

## MEDICAL COVER FOR TAMPERE 2022

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Dear Athlete

### WORLD MASTERS' OUTDOOR ATHLETIC CHAMPIONSHIPS: 29 June-10 July 2022 TAMPERE

We will be taking four therapists to Tampere - Fiona Jacobs, Nicola Nicol, Mel Davis and Charlotte Newman - all of whom have immense experience in treating masters' athletes and, most importantly, are fully insured (they are all volunteers). The 'rolling fund' for these competitions is boosted by the £15 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 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 who may require treatment. If need be, we will try and source additional therapist(s) for the competition, but this is not always possible as it is always 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 Tampere 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 that option.

The cost for Tampere is **£50**, which we say is non-refundable. However, if you decide not to travel or are unable to compete and contact me, preferably **two weeks prior** to the competition, then we will refund your money. 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 £15 (or local currency equivalent) - at the discretion of the medical team - and only 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. I have a list of athletes who decided to carry forward to Tampere, but if you are unsure if you are on there, then please contact me (I have contacted the original Braga 2020 athletes on a number of occasions).

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. It would be helpful if you could please add your **age group, event(s) and contact details**. 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. Alternatively, you can pay **direct to BMMS bank account**. Please contact me (details above) and I will provide you with bank account 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. Closing date is:

**MONDAY 13 JUNE 2022**

(the weekend of the British Champs at Derby)

**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**