

BRITISH JOURNAL OF SPORTS MEDICINE

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THE BRITISH ASSOCIATION OF SPORT AND MEDICINE

Sometimes two numbers may be issued in a combined publication

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SUBSCRIPTIONS

The Journal is sent to all members of the British Association of Sport and Medicine, and included with the annual subscription

FROM JANUARY 1st, 1982 EXTERNAL (NON-MEMBER) SUBSCRIBERS: £10 for subscribers in the United Kingdom, \$30 U.S. for overseas subscribers.

Subscriptions run from January to the end of the year. Single numbers: £4 or \$10. A limited number of back issues are available.

RENEWALS: These should be confirmed before the end of the year, or at the latest by the end of January in the current year. Late renewals involving restoration to the mailing list after deletion, may incur an additional administration charge.

MAILING is by second class mail to the U.K., and surface mail overseas.

ORDERS FOR THE JOURNAL should be sent to the Editor/Treasurer at the above address. Payment with order is preferred. Cancellations should be sent before the end of the year, or by the end of January by the latest.

APPLICATIONS FOR MEMBERSHIP of the British Association of Sport and Medicine should be sent to the Hon. Secretary or Hon. Treasurer.

Bulletin of The British Association of Sport and Medicine

SECRETARY'S REPORT

Since the last Secretary's Report a new Constitution has been drafted, copies of which have been circulated to all members of the Executive Committee and their comments, criticisms and constructive suggestions will have been considered at the meeting on 31st May. When this has been re-drafted it will be circulated to all individual members of the Association together with a Memorandum that has been already agreed with the Charity Commissioners and Inland Revenue. Individual members' comments will be invited so that its adoption can be dealt with at the Annual General Meeting to be held in conjunction with Congress 1984 at the Strathallan Thistle Hotel, Birmingham, 12th-14th October.

You will notice that the principal change is that of name to the British Association of Sport, Sciences and Medicine which will allow all associations whose aim is the application of its professional skills to the benefit of sport to unite under one banner, whilst still retaining autonomy, to better serve sport in general and the membership in particular.

The Executive Committee consider it imperative that our membership list be computerised and much of the tedious work imposed upon the assistants to the Officers minimised. There is a constant stream of both postal and telephone enquiries from all sectors of the public as well as professional bodies seeking help and advice. Members will be invited to contribute information as to their special skill(s) and interests — both technical and professional — and in what specific sports they may have a particular interest and on what basis professional services might be available. The Executive Committee are aware of the Data Protection Bill.

Two days after this report is written your Chairman and Secretary, together with Dr. Peter Sperryn — who has accepted the post of Convener of Education, will be meeting senior members of the Sports Council to consider ways and means of furthering this Association's aims and the Sports Council's responsibilities.

It is generally held by the Executive Committee that a principle aim of the Association should be educational and it is considering a paper tabled by Dr. Sperryn, of which further will be heard in due course.

The National Coaching Foundation based in Leeds invited nominations from various bodies for a representative to be nominated to speak on behalf of sports medicine. Dr. Peter Thomas was nominated by BASM. His nomination was accepted from a strong field and he

has now been co-opted to the Management Committee. From his first report it is clear that the Foundation is anxious to work closely with BASM and it has been suggested that a joint meeting be held in the Spring of 1985 to discuss how best sports medicine and sports injuries clinics may be developed and to hear of problems that have been met and how they must be overcome to improve the facilities for our competitors and participants.

Amongst documents that have been received has been one from the Sports Council seeking endorsement on a paper concerning implementation of the rules on the use of drugs. This stemmed from the Council of Europe's draft Charter for Sport in which attention was drawn to the recommendation that:

"the governments of member states should take all appropriate steps falling within their competence to eradicate doping in sport... either by applying the provisions of appropriate legislation in member states where it exists, or by obliging sports organisations which have not yet done so to adopt and apply effective anti-doping regulations, for example by making it a condition for receiving public subsidies".

