

# USMS Convention—Dearborn, Michigan 2006

<b>Committee Name:</b> Sports Medicine, Health and Safety	<b>Session #:</b> 1	<b>Report #:</b> 16
<b>Minutes recorded by:</b> Jessica Seaton	<b>Date/time of meeting:</b> Friday, September 15, 2006: 10:30	

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## Proposed Expenditures

1. None

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## Action Items

1. None.

<b>Committee Chair:</b> Jody Welborn	<b>Vice Chair(s):</b> Jessica Seaton	
<b>Number of committee members present:</b> 15	<b>Absent:</b>	<b>Number of other delegates present:</b> 17
<b>Committee members present (list all, including chair and vice chair):</b> Jody Welborn (chair), Jessica Seaton (vice chair), Nadine KM Day, Laura Kessler, Jennifer Parks, Mary Pohlmann, Ed Nessel, Jim Miller, Lisa Watson, Mark Wussler, Jean Fox, Kristy King, Jane Moore, Jane Katz, Myriam Pero, Shannon Sullivan		

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## Minutes

The meeting was called to order at 10:35.

1. Welcome, announcements, introductions
2. Sports Medicine Lecture Series at FINA Masters Worlds was very well received. Thanks Jim Miller, Jessica Seaton and most of all Laura Kessler, who coordinated the entire series. It was an outstanding series.
3. Project: getting the sports medicine lecture series outline on the web. Laura Kessler and Jody Welborn have been working on this and will continue to do so. A subcommittee will help with this project. Jessica Seaton, Laura Kessler, Jody Welborn and Dan Cox all volunteered to help with this project.
4. Project: doing a lecture series at Short Course Nationals and at other meets. A coaches series used to be held at Nationals. Due to logistics, attendance dropped off. It was suggested that we have both sports medicine and coaches present lectures in a coordinated manner. The committee's goal is to have this in place for the SCY Nationals at Federal Way. Another suggestion was to offer the same lectures two days in a row so that everyone can see the lectures. Bill Volckening said that the deadline for getting information regarding this series to the USMS Swimmer editor is October 9. The importance of getting the information at these lectures to the coaches was discussed, with the best venue being through ASCA. Possibility of applying to the endowment fund for funding to disseminate this kind of information was brought up. Jody Welborn will work with Bob Bruce, the chair of the Coaches Committee, to get this going.
5. USMS Swimmer magazine. Bill Volckening wants Sports Medicine to have more involvement in the magazine, after two years of dwindling communication. He wants upbeat ideas for health articles and the Healthy Swimmer content should be putting a positive spin on health conditions. The magazine does not want unsolicited or articles already written by members of the Sports Medicine Committee, but would rather write the articles themselves. Bill would like to have a coordinator who will handle the "Ask the Doctor" items.
6. Subcommittees: joining a subcommittee is important: The subcommittee chairs are: a) Website/content/articles of the month (Laura Kessler), b) USMS Swimmer magazine ideas (entire committee), c) Safety (Shannon Sullivan), d) Ask Doctor column (Nadine Day), e) Policy and Procedure (Jessica Seaton), f) Research (Joel Stager).
7. Suggestion of a safety pamphlet for new swimmers that includes tips such as diving in warm-up. This will belong on the safety subcommittee with Shannon.
8. Policy and procedure: Definition of the medical coordinator for the National Championships. This person is mentioned in the championships meet contract and needs to be defined in the contract. The position also needs to be described in policies and procedures. It is noted that the position used to be described in the rule book. (see below)

9. Policy and procedures manuals: Description of a medical coordinator for National Championship meets. The national championship contract requires a medical coordinator for the competition. This has been the duty of the Sports Medicine Committee to appoint the coordinator. The policy and procedure needs to be described.
10. Policy manual: Clarify that no equipment (such as fins, paddles, kickboards, etc.) is permitted in the warm-up area of a meet. Exceptions may be made for people with particular disabilities.

The meeting was adjourned at 12:38.

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## **Tasks for the Upcoming Year**

1. Making lecture series available on the web.
2. Pursuing endowment funding for the lecture series at SCY Nationals.
3. Policy and Procedures manuals: Description of Medical Coordinator for National Championship meets.
4. Policy manual: Clarify that no equipment is permitted in the warm-up area of a meet.
5. Generate positive health article ideas for the magazine.
6. Subcommittee work.