

# USMS Convention—Anaheim, California 2007

<b>Committee Name:</b> Sports Medicine, Health and Safety	<b>Session #:</b> 1	<b>Report #:</b> 19
<b>Committee Chair:</b> Jody Welborn, M.D.	<b>Vice Chair:</b> Jessica Seaton, D.C.	
<b>Minutes recorded by:</b> Jessica Seaton	<b>Date/time of meeting:</b> Friday, September 28, 2007	

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## Action Items: Proposed Expenditures

1. No action items.

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1. No action items.

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<b>Number of committee members present:</b> 10	<b>Absent:</b> 15	<b>Number of other delegates present:</b> 48
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**Committee members present (list all, including chair and vice chair):** Jody Welborn (Chair), Jessica Seaton (Vice-chair), Laura Kessler, Jim Miller, Jane Moore, Jennifer Parks, Mary Pohlmann, Lisa Watson, Mark Wussler.

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## Minutes

The meeting was called to order at 10:30 AM.

1. Strategic plan discussion: Jim Miller presented the themes: Providing member services, return on investment, good timelines, good communication, keeping it simple. Jody Welborn read the mission statement for the newly named Sports Medicine and Science Committee. As part of the name change and change in mission statement, Safety will be included with insurance under an umbrella entity called Risk Management and no longer be part of the Sports Medicine and Science Committee.
2. Health Resources Network: Jody Welborn has begun work on establishing a Health Resources Network that includes a variety of health care specialists, including medical doctors, nutritionists, psychologists, chiropractors and sports medicine specialists. Common topics (which could include diabetes, asthma, cardiovascular, orthopedics, etc.) will be identified with a committee member assigned to coordinate requests for information regarding these topics. She will be looking for at least one person to manage this program. The network will be answering health related questions for *USMS Swimmer* as well as from USMS swimmers and coaches. The chair of the Sports Medicine and Science Committee will be copied on all the questions and answers.
3. The Sports Medicine, Health and Safety Committee requests a presence on the USMS website as part of our goal to educate swimmers. Once that has been established, we will need at least two people to manage the site: one to solicit and oversee new articles and another to manage the updating of articles already on the web. In the meantime, we have offered to author at least two to three articles for the USMS Fitness website. Topics for these articles will be determined at the time of the first conference call.
4. Education is a primary function and goal of the Sports Medicine Committee and, as part of this function we need to find speakers and topics for the Sports Medicine Lecture at the convention next year, for the National Championship events, and possibly National Open Water events. Jennifer Parks offered to help with this.
5. Research: How do we stimulate future research? One of the jobs of the committee is to look for research opportunities. The Foundation will then judge the merits of a project. It was suggested that the committee tap into networks that already exist (such as American College of Sports Medicine) to identify topics for potential research. We should also make networks (and related sports medicine graduate programs) aware of possible funding for Masters swimming related research through the endowment fund. Other suggestions included: National Spinal Injury Foundation (accumulating information on diving injuries). Once applications are received, the Endowment committee with the assistance of the Sports Medicine Committee will judge the merits of a project.

6. AED: As part of the 2008 USMS Sports Medicine budget a request has been made for an automatic external defibrillator. The economics and technology for automatic external defibrillators has evolved to the point that the devices are easy to use for anyone who can read and follow directions. (Actually, it is so easy that reading is not a requirement.) USMS should have one available at request for USMS National meet directors and potentially for USMS convention. Although potential national facilities have emergency services available as part of the nationals contract, the defibrillator device is more portable and can be used quickly while emergency crews are activated. Pending budget approval, the device would not be purchased until USMS Legal Counsel has reviewed.
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## **Tasks for the Upcoming Year**

1. Establish the Health Resources Network.
2. Find speakers for the convention in Atlanta, for Nationals, and possibly open water swims.
3. Establish a presence on the USMS website.
4. Find scientists wanting to do Masters swimming related research.

The meeting was adjourned at 12:30 PM.

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