

## ANNUAL REPORT OF THE BRITISH ASSOCIATION OF SPORT AND MEDICINE

### SESSION 1969/70.

Report presented to the Association at its Annual General Meeting held in Edinburgh on July 19th, 1970.

During the Session there has been a further increase in the Association's activities and indeed there is little doubt that this has been quite the most energetic and productive Session on record. Membership has once again increased and now stands at the figure of 573. Unhappily there have been losses as well and it is with deep regret that the deaths of Dr. Forrester-Brown, Dr. Richmond and Surgeon Commander Robarts are recorded.

Once again the Committee has had to recommend an increase in the subscriptions of categories of Members of the Association. The need for these increases is largely due to the increase in the cost of producing the Journal, but even at the new figure of three pounds per annum (upon which tax relief is allowed by the Inland Revenue) it is felt that the Association represents remarkably good value for money.

The evolution of the British Journal of Sports Medicine has been quite remarkable and the present high standard is a credit to the Editor and the Editorial Committee. During the course of the Session consideration was given to the publication of the Journal by a commercial publishing house and a number of contacts were explored. The Committee, is however, satisfied that the time is not yet right to take this step (although one day it must be taken). As it will almost inevitably involve a further subscription increase the Committee feels that it should not be taken until the market for the Journal has become so wide and well assured that any necessary price increase to the Members would be minimal.

During the Session the Association has provided itself with an emblem which forms the motif for the ties and lapel pins which are now available. The Committee were fortunate in having a number of designs from which to choose an emblem and the one finally selected, although undramatic, quite perfectly portrays the Association's role, a role that has been very fully played during the Session. Inevitably, of course, much of the work has been undertaken in connection with the forthcoming XVIII World Congress of Sports Medicine and the tempo of the activity in the Secretariat is steadily increasing and will continue to do so until the middle of September. Nevertheless domestic activities have not suffered in consequence.

After a successful Annual General Meeting and guest lecture the Association held its first Summer School at Loughborough College which proved to be a worth-while venture and was well received.

Plans for an International course in the Autumn were not implemented in view of the probable date clash with the second European Congress of Sports Medicine in Bucharest, at which the Association was represented.

A number of seminars were held in various parts of the country. These included a meeting at Crystal Palace to discuss the gradation of sportsmen by weight classes, a symposium at St. Mary's Hospital Medical School on risks of weight training and weight lifting in young people, and, in Scotland, two symposia on the medical problems associated with the staging of the Commonwealth Games. In this context it is gratifying to note that the medical services provided by Scotland for the 9th Commonwealth Games were largely staffed by Members of the Association.

For the first time ever the Annual General Meeting was held out of London and appropriately enough in Edinburgh in conjunction with the Commonwealth Games. The Adolphe Abrahams Memorial Lecture was given by Professor Carstairs and provided a fitting climax to the Association's Scottish activities.

Among other activities to be mentioned are two post graduate symposia one on physiology held in Salford and the other a clinical one held at Windsor; each were organised and run by or in conjunction with the Association and each proved most popular.

A projected clinical meeting was not held as Members indicated a preference for short evening clinical workshops instead. A course of these is now being arranged and the first will be held in the Autumn after the World Congress.

Looking beyond the World Congress, not only are clinical workshops to be held, but plans are already prepared for a symposium at the end of November or the beginning of December to discuss future trends in Sports Medicine in Great Britain. There will also be a residential meeting at Loughborough College of Education at Easter when among other subjects, the sports medicine curriculum in Physical Education colleges will be discussed. It is hoped also to hold during the not too distant future a combined meeting with the Society of Occupational Medicine.

Turning now from meetings, a number of other very promising activities during the session 1969-70 must be reported.

A mortality study was set up with the co-operation of the Coroner's Society of England and Wales and with the Procurators Fiscal in Scotland to look into sudden death in sport. While over 100 cases were documented during the year it was unfortunately clear that these were by no means all the cases occurring in the United Kingdom during this time. In consequence of the information obtained in this pilot study a full sequel study is now being set up and it is hoped that it will not be too long before valuable information is available to help reduce the unfortunate mortality rate in sport.

The Association has also continued to provide advice upon request of Governing Bodies and other organisations and individuals in sport and two projects will be of interest to Members. The first has been the provision of "Sex Test Kits" in order to make it possible for any female athlete selected to represent her country to undergo at home any necessary examinations (but in particular the buccal smear test) to which she would be required to submit on arrival abroad. The idea behind this project is to remove the psychological stress associated with this testing from the immediate area of competition, and it is gratifying to report that a number of associations have already shown interest in this project.

The second activity involved the preparation of one of the teams in the World Cup Rally to Mexico City. Members of the Association were involved in the training of competitors through medical examination, altitude chamber tests, provision of oxygen equipment and medical equipment etc. It is a pleasure to report that the team in question completed the rally finishing second in its class with its drivers in far better condition than its car.

