

Committee Name:	Sports Medicine	Session #:	Report #:
Committee Chair:	Cathy Fedako	Vice Chair:	Megan Carlson
Minutes recorded by:	Megan Carlson	Date/time of meeting:	October 2nd, 2015 8:00am CST

Motions Passed:

1. None
- 2.

Number of committee members present: 8

Absent: 7

Committee members present (list all, including chair and vice chair):

Not present: Jim Miller, Katherine Longwell, Terry DiBiase, Sally Berry, Jane Katz, Dan Wall, Phil Whitten

Audience Members: Cathy Fedako, Meg Carlson, Laura Hamel, Jessica Seaton, Jane Moore, Mary Pohlmann, Robin Tracy, Melinda Greig-Walker, Sally Guthrie

Minutes

The meeting was called to order at 8:00am CST.

1. Introductions of Committee Members present and Cathy Fedako gave overview of past year
2. Meg Carlson and Laura Hamel discussed list of contacts of recruited experts for article reviews and quoted experts
 - a. Areas of expertise include medical providers of multiple disciplines, nutritionists, physical therapists, athletic training, massage therapy etc.
 - b. Will update list annually, reaching out to current experts.
 - c. Laura is keeping track of when she utilizes experts to avoid repetition
 - d. Susan Dawson Cook has been assigned by USMS to write articles for the website
 - i. She will be completing an article every month
 - ii. Committee requested to provide input and ideas for future articles and provide a designated committee liaison for Susan.
 - e. Laura suggested adding a small section in Streamlines recruiting experts in needed fields
3. Review of subcommittees
 - a. Sports Medicine Blog
 - i. Jessica Seaton worked with Laura Hamel to establish the Sports Medicine Blog.
 1. Process includes sending information to committee members to review before posting to the blog.
 2. Goal for next year: new blog post every 2-3 weeks
 3. SM Committee will continue to send areas of interests, articles and ideas to Jessica for processing.
 4. Jessica requested links to the original article included with requests to be posted in the finalized blog.
 - b. Convention Presentation
 - i. Sally Berry has secured Dr. Mary Fry, psychology professor to give a presentation today at 2pm.
 1. Topic will review the positive effects of a positive environment
 2. Mary worked with Laura Hamel to collect research from USMS members

- c. Public Service Announcement
 - i. Update given on status of PSA
 - 1. Dave Samuelson and ad-agency contact has been delayed due to unforeseen events
 - 2. Committee is still considering ideas for pursuing a PSA based on previously discussed topics
 - a. Possibility of a one-page photo shoot in Streamlines.
 - d. Nationals Booth
 - i. Meg Carlson reviewed booth activity at SCY and LCM Nationals
 - 1. Blood pressure screenings were performed in San Antonio at SCY Nationals
 - 2. Meg secured a certified athletic trainer for LCM nationals in Geneva, booth was frequently visited by members throughout the meet
 - a. Trainer provided expertise on the use of rollers, bands, balls, stretching and strengthening exercises pertinent to swimmers.
 - b. Recommend repeating the booth at SCY nationals Greensboro 2016 to reach more members
 - ii. Request put to audience for ideas and topics they would like to see at future nationals
 - 1. Audience suggested topics included:
 - a. Chiropractic
 - b. Kinesiology/KT taping
 - i. Need to make clear cannot compete while taped without meet referee approval per USMS rule 102.12.1 E
 - c. BMI testing
 - d. Osteoporosis/weight bearing activities
 - e. Effects of Chlorine/Bromine on lung function (topic recommended for blog)
4. Rule Change/Rewording
 - a. Discussed Article 106 in regards to *Health and Safety Regulations for Competition*
 - i. Discussed rule 106.1 *Medical Examination* and rule 106.2 *Medical Equipment*
 - 1. Both rules taken to the Rules Committee convention meeting
 - a. Mixed responses on removing and/or rewording the rules
 - 2. SM Committee feels both rules will need rewording or removal within the next year to enhance clarification and avoid possible legal ramifications.
 - 3. SM Committee feels LMSC meet sanctions should require meet host to have an emergency plan in place similar to rule 303.2.1 for open water events.
 - a. SM Committee recommends that facilities should provide an emergency action plan, meeting LMSC sanctioning set standards before a meet is allowed to be sanctioned.
 - b. Members continue to sign the USMS waiver at each meet and are ultimately responsible for their own health and physical ability to participate
 - b. Discussed the definition and designation of the *USMS Medical Coordinator*
 - i. SM Committee has been reviewing the role of the medical coordinator for the National Championship meets

- ii. Discussions revolve around whether the UMC should have real time responsibilities or serve as a pre-meet consultant
 - 1. SM Committee feels the UMC position should focus on the consultant role and real time safety/medical concerns should addressed by the EMS, meet director and/or meet referee
- 5. Research
 - a. SM Committee has reviewed requests for research over the past year
 - b. Currently no funding available within Sports Medicine Committee for research
 - i. Research funding requires oversight and monitoring of researcher by the funder
 - ii. Current funding available through Swimming Saves Lives for approved projects
 - c. Suggestions from audience to look into Silver Sneakers funding for older members
 - d. SM Committee plans to redefine their role, if any in USMS sponsored research over the next year
- 6. Mary Pohlmann encouraged audience members to join Sports Medicine Committee, Cathy Fedako seconded the motion

The meeting was adjourned at 9:07am CST.