

USMS COMMITTEE REPORTS

BLOCK #4 – Teaming Together.... To strengthen and protect

Fitness, Insurance, Long Distance, Safety Education & Sports Medicine

BLOCK PARTY

Wednesday, September 10th, 7:30-9:00 pm

Meeting Room – PACIFIC THREE

FITNESS

Chair: Pam Himstreet

Vice Chair: Jude Bourque

Vice Chair: Bill Volckening

Committee members: Marianne Brogan, Bob Bruce, Lee Carlson, Harry DeLong, Art Figur, Ann Gilbert, David Grilli, Bill Grohe, Cindy Hawkinson, Margie Hutinger, Sandy Lovejoy, Jane Moore, Randy Nutt, Jennifer Parks, Dore Schwab, Dick Sidner, Jani Sutherland, Jody Welborn, Karol Welling. Executive Committee Liaison – Scott Rabalais

ANNUAL REPORT

The Fitness Committee has been busy with our efforts to better serve swimmers who chose to swim with fitness goals rather than competitive goals in mind. We feel that by focusing on this population we will be better serve all swimmers in USMS and the coaches who must find ways motivate everybody. We have known that postal events appeal to fitness swimmers because these events are non-competitive in structure, even though the results may be competitive in nature. We also know that more and more of our swimming population have Internet access. We are making the Fitness portion of the USMS Website a great place to visit, with all forms of useful information, fitness events, and results of these events, at the fingertips of fitness swimmers. The new web pages are up and running and the section has been advertised on the USMS Forum area and throughout USMS by e-mailings to Fitness Chairs and Newsletter Editors.

Discussions and Projects:

Our projects since the last Convention have been to use the newly renovated Fitness section of the USMS Website for communication, information, and to launch our three new Fitness events. Bill Volckening has functioned as “webmaster” and has done an exceptional job in this area. We successfully posted the new Fitness events in January. The check-off Challenge was an event that ran through 2003 but the t-shirt sales concluded in December. This event sold 177 T-Shirts and made over \$600 for New England Masters.

The Virtual Swim Series and the 30 Minute swim were designed and posted on the web. The Crawfish Masters of Louisiana created a swim of Lake Pontchartrain and offered shirts for sale to coincide with their team swim in January. The deadline to order a shirt was Feb. 15. They had 20 out-of-state orders from the web Virtual Swims. This is fantastic considering the Virtual Swims were only posted a month before the deadline. There is much evidence that many people are doing them from e-mail questions and suggested corrections, but we won't

USMS COMMITTEE REPORTS

know for sure until the end of the year. There are nine swims posted on the web and we will need new ones for 2004. The 30 Minute swim is being hosted by PNA. I have heard that many coaches will be doing this as a team event, especially in the fall to lead into the Hour Swim. Again, numbers won't be known until the end of the year.

The Articles of the Month have been successful and we are seeing more committee members get involved in this area. Committee members each volunteered for a month through September. We know of one Fitness Clinic offered in the Seattle area. Organizers have been asked to write up the project for the website.

ACTION ITEMS

1. We will solicit nominations for the 2003 Fitness Award. Vote at the meeting at the Convention.
2. Two of the three USMS Fitness events need volunteer teams to host them for 2004. Volunteers will be solicited from the committee by e-mail and a vote will be taken at the convention.

AGENDA

Thursday, September 11th, 4:30-6:30 pm
Meeting Room - TOWNE

1. Introduction and review of annual report
2. Status of any carryover projects from 2002. i.e. "Fitness Kit"
3. Volunteers needed for more Virtual Swims, created by members, coaches, or LMSC fitness chairs
4. Select teams to host the Virtual Swim Series and the Check-Off Challenge for 2004
5. Article of the month – Each member will be responsible for a month. They can either write an article, contribute something they have written, or find and get permission to use an article for the website. Discuss how to make this process flow smoother.
6. Talk about strategies to encourage participation in the Fitness Events
7. Ideas for the website. How to publicize the website
8. Ideas for new Website based Fitness events. Example – a Birthday Triathlon. Do your age in the three events (you pick the distances for each) Can give two-three days or even a week for older participants? Send in your personalized triathlon achievement for listing on the website.
9. Vote of Recipient of the Fitness Award for 2003
10. Discussion of local team fitness activities with committee members.

