

US Masters Swimming
Sports Medicine & Science
Conference Call Minutes
March 11, 2012

Participants: Bill Ewan, Sally Guthrie, Lisa Hiller, Jane Katz, Kristy King, Lo Knapp, Katherine Longwell, Jim Miller, Jane Moore, Mary Pohlmann, Diane Rothenberg, Jody Smith

Action Items:

1. Work to expand Health Network use
 - a. Develop categories for questions/experts
 - b. Develop guidelines for responses
2. Continue work on informational display and screenings for national championship meets
3. Compile resource list of articles related to swimming and health
4. Review strategic plan and past committee work plan; update committee work plan

Notes from call:

1. Discussion of future direction for the Health Network
 - a. Kristy King: why do we even have the network if we are not going to publicize it – no purpose if not used.
 - b. Jim Miller: USA Swimming has assigned two staff members to work with the health network and its task forces. They send inquiries to the appropriate task force chair. Responses come back to him for review to be sure they follow the rules before being sent out. USMS Health Network could be a great service to members but would likely need a staff member to manage. Suggests we use the categories established by USA Swimming. We will need additional sections for osteoporosis, aging, and obesity. Suggests we tell each current member that we are considering doing this, ask if they are interested to gauge interest and see which categories they fit. If there is enough interest, then discuss with Rob Butcher the potential for increased use and need for staff member to help disseminate information and route questions. The USA Swimming network is popular with coaches and athletes; provides a way for corporation to give back to members. They handle an average of three questions per week. Most are simple to handle.
 - c. Bill Ewan: would be beneficial and a good benefit for members. Need to develop guidelines for responses. Would need to include things that shouldn't be sent on, that need urgent attention.
 - d. Lisa Hiller: could consider creating a "Ask the Health Network" column for publication. Would volunteer to do the staff person work – receive questions, and send to appropriate professional.
 - e. Jim Miller: most questions are things that can't wait for publication; need a quicker answer. He has had two questions over many years that required emergency attention and a phone call.

- f. Jane Katz: today's NY Times had an article on Dara Torres – back after 16 months off; injury, aging, recovery, etc. This is likely to spawn questions.
 - g. Jody Smith: you can't see USA-S information unless you are a member. This could be a good member benefit for USMS. Jim: good way of reaching out; available to all members, especially those who don't attend nationals; good customer service.
2. National Championship Meets
- h. Bill notes that Chris LaBianco is taking charge of health screenings at national championship meets. Chris and Kyle Deery did a walk through at Greensboro and have a good idea of how to set up. They have identified several local chiropractors who may do posture screening. They are waiting for osteoporosis information for the display board.
 - i. Lo Knapp: working on osteoporosis information; should be done in 1-2 weeks. Plan to have information printed and ready to mount. Will email before printing for Jane Moore to review. Sally notes that Chris may need the information sooner. Jane will send Chris' contact information to Lo so they can coordinate.
 - j. Bill will check with Chris to see how arrangements for Omaha are proceeding.
 - k. Jane Moore is following arrangements for medical care at both championship meets. Mary Pohlmann will serve as national coordinator for medical care on site at Greensboro. Jim Miller will also be available for the last day and one-half.
3. Providing Information
- l. Opinions on "hot topics". Ability to create opinions may depend on quality of information available. There is some value in finding out that no research is available.
 - m. Compile resources – such as articles on health benefits of swimming. Mary will compile if people send references to her. Sally will help.
 - n. Lecture at convention – speaker from Greensboro? Scheduled for Thursday 9/13 at 6:30 pm. Suggestions for topics include programs similar to Swimming Saves Lives for underserved populations; adult learn to swim programs for boaters, kayakers, rowers, stand up paddleboard users; open water swimming for inexperienced swimmers (consider Steve Munatores – Jim could contact); Swimming Saves **Your** Life/Exercise is Medicine – speaker from ACSM or our group
5. Tasks assigned by USMS
- a. Definition of committee work and member responsibilities
 - b. Goals for 2012 and beyond – tie to strategic plan. Need to review strategic plan and committee's past work plan. Jane and Jody will locate these and distribute.
 - c. Compile committee policies
6. Next Meeting – Sunday May 20th, 5 pm Pacific

Addendum to minutes:

From Mary Pohlmann

At last year's convention, it was mentioned that someone had suggested a ban on spray sunscreens at USMS National Championships due to inhalant irritation. Our committee felt that this was something that would be determined more by facility policy than by USMS. However, I volunteered to research the literature concerning the inhalant safety of spray sunscreens.

Happily or unhappily, I must report having no success in finding research on this subject.

In fact, the Food and Drug Administration last summer requested in their 2011 Advance Notice of Proposed Rulemaking regarding sunscreens "suntan manufacturers and other interested parties to submit data on over-the-counter (OTC) sunscreen drug products ... For spray dosage forms, we are requesting data to resolve specific questions about both effectiveness and safety." FR Doc. 2011-14768 Filed 6-14-11

The FDA's Center for Drug Evaluation and Research cites remaining effectiveness and safety concerns regarding the spray sunscreens, including information on how sprays are applied and potential safety concerns with inhalation.

www.fda.gov/sunscreen (<http://www.fda.gov/sunscreen>)

While I can appreciate the concerns regarding airway sensitivity of some of our Masters swimmers to a variety of products, in the absence of data regarding the safety of spray sunscreens, I don't think our committee has any basis for proposing a policy to ban them from swimming venues.

This was briefly discussed on the conference call in the "Providing Information" topic. The committee agreed with Mary's conclusions.