This was further considered by the Council of European Ministers responsible for sport at their meeting in Malta in May — reports from which are awaited.

The Association was also asked to support an initiative from the BMA that fatalities and serious accidents in sport be catalogued. Members may have seen further reference to this in both the *Lancet*, *Times* and other publications. Whilst supporting this register, the Secretary has written pointing out that the correlation of such information would have to be statutory and, to be of practical use in the reduction of incidence of injury, a good deal of detailed information as to the precise cause of the accident will be required.

The Standing Liaison Committee of Sports, Sciences and Medicine has met twice since our last AGM. It met on 14th April, at which the Secretary represented the Association. It received the first report from the National Coaching Foundation Management Committee. It was agreed that communication between the bodies represented on the committee could be improved and members were asked to ensure that Newsletters and Journals were cross-circulated. Mr. Mike Collins described the Sports Council plans to develop an information system for sport, including sport science and drew attention to the need for more and sustained assistance in the preparation of specialist material and

research. Members who have a particular interest in this and have a specific programme should consider submitting an application for help. Consideration is also being given to a major international conference in Great Britain probably in 1987.

The programme for Congress 1984 has not yet been finalised but will reflect the multi-disciplinary structure of BASM. Professor Einar Eriksson, President of FIMS, has confirmed that he will travel from Sweden to speak on prevention of sports injuries. Very considerable research work has been done recently in Sweden. Saturday afternoon will include a practical demonstra-

tion of fitness testing after injury and you will then be invited to participate in a jog. Other topics include the present position with the use of drugs, excellence in sport (Dr. Nick Whitehead), medical care for the team, footwear and its problems and the physiological basis of warm-up. There will also be a presentation on some aspect of orthopaedic problems.

The Association is hosting the North West European Chapter of FIMS meeting, based in London, over the weekend of 3rd November, 1984.

DAVID P. CHAPMAN

BRITISH ASSOCIATION OF SPORT AND MEDICINE CONGRESS 1984

STRATHALLAN THISTLE HOTEL, BIRMINGHAM

Friday, 12th – Sunday, 14th October

PROVISIONAL PROGRAMME

Friday Evening

Video tapes and discussion

Saturday, 13th October

Topics include:

1. Use and Abuse of Drugs
2. Excellence in Sport – Dr. Nick Whitehead, PhD
3. Physiological basis of Warm-Up
4. Medical Care of a Team – Dr. Malcolm Read
5. Footwear for Athletes
6. Fitness Testing After Injury (practical demonstration) – Mr. Dennis Wright, MCSP

JOGGING

Formal DINNER – Guest Speaker Rt. Hon. Denis Howell, MP

Sunday, 14th October

The Sir Adolphe Abrahams Memorial Lecture.

Professor Einar Eriksson, President of Federation Internationale de Medicine Sportive, "Prevention of Injury".

Residential accommodation is in single and twin-bedded rooms.

Residential fees, excluding Friday dinner:

Members – £75 (each per twin-bedded room)

Non-Members – £90

The Annual General Meeting will be held at 11.00 a.m. Sunday, 14th October

Trade Exhibition

CALL FOR PAPERS. Members are invited to submit titles for ten minute papers, either on one of the main topics listed above, to follow the lead speakers, or on free themes. Communications from non-members, introduced by a member will also be welcomed. Abstracts, not exceeding 200 words, should be prepared on the enclosed form, and should follow or accompany the title. Abstracts of papers accepted will subsequently be published in this journal, so should be in a suitable form, camera ready, for the block-maker without further editing.

Deadlines. Titles of papers (which should not exceed eight words), together with a sentence amplifying the title, (for the use of the selectors), should be sent to the Editor: Dr. H. E. Robson, 39 Linkfield Road, Mountsorrel, LOUGHBOROUGH, Leics. LE12 7DJ

by August 12th, and the abstracts by September 5th.

