

<b>Committee Name:</b> USMS Sports Medicine and Science	<b>Session #:</b> February 10 <sup>th</sup> , 2021
<b>Committee Chair:</b> Christopher Rieder	<b>Date/time of meeting:</b> 2/10/2021 8:00pm ET
<b>Minutes recorded by:</b> Christopher Rieder	

**Actions Taken:**

1. January minutes were approved unanimously
2. The following committee members were assigned to their respective areas of strength:
  - a. You tube communication – Arlette Godges and Robin Tracey are going to champion this opportunity. Arlette Godges and Christopher Beach were approved as “actors” to help portray the ongoing communication.
  - b. For Future published Topics Jessica Seaton and Robin Tracey are going to report on new topics and identify helpful authors moving this item forward.
  - c. A new Peer review candidate – Dr. Sara Ides – from the Bay Area, CA was identified
  - d. A new liason responsibility was created between the USMS Coaches / Sports medicine committees Aaron Schneider

<b>Number of committee members present:</b> 9	<b>Absent:</b> 0	<b>Guests:</b> 0
<b>Committee members present (list all, including chair and vice chair):</b>		
Chris Campbell Arlette Godges, Vice Chair Jim Miller, MD Jane Moore, MD Daniel Pauling Christopher Rieder, Chair Aaron Schneider Jessica Seaton Robin Tracey		
<b>Not present:</b>		
<b>Guests:</b>		

**Minutes**

The meeting was called to order by A. Godges, Seconded by J. Miller

1. Current Subcommittee Projects:
  - Sports Medicine Communication
    - The communication medium we will continue to use is the National Office device “StreamLines.”
    - See Appendix A for Dr. Jane Moore’s article – Daniel
    - You tube communication discussion – Arlette Godges and Robin Tracey are going to champion this opportunity. We discussed looking for “actors” to help portray the ongoing communication.

- Future Topics - See Appendix C - Jessica Seaton and Robin Tracey are going to report on new topics and helpful authors moving this item forward.
- Position Description
  - Review the attached for the Fitness Chair. Feedback was provided to Chris Campbell from all those on the committee that provided information. Thank you for your participation. Chris Campbell will be providing an update at the next meeting.
- 2. Convention Presentation
  - Further communication will be forthcoming.
- 3. Nationals Booth staffing
  - The Topic is pending further guidance from the Board of Directors and National office regarding National meets.
- 4. Committee – Charter
  - Attached was approved through Christopher Campbell at the Board. Appendix D
- 5. Committee Bio's
  - Available information was provided to Chris Campbell for board consideration.
- 6. Research study requests
  - Moving forward all new requests will have a standard Terms and Conditions that will be approved by this committee and the board prior to access to the membership. Some of the Terms and Conditions will be: the Study Thesis, the Survey methods, and review of the resultant abstract. This is a sample list and is not all encompassing. The final Terms and Conditions will be discussed at a subsequent board meeting.
- 7. New Business
  - 2021 – deliverables
    - You tube PSA and contributions - Assigned
    - Articles for library and Streamlines – Assigned
  - Meet and Open water swim guidance - published with committee input.
- 8. Any items/issues for the committee – Chris Campbell
- 9. Questions/Comments from new and current members

**Next meeting date 3/10/2021 8:00 pm – 9:00 pm EST Zoom call**

**U.S. MASTERS SWIMMING** February 2021  
**STREAMLINES**

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**Dear Christopher:** For the safety of its members, volunteers, and staff, **U.S. Masters Swimming has postponed its Spring and Summer Nationals**, which are now tentatively scheduled for July 21-25 and Oct. 6-10 and have been renamed.



**Five Ways You Can Improve Your Freestyle Technique**  
*Check out our five tips for becoming a faster freestyler*



**How to Return to Swimming If You've Had COVID-19**  
*Learn more about the steps you should take to return to the water*

*by Jane Moore*

**January 21, 2021**

Patience and paying attention to your body are two of the most important things you can do in your return

If you're one of the 24 million U.S. residents who have beaten COVID-19, you'll face a lot of variables as you plan your return to the water. How do you know when you're really ready to start swimming in the pool or open water again?

There are no long-term studies to tell us how to best and most safely return to exercise; all recommendations are based on expert opinion and consensus.

A reasonable approach is to start gradually and base increases in activity on how you feel. Everyone is different, so your return should be individualized. Don't follow what someone else has been able to do. Figure out what's right for you.

First, you should be symptom-free for 14 days before resuming physical activity. You don't want to infect your lanemates so be sure you've overcome the disease.

If you were severely ill, suffered complications such as blood clots or myocarditis, or had a prolonged illness (a patient called a long-hauler), you need to wait longer to resume activity and should discuss plans with your physician before returning.

Even if you had a mild or suspected COVID-19 infection, you might have to wait a while before returning to exercise. Key concerns include cardiac damage from acute myocarditis, increased blood clotting, and anxiety and depression.

