

1991 USMS CONVENTION
SPORTS MEDICINE AND RESEARCH COMMITTEE

The meeting was called to order by chair Jane Moore at 9:05 A.M. Committee members in attendance were Barbara Bower, Patricia Diehl, Judy Gilles, Art Mayer, George McVey, Jim Miller, Jane Moore, Sandi Rousseau, Shannon Sullivan, Laura Val, Bill Weir, and Elin Zander.

Others in attendance were Brooke Dick, David Diehl, Marilyn Early, David Gray, Bill Hall, Michael Hitchcock, Jan Huneke, Jayne Lamblie, Terry Laughlin, Mike Laux, Colin Light, Ann McDermott, Krista Phillips, Melinda Schmitt, Mary Lou Schulz, Kim Shaw, Edna Spring, Robert Zeitner, and Chris Zimmit.

Nationals Report was given by Dr. Jim Miller, Coordinator of Medical Care for National Championship Meets. Medical arrangements were excellent in Nashville although the ambulance was late in arriving on two days. The warm-down facility was inadequate, unclean, and poorly monitored. At Elizabethtown, an ambulance system was not present on site for the warm-up day and also left prior to end of warm-down period after conclusion of events on several days.

A request for requiring emergency phone numbers on national championship meet entry forms was discussed. It was moved, seconded, and passed to recommend to the Championship Committee that national championship meet entry forms include a line for an emergency contact and that the meet host verify that number at check-in and obtain information as to where the swimmer is staying locally at the meet.

Several research reports were reviewed. Hop Bailey's performance and aging study was begun at Nashville. He will be continuing the project for some time. Drs. Pate and McGowan from the University of Richmond had surveys concerning participation and self-esteem completed by participants at Short Course Nationals and are now collecting data from controls. Dr. Bill Weir reported that he has not as yet received any data from the memory study done at 1989 Long Course Nationals in North Dakota. Dr. Jane Moore noted that preliminary data from the performance and aging survey has been presented and will continue to be analyzed. A preliminary report on a kinanthropometric (body size and shape) study done at FINA World Championships in Perth was briefly reviewed.

New research proposals were reviewed. Dr. Bill Weir in association with Dr. Kim Engel of Massachusetts General Hospital would like to evaluate the risk for sudden heart attack in Masters swimmers through distribution of a questionnaire. This project was approved. Dr. George Rhoads of the University of Medicine and Dentistry of New Jersey (formerly Rutgers Medical School) requested permission to distribute a questionnaire regarding chlorine exposure and cancer to a random sample of Masters swimmers over age fifty. The National Registrars are able to provide a random sample of swimmers. The questionnaire was reviewed. It was felt that it should be noted that not all swimming pools are chlorinated. There was also uncertainty about the question regarding membership in the "U.S. National Senior Olympics Swimming Group". The research project was approved. The two items in question will be clarified with the researcher. Dr. Jane Moore requested approval of a study of body fat percentages to be done

at 1992 Long Course National Championships. Prior to events, volunteer swimmers will have body fat analysis performed by bioelectrical impedance measurement. Age and sex matched non-exercising controls will later be analyzed to compare the body fat percentages of swimmers with sedentary persons. This project also received approval.

Proposed rules changes were reviewed. R3 warm-up/warm-down procedures proposed by Oregon was felt pertinent. Language was revised to state: If there is no other warm-up/warm-down area available in pools of five or more lanes, one lane shall be set aside for continuous warm-up/warm-down during the conduct of the meet. If there is no other warm-up/warm-down area available in pools of four or fewer lanes, swimmers shall be allowed to swim to the other end of the pool at the end of each heat, and a warm-up/warm-down period must be offered at least once during each hour of competition. Moved, seconded and passed to recommend that the Rules Committee consider this emergency legislation because of the medical implications when warm-up/warm-down is lacking. This rule will assure improved safety for swimmers.