INSURANCE

Chair – Colleen Dirscoll

Vice Chair – Jack Kangas

Committee members: Jack Buchannan, Joanie Campbell, Cheryl Gettlefinger, Michael Laux, Betsy Owens, George Simon, Frank Tillotson. Ex-officio: Peter Crumbine, Julie Heather. Executive Committee Liason – Patty Powis.

ANNUAL REPORT

USMS COMMITTEE REPORTS

Our loss experience continues to be very good and we hope that this will positively influence our insurance carriers on renewal. Our final multi-year policy expires at the end of this year and therefore is subject to today's market conditions. We anticipate increases in our premiums again this year, but are uncertain of the percent increase. Our insurance broker is working diligently to obtain the best coverages and limits at the most competitive premiums.

We were deeply saddened to hear the news of the passing of a member of our Committee, Betsy Owens. She was an active member of the Committee and she will truly be missed.

This year we are working on an educational project for our members. It is our intent to provide our members with a document that they can refer to when requested to sign a contract (i.e. to gain access into a facility, swim practice, swim meet, dealing with vendors). The subcommittee is comprised of Cheryl Gettlefinger, Frank Tillotson and Colleen Ann Driscoll.

ACTION ITEMS

1. The Committee voted on our renewal policies after Convention, as our carriers did not provide quotations until thirty days from expiration.

AGENDA

Thursday, September 11th, 10:15-11:15 am
Meeting Room - DOVER

1. Introduction
2. Appoint Recorder
3. Roll Call
4. Discuss and Vote on 2004 Insurance Programs
5. Projected 2004 and beyond
6. Review of Loss History and current reserves
7. Discuss Rule Proposals that directly affect the committee
8. Discussion of 2003 Project
9. Old Business
10. New Business
11. Adjournment

LONG DISTANCE

Committee Chair: Peter Crumbine

Vice Chair: Marcia Cleveland

Vice Chair: Randy Nutt

Committee Members: Doug Brogan, Bob Bruce, Rob Copeland, Pam Himstreet, Bruce Hopson, Laura Kessler, Janet Renner, Steve Schofield, Dick Sidner, Julie Stewart, Shannon

USMS COMMITTEE REPORTS

Sullivan, David Vandam, Jim Wheeler, and Jill Wright. Ex-officio: Marcia Benjamin, Graham Johnston and Robert Zeitner. Executive Committee Liaison - Lynn Hazlewood.

ANNUAL REPORT

Our principal goal during the past two years has been to streamline the championship process, primarily through a total conversion to electronic communications. For example, we sent out last year's bid forms and championship packets via email. While this major change seemed to be accepted by the bidders and event directors, there were problems.

To resolve these problems, we have: 1) Significantly revised the forms and guidelines, 2) Limited presentations at convention to 5 minutes, and 3) Put all the forms into a single Excel file and all the guidelines into a single Word file. These two files plus the contract and timeline make up the entire championship package, reducing the number of files from 13 to 4.

The entire LD Committee reviewed these changes. In addition to the usual assistance from Vice Chairs Marcia Cleveland and Randy Nutt, Rob Copeland was particularly helpful in polishing the championship forms. Finally, many thanks to Lynn Hazlewood, our webmaster and liaison.

On other matters, all events for 2002 have been finalized including All-Americans (David Vandam), All-Stars (Marcia Benjamin and Julie Stewart), Records (Jill Wright) and Awards (Robert Zeitner). The 2003 One Hour Swim has been successfully completed under the leadership of Kristine Lewis, the entry forms for all the other 2003 championships have been posted on the web, bid packages have been sent to potential bidders for the 2005 LD Championships, and championship "packets" have been sent to the 2004 Event Directors.

Ongoing projects:

Safety manual: Jim Wheeler, Steve Schofield
Postal Manual: Nancy Rideout, Margie Hutingger and Kristine Lewis.

Interim decisions:

To award patches for those participating in all LD Championships during a given year.
To **not** post interim results for postal events.