Before swimming again, you should be able to easily manage your usual daily activities and be able to walk 500 meters on flat ground without shortness of breath or severe fatigue.

If your symptoms return or you develop new symptoms after physical activity, you need to stop, seek medical advice if your symptoms are severe, and restart the process after you've been symptom free for another 14 days.

You should start by exercising at 50 percent or less of previous activity levels. So, if you used to swim 3,000 yards in a workout, you should swim 1,500 yards or less at a light intensity. Continue at light intensity for at least two weeks and increase gradually only if you continue to feel good. Monitor yourself for any changes, such as feeling not recovered one hour after exercising or on the next day, abnormal breathlessness, abnormal heart rate, excessive fatigue or lethargy, or anxious or depressed.

Patience is very important when you're returning from a COVID-19 infection. There will be more opportunities to swim so don't feel rushed to come back. Make sure you've been symptom free for 14 days before starting any physical activity and ramp up your workout routine slowly and as your body tells you is right. You know your body. If something doesn't feel right, seek care and take care of yourself.

## Appendix B

### Medical Review committee volunteers

<b>Name First</b>	<b>Name Last</b>	<b>Contact information</b>	<b>Specialty</b>
Lori	Srobl PT,DPT,PRC		Physical Therapist and Rhab Manager
Christina	Sheridan		Pediatric Cardiologist and Department chair
Thomas	Chew DC		Chiropractic Care
Scott	Ispirescu MD		Psychiatrist
Jennifer	Thayer		Registered dietician
Caren	Stringe		CRNP primary care / geriatric
Terri	Postma MD		Clinical neurology, neuropsychopharmacological
Sean	Uiterwyk MD		Family practice / geisel school of medicine
Kristen	Hamilton		Critical care flight paramedic
Janie	Cole		Nurse anesthetist
Omar	Awad		Ophthalmologist
Greg	Sanchez RN		RN Professor at UNC-G teaching adult and geriatric
Cheryl	Wicker RN		NPs
Pogos	Ter-Stepanyan		Board-certified geriatric pharmacist
Jane	Lombard		Sports Cardiologist
Larry "Chip"	Bankston		Orthopedic Surgeon/Sports Medicine
Richard	Levine MD		Psychiatrist

## Appendix C

I spoke to swimmer x today, the Wisconsin swimmer who made the request for information from our Committee about swimming tips for the older population.

He has noticed that there is little information out there for the “older” population of swimmers. After he turned 60 (he is mid-60s now) he noticed how his body has changed and how recovery from training is different. He feels that USMS focuses on the swimmers younger than 65 years. Here are examples of what he is looking for:

- How to maintain his swimming at this age, get a good balance of exercise with swimming
- How to reach goals without doing long term harm
- How often should you work-out (frequency)
- How many intense work-outs should you have in a week
- How should you recover after a hard swim
- Dietary for the "Fueling" article
- Dietary/Sports Medicine for the "Hydration" article
- Behavioral Therapist/Pulmonary for "Sleep" article
- Exercise Physiologist/Strength Trainer for the "Strength" component which should definitely be reviewed since we have had ones printed that do not address swimmers or aging
- Coach for Aerobic Training with MD review
- Coach for Anaerobic Training which is more than simply holding your breath with MD review
- Both of the last two could be a combo of Coach and Exercise Physiology

## Appendix D

### **Mission:**

Create and enhance membership value through expanded sports medicine and science based USMS products, services and delivery. The Sports Medicine and Science Committee shall educate members and the public on topics of swimming related sports medicine and science. The committee shall stimulate and encourage research pertaining to Masters swimming.

### **Vision:**

1. Manage the US Masters Swimming Health Network
  - a. Maintain a database of members, areas of expertise, and contact information
    - i. Distribute questions to members with appropriate expertise
    - ii. Review responses and return to swimmer who submitted the question
  - b. Develop web-based version of the network
    - i. Interested professionals can enter their information with areas of expertise
    - ii. US Masters Swimming members can search for professional with expertise in area of member's concern; member can contact professional directly for information
2. Work with Swimming Saves Lives Foundation to provide health-related screening services and educational displays at national championship meets.
3. Educate members on topics of sports medicine and science using peer review as a mechanism for validation.
  - a. Arrange for and host a sports medicine presentation at convention on a topic of interest to swimmers.
  - b. Create articles of interest for Masters Swimmers (e.g. over 65 training guides, dryland training etc.)
  - c. Respond to requests from US Masters Swimming Editor-in-Chief
    - i. Review health-related articles prior to publication
    - ii. Respond to questions submitted by swimmers – or refer to appropriate expert for response
    - iii. Write articles
  - d. Produce and respond to requests from other US Masters Swimming Committees for health-related information or opinions
4. Review sports medicine and science-related research projects requesting grant funding from US Masters Swimming.

Work with Swimming Saves Lives Foundation to create educational displays and arrange health-screening services for national championship meets.