The use of the USMS membership list for research projects was discussed. Many researchers request an address list of a random sample of Masters swimmers so that surveys can be mailed and follow-up done. Follow-up mailings to those who do not respond to the initial survey increases the number of replies and thus the validity of the survey. The National Registrars are able and willing to provide random samples at a cost of \$20.00 per hour of time involved in selecting the sample. Cost would be borne by the researcher. It was moved, seconded and passed that an address list may be given to researchers after approval of their project by the Sports Medicine and Research Committee on the condition that their mailing include a cover letter from the committee. The cover letter would state: "Dear Masters Swimmer: You have been selected at random to participate in the enclosed survey. This survey has been approved by the United States Masters Swimming Sports Medicine and Research Committee, and we would appreciate your cooperation in furthering the data base for our sport. Thank you."

Laura Val presented an update on the Swim Meet Safety Signs distributed to all LMSCs last fall. Pacific Masters Swimming has added a few new signs and laminated the signs for easier use. Laura has received no feedback from LMSCs as to use of the signs.

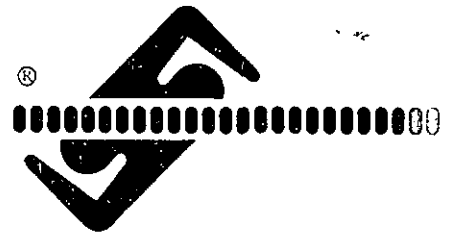
A letter passed on by an Arizona swimmer requesting development of an exercise program for those with chronic back pain was discussed. It was felt that development of such a program was beyond the scope of this committee.

Respectfully submitted,

Jane A. Moore, MD

Jane A. Moore, Chair

**United States
Masters
Swimming**



To: Championship Committee
Sports Medicine Committee

From: Jim Miller, M.D.
Coordinator of Medical Care
National Championships

In November, 1990, contacts were begun with both local medical directors - Dr. Phillip P. Brown in Nashville and Dr. William J. Godfrey in Elizabethtown. During these contacts, the rationale and demands of United States Masters, Sports Medicine, and Championship Committees were delineated. It was clearly indicated in these statements that warm-up, warm-down, and warm-up days were included in such medical coverage with ACLS capability on the pool deck, including transport. Each national championship had problems unique to itself, and on one occasion a new variable was found that had never been anticipated.

Nashville

An excellently conceived medical transport system was established by the physician in Nashville, who remained supportive throughout the entire meet, seeing in the emergency room those individuals we referred from the championship venue. Two major events did occur during the course of the championship, one of which, I'm afraid, did not have a successful conclusion. On two instances involving the medical coordination, Nashville was lacking.

1. The rescue unit was not present promptly at 6 a.m. on several of the days.
2. The warm-down facility was very inadequate for a meet of this size - both unclean and unsafe as well as being poorly monitored.

Elizabethtown

Upon arriving at Elizabethtown, I was surprised to find no ambulance system there on the warm-up day. I was informed that this was not an official warm-up day, but a courtesy extended to USMS by the facility.

USMS Inc. National Office - Dorothy Donnelly, Executive Secretary - 2 Peter Avenue, Rutland, MA 01543 - (508)886-6631 FAX (508) 886-6265

President Daniel F. Gruender 3329 N. Valencia Lane Phoenix, AZ 85018 (602) 994-1560	National Office Dorothy Donnelly 2 Peter Ave. Rutland, MA 01543 (508) 886 6631 FAX (508) 886-6265	Vice President Nancy Rideout 580 Sunset Parkway Novato, CA 94947 (415) 892 0771	Secretary Mel Goldstein 6456 Broadway Indianapolis, IN 46220 (317) 253 3652	Treasurer Suzanne Rague 263 West End Ave. #9C New York, NY 10580 (914) 967 8167	Legal Counsel Jack Geoghegan 155 Osborn Road Rye, NY 10580 (914) 967-8167	Past President Thomas D. Boak, Jr. 15 Saw Mill Grove Lane The Woodlands, TX 77380 (713) 363-0672	Zone Chairman Mary Pat Maley 5450 Foley Road Cincinnati, OH 45238 (513) 922-7954
---	--	---	---	---	---	--	--