Open Water Safety Sub Committee

PROJECT SCOPE

- Review of those USMS open water event policies, guidelines and established rule and recommended procedures relating to on-site safety
- Evaluate potential incidents/accidents and the emergency preparedness elements that should be in
- Identify elements that improve an event host's ability to provide an effective and efficient emergency response should it be necessary.
- Develop recommendations for consideration as "ways and means" to utilize any officially adopted report outcomes.

OVERVIEW OF USMS SAFETY RELATED DOCUMENTS

On-site Safety Planning Materials:

- USMS Open Water Safety Guidelines LD Handbook rev. 01/03
- USMS Open Water Safety Procedures D. Gray 11/02
- USMS Pre-Race Instructions LD Handbook rev. 01/03

Safety Planning and Compliance Materials:

- USMS Long Distance Championship Contract "Host Obligations – Safety"
- USMS Rule Book Article 303: Conduct of Open Water Meets, Article 303.1: Safety, Article 303.2: Escorted Swims

USMS COMMITTEE REPORTS

Integrate USMS Safety Resources and Relevant Aquatic Safety Standards to Identify Open Water Event Safety Enhancement Opportunities Including:

- Safety Planning
- Emergency Preparedness
- Safety Coordinators, Monitors vs. Lifeguards
- Surveillance Education and Zones/Areas of Responsibility
- Rescue Equipment
- Use of Individual and Motorized Watercraft
- Recognition, Response and Assessment
- Stabilization of Swimmers Needing Assistance
- Communication Methods and Back-up Plans
- Transferring and Transporting to Advanced Care
- Importance of “On-site” Emergency Medical Services

These elements of safety education, host staff training, pre-event planning and emergency response directly influence swimmer care and safety. The enhancement of critical “on-site” safety elements will reduce our exposure to the potential for loss associated with aquatic incidents and accidents that require emergency response and advanced medical care.

ANALYSIS

Our Safety Program

USMS does a good job of defining requirements and considerations that contribute to safe open water swims. The availability of the OW Guidelines document, the OW Procedures document, pre-race instructions and the rulebook make it possible for the pro-active event host to meet or exceed our currently accepted safety standards for these types of USMS events.

Event safety is managed by assigning volunteers to fill many roles including; Meet Director, Safety Coordinator, Head Lifeguard, Safety Monitors and Registration/waivers Clerks. They all have specific roles contributing to the overall safety planning and emergency response. If an event host follows all of the required rules, guidelines and procedures they should have all of the elements in place to manage “on the water” incidents successfully.

Potential Threats to Swimmer Safety

The aquatic environment can hold a wide range of potential threats to swimmer safety. When using a body of water for the purpose of open water racing, the characteristics of this type of event can add more possibilities to the list of potential threats. These can range from mild to wild including, but not limited to; anxiety attacks (novices), physical contact between swimmers, swimmer immersion, tired swimmers, distressed swimmers, marine life, hypothermic swimmers and drowning.

Individual swimmer health, conditioning and medical conditions must also be considered when addressing potential threats. Cramping, poor conditioning and over exertion (tired) are common, but heart attacks and strokes are possible considering our membership demographics relating to age.

Safety Monitors or Lifeguards

The course Safety Monitors/Lifeguards and their ability to recognize, respond, reach and re-act effectively determine the outcome of a situation where a participant needs assistance or emergency care. Without “on the water” safety personnel our swims would be unsafe or not taking place at all. There is a difference between a certified lifeguard that is trained in open water rescue and emergency care, and a safety monitor with no formal training in water safety or recognition and rescue.

Contract Services

Ideally, a host could contract with the water safety agency and their lifeguards that are responsible for supervising the body of water where the event takes place. The provision of certified lifeguard services on the beach, in motorized assistance vessels and individual non-motorized watercraft dramatically increases the level of safety. They are certified and trained to monitor aquatic activity, recognize response situations, and prevent accidents and injury. They understand expectations and are ready to assess, stabilize, provide primary care and remove a victim from the water for transport. The logistics of utilizing contract lifeguard services including their availability, willingness to help, location, or having the financial means to pay them determines if this is a

USMS COMMITTEE REPORTS

possibility. Another advantage to contracting with an agency is that they generally have equipment most suited to the task-at-hand. Radios, Rescue Tubes, Flags, whistles, Air Horns, Paddle Boards, Jet skis, Rescue Boats and Towers on the Beach when utilized by trained professionals are specialized pieces of rescue equipment that make a swim as safe as possible.

