

MEDICAL COVER FOR AARHUS 2017

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Dear Athlete

EUROPEAN MASTERS' ATHLETICS CHAMPIONSHIPS 27 July to 6 August 2017, Aarhus, Denmark

I feel I should perhaps explain a bit for those of you who are new to Masters' athletics and for those of you who are never quite sure! The chiropractors, masseurs, physios attend the indoor and outdoor British champs and charge £10 per treatment which goes into 'the pot' for the overseas meetings. They give up their weekends to do this and only have their accommodation and travelling costs covered.

As you can appreciate, we have to have a rolling fund for the overseas competitions as it is imperative to pay for flights and accommodation as soon as they are available in order to get the best prices - this is way in advance of receiving contributions from athletes. Over the years, it usually works out that approximately one-third of athletes entered for an overseas competition sign up for medical treatment. Flights for Aarhus (four) have already been booked: Stephanie Douglas, Nicola Nicol, Vicky Tighe and Paul Parkin will be your medical team. For the team travelling out, the only things that they are guaranteed are flights and accommodation. Depending on finances, we always try and give a token amount towards daily living expenses, ie food. If we do not have enough money in the account, then they have to cover this cost themselves. Virtually everyone in the medical team is self-employed, so it is costing them money to attend these meetings. It is not a holiday for them, they work long days, and, if they are lucky, they might be able to get a day sightseeing with the longer competitions.

We have had quite a number of people at previous overseas championships wanting to sign up out there. The team were not being difficult in refusing people (they will always treat an emergency), rather it is not fair on the athletes who have already signed up, as this would then mean the team could be spread too thin and, realistically, not able to treat everyone.

Now for the 'standard' bit - we will be taking four practitioners to Aarhus, the cost of which will be **£40**. Please note that this is non-refundable. This will entitle you to a maximum of **four** treatments, ie chiropractic or massage (at the discretion of the medical team) should you need them. Any extra treatments will be charged at £15 or local currency equivalent. Genuine, acute injuries will always take precedent over someone just wanting a pre or post race massage. Also, a reminder that the team will not be able to '*magic*' a cure for chronic injuries, so it is always advisable to get as much treatment as possible for any persistent injury before you leave the UK. There is no carryover of 'unused' treatments from previous championships. Unfortunately, it will not be possible to pay for treatment once you are in Aarhus - hopefully explained above - although, again, the team will always treat an emergency.

NB If you contributed to the medical service in Daegu, but did not use this, then the cost will be reduced to £25 for Aarhus. If you do not wish to take up this option, then I believe there will be physio facilities provided by the Local Organising Committee in Aarhus which you can pay for on an '*as needed*' basis. If you would like to subscribe, please make your cheque payable to '**British Masters' Medical Services**' and post to me at the above address. Closing date is **MONDAY 26 JUNE 2017**. This closing date allows sufficient time to prepare the athletes' list and treatment sheets, and also bank cheques. Payment can also be handed to the medical team at the British Champs at Birmingham over the weekend of 24/25 June 2017. It would be helpful if you could please add your **age group** and **event(s)** on the reverse of your cheque. If you require an acknowledgement, then please provide either an email address or SAE. **PLEASE DO NOT SEND YOUR CHEQUE BY RECORDED OR SPECIAL DELIVERY!** If you would like to pay direct to the BMMS bank account, then please call me for details.

Please note that you still have to arrange your own health insurance cover.

I hope the majority of you will support British Masters' Medical Services (completely separate from the BMAF), as it is non-profit making, run by athletes for athletes; 100% of monies collected goes toward getting the medical team (they **volunteer** their services, ie they are not paid) to the overseas meetings.

Many thanks.

Carole Filer

**Hon Secretary
British Masters' Medical Services**