

MEDICAL COVER FOR MADRID 2018

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Dear Athlete

EUROPEAN MASTERS' ATHLETICS INDOOR CHAMPIONSHIPS 19-24 March 2018, Madrid

Just a short explanation for those of you who are new to Masters' athletics and for those of you who are never quite sure. The chiropractors, masseurs and physios attend the British indoor and outdoor 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 possible prices - way in advance of receiving contributions from athletes. Flights for Madrid were booked last year and also a deposit paid for the accommodation. Meriel Davies, Juliet Lock, Claudio Merquier and Paul Parkin will be your medical team, all of whom have provided excellent treatment for masters' athletes over the years. For the team travelling out, the only things 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 wishing to sign up at the competition. On occasions, the team has had to refuse people – though they will always treat an emergency - as it is not fair on the athletes who have already signed up, as this could mean the team would be spread too thin and, realistically, not able to treat everyone. If everyone pays in advance, we then have a good indicator of the number of athletes requiring treatment and, if need be, source another therapist for the competition.

We will be taking four practitioners to Madrid, the cost of which will be **£45** (a slight increase on the previous amount which had stood for years and years). 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 Madrid - hopefully explained above – although, again, the team will always treat an emergency.

If you contributed to the medical service in Aarhus, but did not use this, then the cost will be reduced to £30 for Madrid. 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 Madrid which you can pay for on an '*as needed*' basis. 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 10 MARCH 2018**. It would be helpful if you could please add your **age group** and **event(s)** on the back 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. Payment in **cash** can also be handed to the medical team at the British Champs over the weekend of 10/11 March 2018. Apologies, but I will not have time to bank cheques before I depart. If you would like to pay direct to the BMMS bank account, then please call/text me for details. If you have paid direct to the bank account in the past and still have the details, you **need to inform me** so I can add your name to the medical list as the account does not have online banking; a few people were not on the list for Aarhus as I was unaware they had paid direct to the account.

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**