is problematic. Jim Miller recommended scheduling talks after the general meeting the day before competition begins.

6. Rules Proposals – review any with science/medical aspects – none to discuss. We briefly discussed the proposed wording regarding the front edge of the starting block.

7. Jim Miller reported he is writing a chapter on medical aspects of performance in Masters swimmers to be included in the next edition of the book *Swimming Fastest* being produced by USOC.

8. Budget Proposal - Nadine reported that the \$1500 for videotaping was removed from the Sports Medicine & Science Committee budget. There is a contract for production video at national championship meets. The presentation could only be recorded by this contractor if it is at a time when the videographer is not busy interviewing swimmers etc. There would still be a cost for the recording. It is important to make information available to all our members whether or not they attend National Championships. Professional recordings are important for credibility. Nadine Day made a motion to reinstate the \$1500 for videotaping lectures into the Sports Medicine & Science budget. Second by Mary Pohlmann. **MSA**

9. Next Call or Meeting – Monday evening – November 8, 2010 – 4:00 pm Pacific Time

The meeting was adjourned at 4:30 pm
