

MEDICAL COVER FOR TORUN 2019

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Dear Athlete

WORLD MASTERS' INDOOR ATHLETIC CHAMPIONSHIPS 24-30 March 2019, Torun, Poland

Team: Fiona Jacobs Paul Parkin

Dan Morgan Monika Dobrowolska Mike Jordan

We will be taking five therapists to Poland, all of whom have immense experience in treating masters' athletes and, most importantly, are fully insured. Just by way of explanation, they are only guaranteed flights and accommodation, depending on finances, we always try to provide a token amount towards daily living expenses, ie food. If we do not have enough money in the account, then they cover this cost themselves. 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.

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 and, if need be, 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 and, as per Malaga, they did their utmost to accommodate athletes at differing stadiums and times which were outside the 'norm'; this involved considerable planning. Once the timetable for Torun 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, as per previous competitions, the Local Organising Committee usually provide medical facilities if you prefer this option.

The cost for Torun is **£45**, which we say is non-refundable. However, if you are not travelling or are unable to compete, and contact me 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 Torun - hopefully explained above - although, once again, the team will always treat an emergency.

If you contributed to the medical service in Malaga, but did not use this, then the cost will be reduced to £30 for Torun. 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 1 MARCH (ie before the British Indoor Champs at Lee Valley)

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. 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