

MEDICAL COVER FOR MALAGA 2018

71 Hunter House Road

SHEFFIELD

S11 8TU

Email: carole55@hotmail.com Mobile: 0754 882 6151

Dear Athlete

WORLD MASTERS' ATHLETIC CHAMPIONSHIPS

4-16 September 2018, Malaga

Just a short explanation: 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). Three flights were booked last year for Malaga and also half the accommodation costs paid. Fiona Jacobs, Nicky Nicol, Alex Eatley (plus two others) will make up your medical team, all of whom have immense experience in treating masters' athletes and, most importantly, are fully insured. The team are only guaranteed flights and accommodation. Depending on finances, we always try and provide 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. They are volunteers, it is not a holiday for them, and they lose income by attending these meetings. 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. 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. This would mean that the team is spread too thin and, realistically, not able to treat everyone. If everyone pays in advance, we then have a good indication of the number of athletes requiring treatment and, if need be, try and source another therapist(s) for the competition.

PLEASE READ BEFORE SIGNING UP: the team will work from approx 9.00 am through to approximately 6.00 pm, with a break at lunch time, and will be based at the main stadium. We are not in control of the timetable, try to keep the cost affordable, and aim to cater for the majority. We will not be splitting the team for very early or very late events for the minority, as this would leave the team under-resourced to treat the majority of athletes. If this is not for you, then please do not sign up. There are usually facilities provided by the Local Organising Committee which you can pay for on an 'as needed' basis.

We will be taking at least four practitioners to Malaga (hopefully five/six), the cost of which will be **£45** (a slight increase on the previous amount which had stood for years and years); 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. If further treatment/massage is required or requested, there will be a charge per visit of £18 (or local currency equivalent) and will be available at the discretion of the Medical team, should time be available, to 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 - 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 Malaga** - hopefully explained above - although, again, the team will always treat an emergency.

If you contributed to the medical service in Madrid, but did not use this, then the cost will be reduced to £30 for Malaga. 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: **FRIDAY 3 AUGUST (ie before the British Champs)**. 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. 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, you **still need to contact me** so I can add your name to the medical list. **Please note 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.

Many thanks

Carole Filer

**Hon Secretary
British Masters' Medical Services**