Since half of the facility remained open, their interpretation was that they did not have to supply a medical transport team. Upon reviewing the brochure for Elizabethtown, this was, indeed, listed as an official warm-up day for the national championship; therefore, this obligation by Elizabethtown was a serious deletion of medical coverage. On one evening after the meet was concluded, the pool was opened for warm-down. The rescue squad was dismissed, and the pool was left open to members of USMS to perform their warm-down without any medical supervision. Upon bringing to their attention that this was an issue that was not debatable, I was reassured that this would not occur again. However, on the second evening, that being the same day on which the assurances were given to me, the pool was once again open for warm-down and the transport team dismissed at the conclusion of the meet prior to this warm-down. In this second instance, happily, this warm-down period only lasted for 15 - 20 minutes. Upon further review of the Elizabethtown scenario, a unique situation existed wherein the physician who was in charge of the local medical coordination was also the functioning meet director on site, a stroke and turns judge, and the owner of the facility. Therefore, he had a financial interest in not having the rescue unit there 100 percent of the time. The rescue team was informed prior to the beginning of the meet as to times that they would be allowed to leave, although they were kept on two evenings past this time until the meet was concluded. In Elizabethtown the rescue unit was prompt upon arrival and conducted all transports in a very professional manner, dealing with those instances that occurred without difficulty.

UNITED STATES MASTERS SWIMMING CONVENTION

SEPTEMBER 17-22, 1991

LOUISVILLE, KENTUCKY

COMMITTEE Sports Medicine and Research

CHAIRMAN Jane Moore RECORDER Jane Moore

VOTING MEMBERS PRESENT:

See attached

NON-VOTING MEMBERS, VOICE AT OPTION OF THE CHAIRMAN

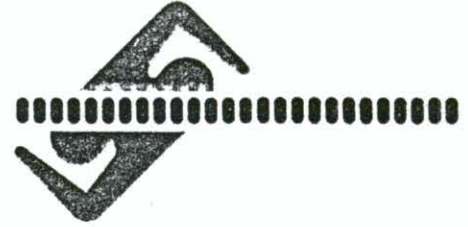
See attached

Please attach a copy of the Minutes of your meeting to this form and return it as soon as possible to Mel Goldstein, USMS Secretary. It must be handed in BEFORE you leave the Convention.

All Committee actions require approval of the House of Delegates. Any such actions MUST be handed to Mel Goldstein PRIOR to the House of Delegates meeting.

highlighted on attached minutes





1991 USMS CONVENTION
SPORTS MEDICINE AND RESEARCH COMMITTEE

- I. Nationals Report - Dr. Jim Miller
- II. Research Reports
 - A. Bailey - Performance and Aging
 - B. Pate - Participation and Self-Esteem
 - C. Moore - Performance and Aging
- III. Research Proposals
- IV. Proposed Rules Changes
- V. Other Business

COM.
MEM.

Bill Weir

Jim Miller MD

Judy Dehes

George Mervey

Art Mayer

Laura Val

Sandi Rousseau

Barbara Bowler

Patricia Diehl

Shannon Sullivan

Jayne Landlie

Eli Zander

Non Membr

Brooke Dick
Mike Loos

Colin Light
Bill Hare

Jan Huneke

Marilyn Early

Chris Zimmitt

ROBERT E. ZEITNER

David Diehl

Melinda Schmitt

DAVID GRAY

President
Daniel F. Gruender
3329 N. Valencia Lane
Phoenix, AZ 85018
(602) 994-1560

Vice President
Nancy Ridout
580 Sunset Parkway
Novato, CA 94947
(415) 892-0771

Secretary
Mel Goldstein
6456 Broadway
Indianapolis, IN 46220
(317) 253-3652

Treasurer
Suzanne Rague
263 West End Ave. #9C
New York, NY 10023
(212) 496-7094

Legal Counsel
Jack Geoghegan
155 Osborn Road
Rye, NY 10580
(914) 967-8167

Past President
Thomas D. Boak, Jr.
12000 Saw Mill Rd. #110
The Woodlands, TX 77380
(713) 363-0672

Zone Chairman
Mary Pat Malley
5450 Foley Road
Cincinnati, OH 45238
(513) 922-7954

NON MEMBER

MICHAEL Hitchcock

ANN McDermott

Edna Spring

Marylou Schulz

Kim Shaw

Krista Phillips - N.C.

TERRY GAUGHAN - METR