THE BRITISH ASSOCIATION OF SPORT AND MEDICINE

A brief history of the Association, with its aims, and possible future developments

In 1953, a group of doctors, mostly those who were acting as medical advisers to the Governing Bodies of sport, with the addition of some others interested in medical aspects of sport, met at the Westminster Hospital in London at the instigation of Sir Adolphe Abrahams and Sir Arthur Porritt, and formed the British Association of Sport and Medicine. During its first year, there was a total membership of some seventy doctors, and several meetings were held in London. The entire administration of the Association was at this time carried out by Dr. W.S. Tegner, the Hon. Secretary/Treasurer, Sir Adolphe Abrahams was founder President, which office he held until the time of his death in the winter of 1967. Sir Arthur Porritt, as Chairman, played a most active part in the growth of the Association until leaving Britain in 1967.

During the early years, quarterly meetings were held at various London Medical Schools for the discussion of the medical problems of the athlete, his injuries, occupational illnesses, and the physiological aspects of his training. A close partnership developed with the British Olympic Association, who from time to time requested B.A.S.M. to set up ad hoc advisory committees, to give guidance on such problems as the psychological stresses of sport, the special hazards of women engaging in competitive sport, climatic conditions and methods of acclimatisation for heat, cold and altitude. Where appropriate, these committees coopted specialists from outside the Association, to whom we continually owe a debt of gratitude. The Association also acted in advisory capacity for several governing bodies of sport, and many of them, affiliated to B.A.S.M., sent their medical advisers to meetings, and had representatives on the Executive Committee of the Association.

B.A.S.M. was elected to Associate Membership of the Federation Internationale de Medicine Sportive in 1953, and to full membership in 1961. Our representatives, Dr. Tegner until 1960, then Mr. Horace Davies, F.R.C.S. have attended most of the F.I.M.S. meetings, and we have representation on the Journal of Sports Medicine and Physical Fitness, which the Federation publishes quarterly, and which journal our members can obtain through their Hon. Treasurer at half price (i.e. at £2.2.0. in 1968). We are to act as hosts for F.I.M.S. conference in 1970, which we hope shall be held in Oxford, and His Royal Highness Prince Philip, Duke of Edinburgh, has graciously consented to be Patron of this international meeting. It is hoped that all our members will give us their full support to make this occasion a success.

During the first eight years, the Association grew to around a hundred members, and included a few national coaches and senior officials who were admitted to Associate Membership and were able to act in an advisory capacity. In 1961 it was decided to open membership to those in professions related to sport and medicine, so Full Membership was made available to physiologists, physiotherapists, physical educationists...
psychologists and others in addition to the doctors already eligible. A scheme of junior membership was also established for students in all these professions. Membership increased rapidly, once there was a more liberal policy of membership, and within two years the medical membership alone more than doubled, the total membership having trebled. More Governing Bodies were brought into Affiliated Membership, and it was soon necessary to establish branches of the Association in Scotland, North East, North West and South West England, to cater for the many members living in areas geographically remote from London. This meant a greatly added strain on the administration, and the office of Hon. Secretary/Treasurer, held by Dr. D.J. Cussen since 1955, was split up. Dr. H.E. Robson became Hon. Treasurer in 1962, and Dr. J.G.P. Williams Assistant Hon. Secretary. Later, some members of the Executive Committee accepted office in new administrative posts made necessary by the great increase in membership, in the number of meetings, and in the establishment of the Areas. As meetings were now being held in many places, it is impossible for members to attend them all, so a vehicle of communication had to be established to undertake publication of proceedings, and to give a fairly rapid publication outlet for papers on clinical medicine applied to sport, exercise physiology, and other matters relative to the work of the Association. The untimely death of Mr. Derek Coltart, F.R.C.S., who was appointed Editor, left this aspect of our activities with a large gap, which was filled by Mr. R.D. James, Dip.P.E. Dr. P.N. Sperryn took responsibility for the coordination of conferences, and Dr. E.J. Hamley, PhD., became Membership Secretary. The Area Associations set up ad hoc committees to help to organise regional meetings, and the Scottish Area has now gained a large degree of autonomy, both administrative and financial (It already has a membership as large as the foundation membership of the parent body, and has initiated several projects such as the medical examination of Scottish athletes prior to the 1966 Commonwealth Games). In 1965, Dr. J.G.P. Williams became Hon. Secretary, filling the vacancy left when Dr. Cussen became Vice-President.

The administration appears to be somewhat complicated, and is summarised in the diagram. Generally, the Hon. Treasurer is responsible for the internal administration, the day to day running of the Association as regards membership, resignations, subscriptions, all finance, and the publication of the Bulletin and other circulars for members. The Hon. Secretary is the chief liaison officer with bodies outside the Association and is responsible for business meetings, both Executive Committee and General Meetings, and together with the Conference Secretary for setting up the appropriate organisations for running symposia and other meetings.

