

Committee Name: USMS Sports Medicine and Science	Session #: November 10 th , 2021
Committee Chair: Christopher Rieder	
Minutes Recorded by: Christopher Rieder	Date/Time of Meeting: 11/10/2021 08:00 pm EST

Actions Taken:

1. Meeting was called to order at 08:07 PM EST. J. Miller moved and A. Godges seconded.
2. The following committee members participated in designing areas of focus for 2022
 - a. A. Godges and J. Seaton – Assigned flexibility and exercises for our swimmer population.
 - b. Dr. J. Miller – Covid 19 protocol for competition proposal to be submitted to the BOD for either adoption or advise. (See Appendix A)
 - c. A. Schneider – Review literature and work on proposal for Cannabidiol usage as part of Litigation proposals. (See Appendix B)

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

1. Current Subcommittee Projects:
 - Sports Medicine Communication
 - The communication medium we will continue to use is the National Office device “StreamLines” and “Swimmer Magazine”
 - The national office was asked to have articles that have both medical and scientific implications to be reviewed by this committee or the peer review committee, prior to public release to USMS members. (See Appendix C)
2. Convention Presentation
 - Further communication will be forthcoming.
3. Nationals Booth staffing
 - Further communication will be forthcoming.
4. Committee – Charter
 - Attached is the approved Charter from the Board. (See Appendix D)
5. 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.
6. New Business
 - 2021-2022 – items were beginning to be spoken about
 - National offices focus on communication was defined and shared.
7. Any items/issues for the committee – Chris Campbell
 - No updates were needed.
8. Questions/Comments from new and current members

Next meeting date 12/8/2021 8:00 pm – 9:00 pm EST Zoom call

Appendix A

COVID Protocol for Competition

All competitors, officials and support personnel attached to the aquatics event must have either:

- Proof of COVID vaccination - a copy of which will be included in their entry to the event
- A negative COVID PCR test result within 48 hours of the start of their events, noting that if their personal participation does not take place until the 3rd day that the PCR be done within that 48 hour time frame. For events lasting longer than 2 days an interval PCR test will be needed.

Social distancing, masking mandates, etc. will be conducted per local requirements that will be affected by the event being done in indoor or outdoor facilities.

Appendix B

USA Swimming Policy for Cannabidiol (CBD)

Legalization of CBD in the United States at both the state and national level is evolving. The majority of states allow the sale of CBD and the federal government, stating that hemp, from which CBD can be derived, is no longer a prohibited substance. Moreover, the World Anti-Doping Agency (WADA) exempts CBD from its ban on cannabinoids. However, since CBD is so closely related to substances which are banned under WADA's International Standards, athletes and those who support them need to know more about this substance.

Commented [KBJ1]: Redundant given the point is in the sections below

Derivation: CBD is produced naturally by the cannabis plant (*Cannabis sativa*). It is not a psychoactive compound, differentiating it from Tetrahydrocannabinol (THC), which is psychoactive. There are at least 115 cannabinoids also produced by the cannabis plant. Hemp and marijuana are two subspecies of the cannabis plant. Hemp was traditionally grown for rope and fiber and it has very little of the psychoactive chemical THC, but **not zero**. Marijuana has a higher THC content. Typically, to be classified as hemp the THC content must be no greater than 0.3%.

Extraction: At this time, it is very difficult to extract only CBD without contaminants including THC or any of the other 115 cannabinoids, regardless of the format (oil, extract, etc.) or the subspecies of plant.

Banned Compounds: Natural and synthetic cannabinoids are banned by WADA with the singular exception of CBD. For the banned cannabinoids, any detected level is considered a positive test, except for THC, which has a laboratory threshold for a positive test of 115 ng/ml. WADA's ban on cannabinoids is for in-competition testing. Yet, the banned cannabinoids can stay in your system and be detectable on drug testing long after usage. The length of time that each cannabinoid is detectable is widely variable depending upon amount of exposure, combination of compounds, other medications including supplements, hydration status, and other factors which are unique to each compound and individual. Marijuana, as an example, may be excreted in the urine for weeks to months.

If CBD is derived from a high THC plant, such as marijuana, its use can result in a positive test for THC above the WADA laboratory threshold. In addition, not all CBD products are properly labeled and these products can contain unanticipated levels of THC or other cannabinoids.

Regulations that ensure the quality of CBD and randomized controlled clinical trials will reveal more information about potential benefits and side effects of CBD and CBD- drug interactions in specific patient populations

Commented [KBJ2]: Maybe incorporate the bottom paragraph into a few sentences here.

According to USADA,

“A [JAMA study](#) published by the American Medical Association in November 2017 documents the mislabeling of some CBD products. The study found that 69 percent of the products examined contained different levels of CBD than what was identified on the label. THC was

detected in 21 percent of the products tested, and the THC content in some of those products was enough to produce intoxication or impairment.”

USA Swimming Policy: *Recognizing the uncertainty of its derivation and unreliability of product labeling, the use of CBD products among athletes is categorized as “use at your own risk.”*

USADA link: <https://www.usada.org/six-things-know-about-cannabidiol/>

Medical Review committee volunteers

Name First	Name Last	Contact information	Specialty
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

Daniel: Article Topics

- Nutrition: Food map
- Training: Resistance in am, Aerobic activity in pm
- sent to peer reviewer

60+ yo Article Topic Ideas

-these do well in Streamlines

1. Rest (sleep) and recovery
2. Balance for swimmers; getting on the blocks
3. Vertigo and flip turns
4. Knee/Shoulder surgeries/replacements
5. Atrial Fib and pacemakers
6. How to maintain his swimming at this age, get a good balance of exercise with swimming
7. How to reach goals without doing long term harm
8. How often should you work-out (frequency)
9. How many intense work-outs should you have in a week
10. How should you recover after a hard swim
11. Dietary for the "Fueling" article
12. Dietary/Sports Medicine for the "Hydration" article
13. Behavioral Therapist/Pulmonary for "Sleep" article
14. 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
15. Coach for Aerobic Training with MD review
16. Coach for Anaerobic Training which is more than simply holding your breath with MD review
17. Both of the last two could be a combo of Coach and Exercise Physiology
18. Loss of muscle mass with aging
 1. We lose 1% mu mass/year after 40(?)
 2. With continued training, 1/4 to 1/2% loss/year
 3. Jim Miller wrote a chapter on this topic for IOC; may check to see if we can access it

Topics for Every Age:

1. HIIT leads to increase mitochondria; how this applies to recovery during a workout.
 1. Aaron and a coach were going to work on this
 2. To market to younger swimmers
 3. Intensity/Rest/Recovery
2. Health benefits of swimming (cardiovascular, mental, musculoskeletal, etc.) – DP

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.