DO HELP TO MAKE YOUR ASSOCIATION'S CONGRESS A SUCCESS.

BASM members attending the Olympic Games

We have received a letter from one of our Vice Presidents, Mr. W. E. Tucker, who extends an invitation to any member returning from the Games and stopping over in Bermuda to visit him at his home. He regrets he cannot offer overnight accommodation, but hotels can be booked, for example the Elbow Beach Hotel is nearby, or the Bermuda Trade Development Corporation in London might be able to advise. If there are any who are interested, would they please contact Bill Tucker, who will arrange a Sports Medicine meeting, perhaps with contributions from visiting members, which might assist with tax allowances and grants. The address is:

W. E. Tucker, Esq., FRCS,
West Dunes,
PAGET 6-04,
Bermuda

FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS

1984	ORGANISATION	VENUE	APPLICATIONS TO:	MEALS	FEES
Sun. 15-17 July	Int. Symposium "Human Muscle Power"	McMaster University, Hamilton, Ontario, Canada	Conference Co-ordinator Health Sciences Centre, McMaster University, 1200 Main St., West, Hamilton, ONTARIO, Canada L8N3Z5	Various accommodation available on application	\$200 (Canadian)
Thur. 19-21 July	Pre-Olympic Scientific Congress	Eugene, Oregon, U.S.A.	Dr. Dan Tripps, 1984 Olympic Scientific Congress, 1479 Moss Street, Eugene, Oregon, 97403, U.S.A.	Not known	Not known
Fri. 20, 21 & 22 July	ACPSM Annual Conference	Surrey University	Mrs. P. Willcock, Tenterden, 15 London Rd., Camberley, SURREY	Not known	Not known
Fri. 27 July	1984 Olympics and Continuing Medical Education Conferences	Los Angeles, California, U.S.A.	Sports Medicine Tours, P.O. Box 35446, Minneapolis, Minn. 55435 U.S.A.	Not known	Not known
Fri. 31 Aug.- 4 Sept	ICHPER European Congress	Dunfermline College, Edinburgh	Congress Sec., ISHPER Congress, Dunfermline College of Physical Education, Cramond Road North, EDINBURGH EH4 6JD	Meals and accommodation at the College	Not known
Mon. 3-7 Sept.	FIMS Basic Orientation Course	Jordanhill College of Education	FIMS Course, Further Education Dept., Jordanhill College, Southbrae Drive, GLASGOW	£175 provided in College accommodation	£25
Mon. 10-14 Sept.	Edinburgh Univ. Dunfermline College Sports Medicine Course	Dunfermline College of Physical Education, Cramond, Edinburgh	The Post-graduate Dean, Edinburgh P-G Board of Medicine, Pfizer Foundation, Hill Square, EDINBURGH EH8 9DR	Included College accommodation available	£65 Sect. 63 for Travel & Accom'n.
Tues. 11-12 Sept.	Nutrition Society Symposium "Exercise, Metabolism, and Nutrition"	Dept. of Physical Education & Sports Science, University of Technology, Loughborough.	Dr. C. Williams		
Thur. 13-15 Sept.	Sports Science Society Annual Conferences. "Science and Sport"	Bedford College of Higher Education, Bedford	Mr. D. Kidd, Bedford College of Higher Education, Lansdowne Road, BEDFORD	College accommodation plus meals and fee	£40

FUTURE MEETINGS OF BASM AND OTHER ORGANISATIONS (Continued)