Special Activities. From time to time, the Association undertakes special projects, outside its normal affairs. In 1963, B.A.S.M. ran a two day open conference on 'Medical Aspects of Boxing'. This meeting attracted press and television publicity, and a good deal of public interest. The papers were subsequently published, in book form, and are obtainable through booksellers, or from the Hon. Secretary of the Hon. Treasurer of
the Association. This first venture into publishing led to an initial financial loss, but this has since been recouped.

Currently, the Association is concerned with the problems of Doping in Sport, and we are represented on the relevant international committees. Members of B.A.S.M. carried out the sampling and testing of competitors in the Tour of Britain Cycling event and the World Cup Association Football matches, held in Britain in 1966, and the Association acted as hosts at a Reception held for visiting doctors of the competing teams. Also in 1966, a sub-committee of B.A.S.M., acting as the Medical Advisory Committee to the British Olympic Association, organised experiments into the physiological stresses of running at altitude, at Mexico City. The Association also plays its part in the international 'Olympic Medical Archives' scheme, establishing testing centres staffed by medical members for the clinical examinations, and physical education members for the assessment of fitness. A panel of doctors and physiotherapists willing to treat members of the International Athletes' Club was set up, but members of I.A.C. made so few calls upon these volunteers that the scheme has tended to die out. If there were to be a demand, it could easily be brought into operation again.

Finance. Initially, a grant of £10 was given by the Research Board for the Correlation of Medical Science and Physical Education. The rest of the Association's income was from members' subscriptions, at 10/6 a year. The turnover for 1953 was just over £60, and it remained at this level until 1960. The first big increase in membership occurred in 1961, after the first provincial meeting, held at Loughborough. Turnover now approached £100, and it became necessary to increase the subscription to a guinea. By 1963, with the running of more meetings, and beginning publications, the turnover increased to £850, and has increased slowly to around £1,000. Because of the increased services we were giving members, another subscription increase was unavoidable, so in 1966, the present rate was established; it is still far below the subscription rate for nearly all societies of similar size and scope. Ordinary Membership is £2.2.0. students pay 10/6, and affiliated bodies £3.3.0. Joint membership for husbands and wives is at £2.12.6. The majority of members now pay by Banker's Order, which helps to establish administration, and can forecast members' needs.

The Institute of Sports Medicine. The British Association of Sport and Medicine was one of the three bodies founding the Institute, the others being the British Olympic Association and the Physical Education Association. Initially, the membership of the Institute's Board of Management and B.A.S.M's. Executive Committee had many people in common, but now there is a more even spread of responsibility, and the Institute's Chairman is Mr. Norman Capener, F.R.C.S., Mr. W.E. Tucker, F.R.C.S. is Treasurer, and Mr. Peter Sebastian, Hon. Secretary (he is also Permanent Secretary of the Physical Education Association). The registered address of the
Institute is Ling House, 10 Nottingham Place, London W.1. The activities of the Institute and of the Association, though both concerned with sports medicine, are complementary to each other, and do not overlap. The institute is an Incorporated Body, and a Registered Charity. Its aims are more concerned with the raising of funds for education in the medicine of sport, and the support of research. In 1966 and 1967, the Institute ran Summer courses in exercise physiology and in sports medicine as part of the Loughborough Summer School, and plans future series of lectures and other academic activities. Funds are needed urgently, to support research and endow lectureships and research fellowships.

The Association, on the other hand, is a membership body, dependent upon the subscriptions of its members, for holding conferences, publishing the Bulletin, and serving as the channel of communication between doctors and members of other professions interested in the medical aspects of training, for recreational and of competitive sport, and of clinical problems arising from such sport.

The Objects of the British Association of Sports and Medicine.

The objects for which the British Association of Sport and Medicine is established are:

1. To promote the scientific approach to the investigation of medical aspects of sport.
2. To issue and sell publications, promote conferences and courses of study, and keep abreast of developments in medical aspects of sport, both clinical and scientific, and take part in discussions on such subjects.
3. To promote visits by the members to countries overseas and by the peoples of foreign countries to the United Kingdom for the purpose of the scientific study of the medical aspects of sport of the communities concerned and the methods of practice thereof.
4. To form, establish and control branches and offices of the Association in any part of the world.
5. To adopt such means of making known the Association and its objects as may seem expedient and in particular by advertising in the press, by circulars, by publication of books and periodicals, and by granting prizes, rewards and donations.
6. To purchase or otherwise acquire any buildings, and other real of personal property of any kind necessary or convenient for any of the purposes of the Association, and to alter and maintain buildings or other works necessary or convenient for the Association.
7. To undertake and execute any trust which may lawfully be undertaken by the Association, and to take any gifts of real or personal property, whether subject to any special trust or not, for any one of the or more of the objects of the Association.