

MEDICAL COVER FOR BRAGA 2020

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Dear Athlete

EUROPEAN MASTERS' INDOOR ATHLETIC CHAMPIONSHIPS: 15-22 March 2020 BRAGA

Team: Nicky Nicol Mel Davies Juliet Lock Carmel Fitzgibbon

We will be taking four therapists to Braga, all of whom have immense experience in treating masters' athletes and, most importantly, are fully insured. They are volunteers, it is not a holiday for them, and they lose income by attending these meetings. The 'rolling fund' for these competitions is boosted by the £10 per treatment that you pay at the indoor and outdoor British Champs. Please note that the original date for Braga was 15-21 March (21 March is still showing on the BMAF website), but there is now an open half marathon taking place on 22 March. However, the flights for the team have already been booked to return on 22 March. **THE TEAM WILL NOT BE PRESENT ON 22 MARCH.**

We have had a significant number of people at previous championships wishing to sign up at the competition. The team is not just being awkward when refusing people - it is more about being realistic regarding the ratio of therapists to athletes signed up. However, I would emphasise the team will always treat an emergency. It is imperative that everyone pays in advance in order for us to have a good indication of the number of athletes that might require treatment - there will be a maximum number for the list. If need be, we will try and source additional therapist(s) for the competition, but this is not always possible as it is challenging to find people at the last minute who are free and willing to give up their time at short notice.

The team will usually work from approx 9.00 am through to approx 6.00 pm, with a break at lunch time. However, they are not in control of the timetable, but will do their utmost to accommodate athletes at times which are outside the 'norm'. Once the timetable for Braga is known, they will try and work with this for the benefit of all, whilst ensuring the team is not left under-resourced for the majority. Also, the Local Organising Committee usually provide medical facilities if you prefer this option.

The cost for Braga is **£45**, which we say is non-refundable. However, if you are not travelling or are unable to compete, and contact me, preferably **two weeks prior** to the competition, then we will refund your £45. This will entitle you to a maximum of **four** treatments, ie chiropractic/massage/physio. If further treatment/massage is required or requested, there will be a charge per visit of £20 (or local currency equivalent) and will only be available at the discretion of the medical team. This will only be for those already on the BMMS list. Genuine, acute injuries will always take precedent over someone just wanting a pre or post-race massage. 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 problem 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 Braga** - hopefully explained above - although, once again, the team will always treat an emergency.

If you contributed to the medical service in Venice, but did not use this, then the cost will be reduced to £30 for Braga. If you would like to sign up, please make your cheque payable to '**British Masters' Medical Services**' and post to me at the above address. Closing date is:

SUNDAY 8 MARCH 2020 - absolute deadline, no exceptions!!

(the weekend of the British Champs at Lee Valley)

Please subscribe **ASAP**, as I will be on a tight deadline to produce treatment sheets before departing on 13 March. Unfortunately, I cannot add you to the list until I receive your payment. This is due to some people not paying in Venice even though asked to be added to the list at the last minute.

It would be helpful if you could please add your **age group** and **event(s)** on the back of your cheque as I do not save any details. If you require an acknowledgement, then please provide either an email address or SAE. **DO NOT** send your cheque by recorded or special delivery. You can pay direct to the BMMS bank account - please call/text me for details. If you have paid direct to the bank account in the past, you **still need to contact me** so I can add your name to the medical list. **NB: 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 give up their holidays and **volunteer** their services, ie they are **not** paid) to the overseas meetings. Our ethos has always been to keep the cost affordable for the majority.

Many thanks

Carole Filer

Hon Secretary

British Masters' Medical Services