

**Committee Name: Fitness Education**

**Session #: 3**

**Committee Chair: Mary Jurey**

**Minutes recorded by: Kathy Englar**

**Date/time of meeting: 4/8/20 5:30 PM Pacific**

## **Actions Taken:**

1. Approved:

**Number of committee members present: 13**

**Absent: 4**

**Guests:**

**Committee members present (list all, including chair and vice chair):** Brigid Bunch

Chris Campbell

Emily Cook

Brian Cummings

Kathy Englar

Mary Jurey, chair

Ann Marshfield

Matt Miller

David Morrill

Andy Seibt

Lisa Watson

Kenneth Winterberger

USMS Attending: Onshalee Promchitmart

**Not present:** Anita Cole, Jay Eckert, Lisa Ward, Karin Wegner

**Guests:**

## **Minutes**

Mary Jurey led the meeting:

### **I. Approval of minutes from February and March meetings:**

Minutes from the February and March meetings were distributed before the April meeting. A motion to approve and a second to that motion were made and the minutes were approved by voice vote.

### **II. Committee Statement of Purpose:**

Mary circulated an updated committee statement of purpose before the meeting. The suggestion to incorporate a goal about maintaining fitness when routines are disrupted was endorsed by committee members, inspired by, but not specifically about Covid 19.

-> Mary to re-work the committee statement of purpose and re-distribute

### **III. Brainstorm Ideas for Helping USMS Membership Maintain Fitness During Time of Pandemic**

A. Build on social aspects of masters swimming by encouraging peer pressure to encourage members to maintain physical fitness

B. Coronavirus bingo distributed via social media, invented by Ann for her club, who will forward the bingo card to Onshalee for consideration of wider distribution

C. Dr. Nichols is doing a live reading of Blue Minds, so great opportunity to listen, be entertained, and think about aquatics

(Available on Facebook - look up Dr. Wallace Nichols)

D. Address mental stress: continuing to exercise and maintaining social bonds both help with the understandable level of mental stress. Many clubs are organizing virtual happy hours or virtual exercise

classes (yoga, pilates, etc. depending on expertise of volunteers among club members and coaching staff) to encourage both exercise and connections

E. Call on lane leaders to reach out to lanemates

F. Coaches committee also discussed this issue in a recent meeting.

-> Mary will reach out to Kenny Brisbane of the coaches meeting to discuss how the two committees might collaborate on a list of ideas that could be distributed to clubs.

-> Please keep the brainstorming going by posting your idea on the USMS Forum/committee

#### IV. Discussion about readiness for re-entry when pools re-open

. Make sure swimmers don't fall off the physical fitness wagon during this non-swimming time

A. Coaches/clubs should educate swimmers that they will need time to get their swimming fitness back and provide support for swimmers who turned off by how (poorly) they swim when they first return to the water

B. Have a celebration: Back-to-Pool party

C. Club logistics: is each club paid up on pool rental? Is the equipment still there or is it time to replace those kickboards! Are coaches educated to guide their swimmers to a return to form?

D. Guidelines for social distancing when pools re-open: swimmers may be uncomfortable in crowded lanes and facilities

E. Economic impact: some swimmers may have financial constraints that keep them from swimming

F. The group agreed that the committee should discuss how to make members feel safe returning to masters swimming

-> Mary to add to future agenda

#### V. Meeting Logistics: Non-agendized discussion about the popularity of Zoom (or other video service) meetings

-> Mary to organize a Zoom test for this committee which will also serve double duty as a social engagement for us all!

#### VI. Meeting adjourned at the hour mark

#### VII. Summary of Action Items

. -> Mary to re-work the committee statement of purpose and re-distribute

A. -> Mary will reach out to Kenny Brisbane of the coaches meeting to discuss how the two committees might collaborate on a list of ideas that could be distributed to clubs.

-> Please keep the brainstorming going by posting your idea on the committee section of the USMS Forum

-> Mary to add swimmer health safety when returning to swimming to future agenda