The Committee has also during the year set up a number of standing sub-committees to look into particular questions in the development of Sports Medicine in Great Britain. These committees include not only the Sports Mortality Study Group, but also one investigating facilities for the treatment of athletic injuries and the extent to which cover can be provided from the ranks of the Association, while another is involved with seeking to correlate the results of clinical and physiological investigations with actual performance in the field. There is also a Chairman's Committee set up to study education in Sports Medicine and the responsibility of the Association in this field.

During the Session the Association has been greatly assisted by the happy relationships which it has enjoyed with a number of important bodies. The Sports Council has been pleased to recognise the Association in its relation in the total environment of sport and has provided funds for the Association's international activities including a most generous grant to the World Congress of Sports Medicine.

The Central Council for Physical Recreation is another body with which the Association enjoys excellent relations and it is a pleasure to record that the C.C.P.R. is represented on the Executive Committee of the Association, as is the British Olympic Association. The Association is happy to enjoy membership both of the C.C.P.R. and of the B.O.A.

It seems fair to claim that the past Session may be looked back upon with feelings of some satisfaction. It would, however, be imprudent to minimise the scale of the task ahead of the Association if it is to fulfil its objects in seeking the provision of adequate medical facilities for all sportsmen. It will only be through the continuation and increase in its activities that the B.A.S.M. ultimately reach its goal. To this end it needs the continuing enthusiastic support of its Membership, and steady recruitment of new workers in the field.

## HON. TREASURER'S REPORT

for Financial Year Jan.1st - Dec. 31st,1969.

This year has again been one in which the activities of the British Association of Sport and Medicine increased, with accompanying increase in expenditure, but once again with no real increase in income. We have also had to dip into the general coffers to help to start the administration for the 1970 World Congress, although this money is only advanced to the World Congress accounts as a repayable loan. The biggest increase in spending has been, as is usual with any society running its own journal, concerned with the printing and distribution of the British Journal of Sports Medicine, the successor to the Association's 'Bulletin', but it is hoped that the Journal shall become a respectable medical and scientific quarterly, as well as a means of communication between executive committee and members, advance notices, subscription reminders and everything else that we do to try to keep the Association together when many members meet each other so rarely.

BALANCE SHEET. This shows a summary of all the various accounts we run. The Accumulated Fund, built up over a period of years, appeared to give us an adequate reserve of capital on paper, but up till now the Auditors have been showing an accumulating loss on conferences, shown as a separate account, but now tidied up by deducting it from the general account. Also deducted is the loss sustained during the year, and given in more detail in the Profit and Loss Account. Instead therefore of having an accumulated fund of £637 to carry forward, this is reduced to £207.

The World Congress Account had just been opened at the end of the year, and a most welcome donation of £50 was received from one of the drug firms. So far, no money has been drawn from the Congress account, and any bills incurred have been paid from the general account until there is a workable amount in the former. The Adolphe Abrahams Memorial Fund was opened a year ago, and so far has £27 capital, and £1 interest. This is a long way short of the target set to give us an annual income of at least £30 to endow the Lectureship. Trustees are to be appointed, and a proper appeal is to be launched, outside the B.A.S.M. as well as within our membership.

EMPLOYMENT OF FUNDS. The stock of "Medical Aspects of Boxing" has been revalued, at a nominal value of £25, but even at this, the Treasurer would be grateful if members would try to stimulate sales at say 7/6 a copy, to give the Treasurer a bit more storage space in his house. A small stock of uncirculated journals is included in this sum, and some income can still be brought in by sale of these back-numbers; unfortunately the more interesting numbers are now out of print, and we can do nothing for libraries that wish to purchase a complete collection of previous copies.

The amount of £272 advanced to F.I.M.S. was in connection with the setting up of the World Congress, paid in 1968, and carried forward until it can be repaid from World Congress funds late in 1970. The sum of £92 was spent in setting up the Olympic Medical Archives scheme before the 1968 Mexico Olympics, but we now hear that it is rather doubtful whether the body requesting our services actually intend reimbursing us. The scheme is without doubt of value, though much of its impetus has been lost with the sad death of Dr. Wolff, who originated the idea as a major international research project. At the end of the year, we had a bank overdraft of £72, and there was an unsettled amount of £20 for journal and other treasurer's expenses, mostly postage.