Event Host Safety Alternatives

Another common practice is to utilize some lifeguards, perhaps on the beach or in the rescue boat and provide EMS (critical jobs), then they use volunteer safety monitors for the rest of the jobs (course monitors). But the inability of an event host to obtain enough (or any) certified lifeguard personnel to cover an events safety staffing needs is very common. If no lifeguard service is available, there is usually a lack of proper rescue equipment for each monitor (rescue tubes, air horns, watercraft). When there are no lifeguards utilized, the host still can usually find enough volunteers to meet the safety guidelines regarding swimmer/monitor ratio and placement of monitors. This can often result in the use of people with limited experiences and abilities in water safety and rescue training.

Volunteer Safety Monitor Preparedness

Recruitment of participants is often based solely on their ownership of some non-motorized individual watercraft, or their relation to a swimmer or another volunteer recruited for their watercraft. Untrained or inexperienced monitors that utilize less-than-favorable watercraft and do not have rescue tubes and communication devices often end up on the course.

These monitors may have watercraft not suited for assisting swimmers to safety (canoes and some kayaks), they may not be ready or able to enter the water, and they may not know how to assess and treat a swimmer in trouble.

Education of monitors regarding surveillance of swimmers in open water, scanning large groups effectively, zones of responsibility, communication with swimmers and other related topics are appropriate. There is also a need for specific instruction or training on the most basic elements of rescue and care including; characteristics of tired, distressed or drowning swimmers, stabilization, use of rescue equipment, removal from water, primary emergency care priorities, common occurrences and basic rescue techniques.

Depending upon the severity of the incident, when needed the period of time between the recognition of a swimmer in trouble and the time when they are able to receive advanced emergency care for emergency medical services can have a direct effect on outcomes in regard to recovery, disability or death. Even when recognition and response times are excellent, a monitor's inability to recover, assess, stabilize, treat or remove a swimmer in trouble may happen

The number of events that occur with some or all of their safety monitors in this situation is unknown. Accident and incident statistics available through insurance information shows there are only a few random cases that are significant enough to get reported. Open water safety and risk management practices appear to be adequate considering the number of swimmers and the number of events that take place in so many vastly different venues each year. But there are no statistics on the number of swimmers that receive assistance or medical care that is taken care of personally, or of a minor nature. Only significant incidents get reported, and only if the host has a responsibility through an issued sanction or contract with an LMSC or USMS. Usually we are informed if they seek damages. Many minor injuries must go reported each year.

ISSUES TO BE CONSIDERED

- Encourage the use of certified open water lifeguard services in conjunction with local EMS at all open water events
- Open water rescue and emergency care requires a minimal amount of properly designed safety equipment, is it available?
- All course monitors should have a floatation device (rescue tube is best)
- All monitors should be prepared to signal for assistance then, if needed, exit their watercraft and provide stabilization
- Monitors should know how to assess basic (primary) vital signs, breathing, pulse, unconsciousness, bleeding, and spinal injuries
- Monitors should have the skills, abilities and equipment for swimmer removal from the water and watercraft with the ability transport if required

USMS COMMITTEE REPORTS

- Fundamentals of swimmer surveillance in open water and large groups should be explained, and signs of tired, distressed or drowning swimmers should be learned
- Principals of emergency coverage, back up, and roles in an emergency action plan must be defined and taught to all monitors

CONCLUSION

USMS Long Distance safety Sub-committee should examine the above issues while seeking assistance in the identification of additional issues or comments. Other options or ideas should be considered regarding on the water preparedness of safety monitors.