ORGANISATION	APPLICATIONS TO:	MEALS	ACCOMN.	FEES
1984 Thur. 27-29 Sept. 1st World Congress "Sports Med/Speed"	Martinihal Centre, GRONINGEN, Holland	Hotels	Hotels Dfl. 65- Dfl. 120	Dfl. 300 before 17/84. Dfl. 350 after.
Mon. 8-12 Oct. International Congress "Child and Sport" (English with French & Italian simult. translation)	Facultà Magistero Università, URBINO, Italy	Not known	Collegio Universitario Urbino and Hotels	Registration fee \$80 before July 31 \$90 afterwards Accom. on application
Fri. 12, 13 & 14 Oct. BASM AGM and Week-end Meeting	Strathallan Thistle Hotel, Birmingham	Included Reduced rates for non- residents	Included	NB No fee for AGM only BASM members £75 Non-members £90
Sat. 13-21 Oct. Ninth Annual International Body Imaging Conference	Royal Lahaina Hotel, Maui, Hawaii			\$435
1985 Fri. 1-9 Feb. 4th Annual Winter Congress on Medical Diagnostic Imaging	Lech, St. ANTON, AUSTRIA	Not known	Not known	\$335 before Nov. 15 \$365 afterwards
Sat. 9-13 Feb. 3rd Annual Winter Seminar on Medical Diagnostic Imaging	London, UK	Not known	Not known	\$295 before Nov. 15 \$325 afterwards
Tue. 13-16 Mar. S. African Sports Medicine Assoc. (SASMA), First National Congress of SASMA	Johannesburg, South Africa	Not known	Not known	Not known
Mon. 25-28 March 4th European Congress of Sports Medicine "Sport in Health and Illness" (English, Simult. transl. Czech & Slovak)	PRAGUE, Czechoslovakia	Not known	Not known	Not known

NEW MEMBERS

The following were elected by the Executive Committee on 12th April, 1984

ORDINARY MEMBERSHIP

	<i>Proposed by</i>
Mr. J. R. Airey, MSRG, 30 Clarendon Road, GRIMSBY, South Humberside, DN34 5SE	H. Robson
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Dr. B. Dodson, Warwick House Medical Centre, TAUNTON, Somerset	D. Chapman
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H. Robson

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S. Bracey

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L. J. Freeman

Flt.Lt. W. M. Williamson, M.Phil., 72 Blenheim Crescent, Albrighton, WOLVERHAMPTON

I. Smith

STUDENT MEMBERSHIP

Miss Shirley Griffin (Physio student – W. Mdx School of Physiotherapy), 15 Derwent Road,
Whitton, TWICKENHAM, Middlesex, TW2 7HQ

T. Watson

Mr. J. Kutedakis, BA (P.G. P.E. student – B'ham University), 51 Heathfield Road, Kings Heath,
BIRMINGHAM, V14 7BZ

C. Sharp

AFFILIATED MEMBERSHIP

Scottish Table Tennis Association

New Rep: Mr. R. Yule, DPE, 18 Ainslie Place, EDINBURGH, EH3 6AU

M. Blair

Scottish Motorsport Marshals Club Ltd.

Rep: Mr. M. N. C. Gascoigne, 18 Clerwood Gardens, EDINBURGH, EH12 8PT

C. Lutton

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Retired rate for those no longer in practice, and unable to claim their subscriptions as taxable allowances Brit.J.Sports Med. is included with all these classes of subscription	£ 6.00

Journal of Sports Medicine and Physical Fitness (BASM members only) Is obtainable as a separate order. Must be confirmed by February 14th at latest.	£17.00 or \$30.00 US including Bank transfer charges
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NB. There are **STILL** many subscriptions unpaid or underpaid for 1983. Individual reminders have been sent to all involved, who risk losing their membership status.

Scottish Members should pay their membership subscriptions to:

Mrs. Elizabeth Snodgrass,
54 Iain Road,
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H. Evans Robson

BRITISH JOURNAL OF SPORTS MEDICINE

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1. ORIGINAL ARTICLES, reporting research, experimental work, innovations in therapeutic procedures, etc.
2. REVIEW ARTICLES on special topics, which should include an adequate but not necessarily an exhaustive bibliography.
3. ABSTRACTS of verbal communications given at scientific meetings. These may be published as 'Proceedings' of meetings, and sometimes the author might be invited to submit a fuller edited text of his talk, together with illustrations.
4. ANNOTATIONS, case reports, preliminary reports of research, and of pilot studies, usually not exceeding 400 words.
5. CORRESPONDENCE, — 'letters to the Editor'.
6. CONFERENCE REPORTS from Area organisations of B.A.S.M., or of other meetings with direct relevance to the work and interests of B.A.S.M. members.
7. NOTICES of forthcoming events relevant to Sports Medicine.
8. OBITUARY NOTICES concerning B.A.S.M. members and others distinguished in Sports Medicine.

