

SPORTS MEDICINE, HEALTH, AND SAFETY COMMITTEE

Date: September 12, 1996

Time: 10:30 AM - 12:15 PM

Place: Omni Rosen, Orlando - Salon 19

ACTION ITEMS

1. To continue with the articles in *SWIM MAGAZINE* with the responsibility for writing spread out among several interested parties.
2. Reinstate the Sports Medicine/Sports Science lecture at the 1997 Convention in San Francisco.
3. A design for masters swim camps is to be worked out. There was strong sentiment by the committee in favor of such camps.
4. Safety Committee: This committee once again supports the idea of the Ad Hoc Safety Committee becoming a standing committee.

I. ROLL CALL

Committee Members Present: Jim Miller, MD (Executive Liaison; acting Chair for David Costill), Ed Nessel, George Quigley, MD, Jessica Seaton, DC., Bill Weir, MD.
There were also 20 non-voting participants.

II. OLD BUSINESS

A. Goal Statement

1. Education

a) *SWIM MAGAZINE* articles

Although topics have been suggested in the past, authors are more difficult to find. A goal this time is to both suggest articles and find authors.

Also note that *SWIM MAGAZINE* requires a four month lead time.

SUGGESTED TOPICS:

1. Heart Disease and Swimming

Suggested by and to be written by Bill Weir, MD. Two phases:

Phase I: questionnaire to be included in *SWIM MAGAZINE*

Phase II: Results and analysis to be done by July 1997.

This article would also include heart disease in women as well as men.

2. Prostatic Disease and Swimming

3. HIV and Swimming

Suggested by and to be written by Jessica Seaton, DC. Will incorporate existing studies on aerobic exercise and immune system, as well as anecdotal evidence from HIV+ masters swimmers.

Article to be done by January 1997.

4. Training for the Different Energy Systems.

Ask Rick Sharp if he would author such an article.

To be included would be physiological background and specificity of training, especially as relates to the masters swimmers.

5. Swimming Injuries Involving Joints Other than the Shoulder

Examples would be cervical spine problems seen in breaststrokes, knee problems related to turns, etc.

6. Things Swimmers Do to Injure Themselves and How to Avoid Them

Also, how some of the swimming aids may be damaging in certain circumstances.

7. Equipment Reviews

It was suggested that Judy Bonning write this article. New equipment is constantly being developed.

This article would review some of this equipment in a qualitative way.

Article to be ready in mid November.

8. Biomechanical Analysis of the Strokes and then Related to Injury

9. The Importance of and Reasoning Behind Adequate Warm-up and Cool-down

Ed Nessel will recycle and combine some of his previously written (for his club) articles.

Can be done right away.

10. Long-Axis Body Rotation in the Water as it Relates to Spinal Injuries

A physician at the Landry Clinic spoke extensively about this topic. He will be contacted.

b) Presentation at the Convention

Fell through for a number of reasons. Last year there was some criticism regarding application of research to masters swimmers.

2. Scientific Research

a) USMS Foundation

Possibilities were discussed. Supporting our current sponsors was emphasized.

b) Self-Supporting Research

The idea of swim camps for masters was met a lot of enthusiasm. Such camps would involve doctors, exercise physiologists, coaches, and nutritionists. Each swimmer would receive all of their own data, i.e. regarding anthropometric evaluation, stroke evaluation, aerobic capacity, etc.. This data would also be used for scientific studies of masters swimmers. Facilities with flumes will be explored. It was estimated that these camps could accommodate 10 individuals at a time. A lot of the parameters and footwork has already been done by Jim Miller, MD. Goals and research design are areas still to be worked out over the next year.

B. Ad Hoc Safety Committee

Chair: Forrest Sullivan

Was held up in another meeting. Will submit a written committee report.

This committee reiterated their support of safety monitors to monitor pool entry. It was also mentioned that the announcer at a meet can positively affect safety by repeatedly announcing how to safely enter the pool.

C. National Championship Events

Jim Miller, MD has been in charge of overseeing the standard of care at each National Championship site. Different sites have had different problems, such as not wanting to incur the expense of having an ambulance on deck.

Generally Short Course Yards Nationals went smoothly.

There were several medical problems at Long Course Meters Nationals that required hospitalization (mainly cardiac).

III. NEW BUSINESS

A. Rule Proposals

R5 Oppose the change. This committee recommends keeping rule as currently reads. Decrease in flexibility noted with age.

R28 No opinion from a medical standpoint.

R34 Against adjustment for altitude.

LD13 No opinion.