The development of a pre-race training/briefing for all monitors and safety personnel should be considered. This brief overview of emergency response duties and responsibilities could include the following and more if required:

Emergency Response Briefing for
Open Water Event Safety Personnel

Emergency Response Personnel and Safety Team Roles

EMS, Safety Coordinator, Head Lifeguard, Rescue Boat, Monitors

Course Map

Layout, Route, Start/Finish

Positions and Areas of Responsibility

Based on experience and skill

Zones

Rescue Boat Position and Meeting Points

Rescue Equipment

Ambulance

Rescue Boat

Towers

Individual Watercraft Characteristics

Rescue Tubes

Whistles, Air Horns, Flags

Surveillance and Identification

Tired, Cold, Distressed, Drowning, Other possibilities

Getting to Swimmer

Moving safely through swimmers, signaling, communication

Stabilization

In water

On Floatation

On watercraft

Assessment

Primary survey, ABC's

Transfer

Exit points, EMS location

Back up

Constant scanning during incidents let others do it!

De-brief

For critical incidents or events

Reporting

Reporting procedures

Start Sequence

Cancellation Plan Duties

AGENDA

Thursday, September 11th, 2:45-4:15pm
Meeting Room – ROYAL PALM FIVE

USMS COMMITTEE REPORTS

Saturday, September 13th, 8:00-9:00 am
Meeting Room - PACIFIC SIX & SEVEN

1. Awarding of 2005 Long Distance Championships
2. Team categories for One Hour Postal (OHP)
3. Discussion of fee for 10K open water swim
4. Control of records for 2 mile cable swim
5. Award for best meet director
6. Other discussion items: more time for OHP administration, postal experience required for OHP, free swim caps for postal events, medical exams, and guards during warm-up.

SAFETY EDUCATION

Committee Chair: Julie Heather

Vice Chair:

Committee members: Katherine Branch, Thomas Huggins, Michael Lemke, Eric Shanks, Leslie Smith, Shannon Sullivan, Jeanette Vallandingham, Jim Wheeler, Dottie Whitcomb, Jill Wright. Ex-Officio – Colleen Driscoll. Executive Committee Liaison – Patty Powis.

ANNUAL REPORT

The Safety Education committee believes that communication with the members of our organization is the best way to promote good habits, reduce the risk of avoidable accidents, and be prepared for emergencies that may happen. To accomplish this we proposed that we have a page on the USMS website to put safety information (articles, tools for newsletter editors, the safety handbook, safety signs for meets, links to places to obtain training, etc). To date this request has not been approved, with the suggestion that we have a section in the LMSC handbook (also published on the web, but in the Administration section) in lieu of a separate Safety Education site. The committee will focus on the support, development, and installation of a Safety Education site at the convention as a benefit to the larger audience of the USMS web site, while also welcoming the opportunity to be a part of the LMSC Handbook.

A representative from the American Red Cross' Health and Safety Marketing partner, Staywell, had agreed to do a 10 minute presentation to the House of Delegates, focussing on ways to get our members safety training and providing tools (brochures, posters, sample letters, 'ads' for newsletters, etc.) for delegates to bring back and use at home. Unfortunately, at the time of my request (mid-April) the time available during the House of Delegates had already been completely scheduled.

I have arranged for CPR and AED training at convention. At this time we have a half dozen instructors, but only 14 people have signed up to take the class (we can handle 60 or more). You can sign up for the training, which will take place on Wednesday afternoon, from noon until 4 pm.

AGENDA

Friday, September 12th, 1:30-2:30 pm
Meeting Room – ROYAL PALM THREE

1. Introductions and attendance
2. Current projects

USMS COMMITTEE REPORTS

- Status of Safety Handbook for Swimmers
 - Safety Education on the USMS Website
 - Review CPR/AED training
3. New Projects
 - Safety Section for the LMSC Handbook
 - SWIM Magazine articles
 4. Proposed changes to the rule book relating to safety
 5. New Business
 - Emergency contact information for swimmers
 6. Review/assign tasks for the coming year
 7. Adjourn
-

SPORTS MEDICINE

Committee Chair: Jessica Seaton, DC

Vice Chair: Jody Welborn, MD

Committee Members: Eddie Ames, Nadine Day, Art Figur, Ann Gilbert, Doug Huestis, Cynthia Jones, Laura Kessler, Wayne McCauley, Jane Moore, Ed Nessel, Dick Pitman, Mary Pohlmann, Joel Stager, Jani Sutherland, Lisa Watson, Phil Whitten. Executive Committee Liaison - Jim Miller, MD.