SUBMISSION OF MANUSCRIPTS

These should be sent to the Editor, Dr. H. E. ROBSON, 39 Linkfield Road, Mountsorrel, Nr. LOUGHBOROUGH, Leics. LE12 7DJ Tel. 0533-303436 (surgery) or 0533-303971 (home)

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Two copies of each manuscript should be submitted. They should be typewritten, double spaced, on one side of the paper only, in English, with conventional British spelling.

The title of the paper should be typed in capitals, with the name and principal qualifications of the author(s), e.g. "FRCS", "DipPE, PhD", "MSc(Psych)", "MB, BS, PhD" or "MCSP", then the appointment held, the department and the institution in which the work was carried out. If the author has moved since the work was performed, his present address should be added as a footnote.

In general, manuscripts should be prepared in accordance with the recommendations of the International Steering Committee of Medical Editors, the "Montreal Agreement". A booklet is obtainable from the Editor, British Medical Journal (50 pence), or Annals of Internal Medicine, 4200 Pine St., Philadelphia for U.S. authors.

AN ABSTRACT not exceeding 150 words should follow the heading of a long paper. This should include the chief points made in the paper, and the main conclusions drawn or suggested. Only very essential references are included here. On the advice of the Editorial Board, a communication may be published in abstract only. Following the Abstract, some three to six KEY WORDS should be inserted to assist with indexing.

NOMENCLATURE. Drugs should be specified by their official name, followed by the trade name and manufacturer's name in brackets if well known and widely prescribed under its trade name. Doses should be in metric measurements. S.I. units should be used, except for measurements of blood pressure, which should be in mm. Hg. Conversions from one system of measurements to another should be rounded off, and in all tables unnecessary decimal places should be avoided, as they are usually due to the mechanics of the computer, and not to accurate scientific measurement.

REFERENCES mentioned in the text should give the name of the author, or first author followed by 'et al' for multi-author papers, with the date of publication in brackets, e.g. "Wright, et al (1976)". In the reference section, the authors' names should be arranged in alphabetical order, followed by year of publication, title of paper, journal, volume number, and first and last pages, e.g. "WRIGHT, G., CLARKE, J., NINIMAA, V. & SHEPHARD, R. J. 1976 'Some reactions to a dry-land training programme for dinghy sailors' Brit.Journ. Sports Med. 10: 4-10". For text-book references, the author, editor, year, title of chapter, title of book, edition number, publisher, and city of publication should be given. Our retention of the "Harvard System" of references is our only major deviation from the recommendations of the Montreal Agreement.

TABLES should be numbered in capital Roman numerals.

ILLUSTRATIONS should preferably be drawn on card in indian ink, with labelling lightly in pencil, or written or typed well clear of the actual drawing or graph. Good quality half-tone photographs may be used if suitable for reduction to fit the space allocated. Coloured photographs will only be reproduced in half-tone and X-ray plates and transparencies cannot be guaranteed to give adequate reproduction. If necessary, a second photograph with arrows or lettering should be included, as a guide to the block-maker. Figures are numbered in Arabic numerals.

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PROOFS are corrected by the Editor, but usually sent for checking to the author, who should return them to the Editor without delay. Any extensive re-setting of type because of an author's "second thoughts" could be charged to the author. Owing to postal delays, even with airmail, proofs are not always returned to authors from overseas.

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These notes were revised in June 1982 for Volume 16.