

USMS Convention — Greensboro, North Carolina. 2012

Committee Name: Sports Medicine and Science	Session #: 1	Report #: 3
Committee Chair: Jane Moore	Vice Chair: Sally Guthrie	
Minutes recorded by: Jane Moore	Date/time of meeting: 9/13/2012 11:45 am	

Actions Requiring Approval by the HOD:

1. None

Motions Passed:

1. MSA Strongly support R5/R32.
2. MSA Support R83.
3. MSA Support portion of LD16 specifying maximum water temperature of 85 degrees F; do not support portion of LD 16 specifying limits for combined air and water temperature.

Number of committee members present: 8	Absent: 8	Number of other delegates present: 40
Committee members present (list all, including chair and vice chair): Jane Moore, chair; Sally Guthrie vice-chair; Lisa Hiller, Diane Rothenberg, Kristy King, Jim Miller, Katherine Longwell, Jody Smith (ex officio – Executive Committee)		

Minutes

The meeting was called to order at 11:48 am.

1. Chair reviewed definition of committee and mission of USMS. Chair thanked committee members for their service over the past year. Committee members introduced themselves.
2. Accomplishments of past year included educational display on osteoporosis produced by committee member Lo Knapp and colleagues; screening for skin cancer by dermatologist; and screening for spine problems by chiropractors. All this was done at Spring Nationals at Greensboro. Display and screening was apparently not available at Omaha.
3. Chair briefly reviewed goals and objectives for year. Good progress was made on most. Work on others will continue through coming year.
4. Laura Hamel, USMS Editor, discussed planned upgrades to web site. She has budget funds to pay professional writers but wants to know topics we recommend for coverage. She would also like us to prioritize the topics and identify experts in each topic area. She is also interested in topics for articles for the Healthy Swimmer section of Swimmer magazine. We also need to evaluate articles currently posted on the web site and identify those that are still accurate and current to be kept, those to be updated, and those that should be discarded. Ideas for topics should be sent to Jane (sportsmedicine at usms dot org); she will compile list and send to Laura.
5. Jane maintains a database of Health Network members with field of expertise for each. Questions from swimmers and articles for review are directed to appropriate network members for response. Responses are not intended to replace individual medical care. Anyone with expertise in a medical or science-related field who wishes to become part of the network should contact Jane. The Health Network has not been well publicized to date; more publicity and easy access could increase its value as a member service. Ideas for better visibility for the Health Network include web site information and link; use discussion forum, Facebook and Linked In. Providing local contacts was also mentioned as an idea. A group in Oregon has physical therapists come to practice on a regular basis to screen swimmers for shoulder problems. This is done free of charge as a means of increasing their client base.
6. Results of a survey of Masters swimmers compared to national data for health issues and medication use has been published. Sally can provide copies of the article.
7. The Sports Medicine presentation will be this evening. Topic is Prevention of Shoulder Injuries. Jim Miller will show FINA video and provide demonstration of exercises. There is also a USA-S presentation tomorrow on open water safety.
8. Katherine Longwell is providing morning workouts on dry land training for swimmers. She also has brochures on osteoarthritis from the Arthritis Foundation.

9. Ideas for topics of interest: swimming-induced pulmonary edema; MS in swimmers; shoulder pain; Parkinson's; overtraining – what is too much – when does training become negative; physiological benefits of kicking for triathletes; hypothermia; hyperthermia; deaths in triathletes; proper warm-up for open water swims; training for those with exercise induced asthma; medical considerations for training; panic attacks – especially in open water swims; proper behavior in open water swims, especially at start; contaminated water in open water swims – when to cancel, difference in levels of contamination related to water levels
10. Committee members are interested in promoting dry land training for swimmers. We may work with Coaches and Fitness Committees on this. Subcommittee formed to work on issue; co-chairs will be Katherine Longwell and Lisa Hiller. Audience members recommend book “Complete Conditioning for Swimming” by David Salo as an excellent resource for dry land training.
11. Second subcommittee, chaired by Sally Guthrie, formed to review current web articles and update as needed; consider adding date of review to posted articles.
12. Other comments:
 - a. Need to develop science component of committee
 - b. Need to work on communication – getting the word out; consistently knowing what members want to hear about
 - c. Work at local level: connect clubs and coaches to local resources
13. Review of Rules, Long Distance, and Legislation proposals with medical/science aspects:
 - a. R5/R32 – committee strongly supports allowing swimmers to wear medical alert bracelets during competition
 - b. R 83 – committee also supports allowing pool temperature at national championship meets to be 77 to 82.4 degrees Fahrenheit.
 - c. Rules proposal related to transgender athletes and competition could not be evaluated as wording was not available.
 - d. LD 16 regarding temperature for open water competition: committee supports maximum water temperature of 85 degrees F; committee does not support designating a range of acceptable temperatures based on combined air and water temperature. Research as to safe range of temperatures is not currently available although a study is underway in New Zealand.
14. Next meeting will be a conference call. Date and time will be set by email.

The meeting was adjourned at 1:00 pm.