ANNUAL REPORT

The Sports Medicine Committee has continued to work on projects that were begun last year.

Discussions and projects that have taken place since the last convention:

COMMUNICATIONS/WEB

Liaison to Communications Committee: Jane Moore

Jane Moore has been working with Jim Matysek, the USMS web master, to get the Sports Medicine section up and running. It seems that several other USMS projects were on the list before we were. We were promised to be up and running by the end of February, however we are still waiting while various projects take priority over ours. The following are some aspects of the site:

1. Articles authored by members of the Sports Medicine Committee: We have contacted SWIM Magazine and gotten permission to have articles that were previously authored by members of our committee to appear on our web site. These articles are being sent to Jim Matysek as they are ready for posting.
2. Review Committee: While we don't have a permanent review committee, we will be asking various members to help out as the articles are submitted for posting. Articles that were previously printed in SWIM don't need a review.
3. Nutrition Tracker: Joel Stager (from the research subcommittee) told the committee about this interactive nutritional web site on the USA Swimming web site. We received permission from USA Swimming for us to link to their site (back in December). Since we still don't have a web page, the tracker is not yet available for masters swimmers.
4. FAQ: several members of the Sports Medicine Committee have offered to help with our FAQ page. As was discussed at the convention and prior to that, all articles will be reviewed

USMS COMMITTEE REPORTS

RESEARCH

1. Patty Powis, the USMS Legal Council and Joel Stager have been ironing out the legal details of the Grant Requirement document.
2. Joel Stager is creating a proposal for a larger scale physiological testing center for masters swimmers at the Doc Councilman research center. This would allow us to gather usable data on masters swimming and aging.

LIASON TO INTERNATIONAL COMMITTEE

Jane Moore has offered to be the official liaison, having been medical coordinator for USMS Nationals before. SM will also have to organize a series of SM related lectures, spanning several days, should USMS be awarded the World Championships for 2006. Phil Whitten is already a member of both International and SM, so he will also serve to bridge both committees. No work has been done on a Sports Medicine lecture. It seems a bit premature to organize at this point.

CONVENTION 2003 IN SAN DIEGO

Sports Medicine Lecture: Friday, September 12 from 12:15 until 1:15. Joel Stager, Ph.D., has kindly offered to lecture on a topic relevant to Masters swimmers. Joel heads up the Doc Councilman Center on swimming related research.

SWIM MAGAZINE

January/February 2003

- Jody Welborn with input from Art Figur: Anemia
Appeared in *SWIM Magazine*.
- Ask the Doc: Elbows (Welborn)
Article appeared in *SWIM*.
- Sports Medicine Reviews:
Five Steps to Healthier Eating (Volckening): approved

March/April 2003

- Jim Miller: Osteoporosis
Article submitted and was approved. Appeared in *SWIM*.
- Sports Medicine Review
Navigating the Marketplace (Volckening): submitted and approved.

May/June 2003

- Ed Nessel: Exercise Induced Asthma: Final version approved.
- Ask Dr. Swim: Pre-swimming heating and the heart. (Welborn) . Appeared in *SWIM*.
- Sports Medicine Reviews
Grab 'n' Go: Setting up your Kitchen (Volckening): approved

July/August 2003

- Jessica Seaton with input from James Acker: Pool Temperatures. Appeared in *SWIM*
- Sports Medicine Review"
Healthier Snacks (Volckening): approved

AGENDA

Friday, September 12th, 2:45-3:45 pm
Meeting Room – ROYAL PALM THREE

1. Discuss any Rule changes or Legislative changes that affect the Sports Medicine Committee.
2. Discuss Worlds 2006: Conference on the Aging Athlete

USMS COMMITTEE REPORTS

3. Discuss research efforts with Joel Stager and the Doc Councilman center.
4. Discuss the web site
 - What will it take to get it up and running?
 - Maintaining the web site
 - Review committee
 - FAQ
5. Upcoming articles for SWIM

SPORTS MEDICINE PRESENTATION
Swimming in the Fountain of Youth
Presented by Joel Stager
Friday, September 12th, 12:15-1:15 pm
Meeting Room - CALIFORNIA