INCOME AND EXPENDITURE ACCOUNT. There is a slight increase in membership, bringing in an extra £50 compared with the previous year. We get 75% of the total amount of subscriptions for Scottish members, shown this year as a separate item. There has been a substantial increase in the sales of the Journal, and a firm of American publishers actually paid to have an advertisement inserted. We put some of the subscription money into a Deposit Account, and it earned £7 interest before being withdrawn to pay for journals printed during the Autumn. We acted as purchasing agents for our members in getting them the Journal of Sports Medicine and Physical Fitness (and most of them paid us) and for "Injury in Sport" sold to our members by one of the authors at a greatly reduced price. The "Stationery Postage Admin." item is rather larger than in previous years, but some is recoverable from the World Congress Account. B.A.S.M. ran a course at the Loughborough Summer School, which was quite successful academically, but ran us into a small financial loss of just over £20. For reasons out of the control of B.A.S.M. the income from fees was less than anticipated, only £78, and the salaries of lecturers in all other courses had increased, so we have to be fair on our staff and increase our fees as well. Of the three lecturers employed, £60 was paid to one, and another received £40 but by giving a little help in a local practice, his fee was made up in full. Other expenses are obvious, and it is felt that the charges by the Auditors and the Bank are not high, considering the amount of help they give us. The Accounts show no grant to the Scottish Area, because most of the subscriptions were paid direct to the Scottish Area, and 75% was sent to us as specified above.

IN SUMMARY. Taking into consideration money spent that should be recoverable from the World Congress account, expenditure has exceeded income, considerably, and the future must be considered carefully. Our present subscription rates are ridiculously low, and almost completely absorbed in the Journal. We can keep to this low rate, and cut expenditure by abandoning the Journal, or we can continue to promote the activities, including the provision of the journal, by acting on the advice of the Auditors you have appointed and increasing the subscription. It is the latter course that your Executive Committee are recommending.

H. Evans Robson,  
Hon. Treasurer.

BRITISH ASSOCIATION OF SPORT AND MEDICINE  
BALANCE SHEET AS AT 31ST DECEMBER, 1969

<u>1968</u>		<u>1969</u>	
	<b>FUNDS EMPLOYED:</b>		
	<u>Accumulated Funds:</u>		
	Balance as at 31st December, 1968	637	
	deduct: Conference Fund Transferred	228	
637	Income and Expenditure Account	<u>202</u>	430
			207
228	<u>Conference Fund:</u>		
	Balance at 31st December, 1968	228	
	deduct: Transfer to Accumulated Fund	<u>228</u>	-
	<u>World Congress Fund:</u>		
	Donation during the year		50
	<u>Adolphe Abrahams Memorial Fund:</u>		
	Donations during the year	27	
	Bank Interest	<u>1</u>	28
			<u>285</u>
<u>£409</u>			<u>£285</u>
	<b>EMPLOYMENT OF FUNDS:</b>		
	<u>Excess of Current Assets over Current Liabilities:</u>		
82	Stock of Literary Publications	25	
	Amounts due to the Association:		
272	F.I.M.S.	272	
80	Olympic Medical Archives	96	
	less: Doubtful Debt Provision	<u>96</u>	-
	Balances at Bank:		
1	Current Account	-	
-	World Congress Account	50	
-	Adolphe Abrahams Memorial Fund	28	
-	Deposit Account	<u>7</u>	382
5	deduct: Creditors	5	
21	Due to Treasurer	20	
-	Bank Overdraft	<u>72</u>	97
			<u>285</u>
<u>£409</u>			<u>£285</u>

BRITISH ASSOCIATION OF SPORT AND MEDICINE

INCOME AND EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST DECEMBER, 1969

	<u>1968</u>		<u>1969</u>	
	1,033	Subscriptions - Members	1,014	
		Scottish Area	<u>72</u>	1,086
	13	Sales of British Journal of Sports Medicine		66
		- Advertising Income		12
		- Miscellaneous Income		3
		- Bank Interest		<u>7</u>
	<u>1,046</u>			<u>1,174</u>
638		deduct: Cost of Publishing Association Journal	858	
40		Journal of Sports Medicine and Physical		
		Fitness	41	
<u>30</u>	10	deduct: Sales	<u>38</u>	3
		" Injury in Sport"	61	
		deduct: Sales	<u>61</u>	-
		Stationery, Postage, Telephone and		
106		Administration Expenses		156
31		Notices of Meetings		63
-		Losses on Summer School		22
7		Conference Expenses		7
		Expenses of Annual General Meeting		
77		and Dinner	70	
<u>59</u>	18	deduct: Income	<u>31</u>	39
	42	Subscriptions: F.I.M.S.		42
	2	Others		17
	5	Accountancy Charges		5
	<u>6</u>	Bank Charges	<u>11</u>	<u>1,223</u>
	181	Excess of Expenditure over Income for the Year		49
	81	deduct: Grant to Scottish Area		-
		add: Doubtful Debt Provision		96
		Provision for Loss on literary		
		publications	<u>57</u>	153
	<u><u>£100</u></u>	Loss to be carried forward		<u><u>£202</u></u>

REPORT OF THE AUDITORS TO THE MEMBERS.

We have examined the books of account of the British Association of Sport and Medicine, with the exception of those covering the Scottish Area, and we certify that the annexed Balance Sheet and Income and Expenditure Account are in accordance therewith.

Loughborough,  
1st July, 1970

HERBERT GODKIN & COMPANY,  
Chartered Accountants.