



E.F.S.M.A. Council of Delegates

Lemesos (CYP), 15th October 2005 – h.14.00

MINUTES

1. CALL TO ORDER AND INTRODUCTORY REMARKS BY THE PRESIDENT Prof. Norbert Bachl

2. ROLL CALL: The Secretary General, Prof. Fabio Pigozzi

Countries Present: (alphabetical order)

Austria: *Anton Wicker*; Belgium: *André Debruyne*; Cyprus: *Nicos Spanos*; Czech Republic: *Lubos Hrazdira* F.Y.R. of Macedonia: *Zoran Handziski* Finland: *Jouko Molsa* France: *Bruno Sesboüé*; Georgia: *Zurab Kakhabrishvili*; Germany: *Hans-Hermann Dickhuth*; Great Britain: *John Parry Lloyd*; Greece: *Konstantinos Natsis*; Hungary: *Tamas Halasi*; Ireland: *Liam Heavin*; Israel: *Ron Arbel*; Italy: *Fabio Pigozzi*; Latvia: *Ilga Sarmite Priedite*; Malta: *Kirill Micallef-Stafrace*; Poland: *Anna Jegier*; Portugal: *Miguel Eduardo Ezaguy De Pereira Manacas*; Republic of San Marino: *Marco Benedettini*; Romania: *Razvan Alexandru Busneag*; Russia: *Boris Polyaev*; Serbia & Montenegro: *Nenad Dikic*; Slovakia: *Dusan Hamar*; Slovenia: *Vinko Pavlovcic*; Switzerland: *Bengt Kaiser*; The Netherlands: *Ron Du Bois*; Turkey: *Cetin Islegen*

3. APPROVAL OF THE LAST MEETINGS MINUTES (Hasselt 2003)

The minutes were approved as presented.

4. APPROVAL OF THE AGENDA

The agenda was approved as presented.

5. REPORTS FROM THE OFFICERS

- **The President**

Prof. Bachl firstly reported on the activity of the EFSMA in the last four years of his mandate and on his participation as invited speaker in many International Congresses. With regard to the cooperation with the EOC-Medical Commission, of which he is one of the members, he reported on the common work done for collecting data on Sports Medicine Specialisation and Sub-specialisation Courses in the European Countries. Currently, 19 European countries

run sports medicine specialisation courses and 15 sub-specialisation ones. He carried on giving important information on the state of the sports medicine in Europe and on the work done so far to reach the objective of the recognition of sport medicine at EU level. He reported on the meeting EFSMA-UEMS, held in Brussels on 26th July 2005, to which he participated together with Prof. Pigozzi, Dr. Debruyne and the UEMS Secretary General, Dr. Bernard Maillet. During the discussion it resulted that at present 52 specialities are recognised in the EU. Nowadays, for having a specialty recognised in the EU (at present 25 countries) it is necessary to have 2/5 of the member countries recognizing the specialty, in this case sport medicine, which means at least 10 countries. The procedure is quite complex but the 2/5 is considered a pre-requisite. Once the procedure of recognition is opened by the European Commission, the request is looked after by the Senior Officers of Public Health of the EU Countries. It was suggested to create a MJC, a Multidisciplinary Joint Committee, as a proposal by one of the existing Sections of the UEMS to the Management Council. In general, sections can only be created in the UEMS if a specialty is recognised by at least 1/3 of the UEMS Member Countries and that it is mentioned in the list of the European Commission. The main aim of a MJC is to improve the relationship between different Sections and also to propose harmonised training programmes. In the Sections, each country has two Delegates endorsed by the National Medical Organisation, representing the country at the Management Council. The Council that has the decision power, is formed by Full Member Countries and Associated Member Countries; only the Full Member Countries have voting rights.

By proposing a clear harmonised training programme, Sports Medicine can enhance its position in Europe. That would be the aim of the newly formed MJC.

To this regards, Prof. Donner, President of the Section of Pneumology, wrote to the UEMS on 18th August 2005 a letter proposing the creation of this MJC, in order to be included as item of the agenda for the Meeting of the Management Council which will take place in Munich, on 20-22 October, 2005. Should this project be realised in due course as planned, the MJC first Meeting in Brussels could be held on 17th December 2005.

The MJC would be composed by two delegates of each Section interested in playing a role in this matter, and by an equal number of representatives of the EFSMA to be a Board that could also play a role in the evaluation of requests for accreditation of events. This board would be responsible for the promotion of sports medicine within the UEMS. Furthermore, this Board should develop a harmonised training programme for the specialisation "Sport Medicine". As a next step this harmonised curriculum should be accepted by the National Authorities from the UEMS countries which already have sports medicine as a specialisation or are willing to install. If the number of 2/5 of the European member countries is reached, a process of recognition by the European Commission could be started.

- **The Secretary General**

He welcomed the Delegates and briefly mentioned the last three meetings of the EFSMA Executive Committee. He also updated the meeting on the implementation and updating of the EFSMA WEB site and on the cooperation with the ECSS, in terms of Exchange Symposia in the IV European Congress of Sports Medicine, Limassol, October 2005, and in the 9th and 10th Annual Congress of the ECSS. Then, he reported on the EFSMA cooperation with international bodies (Council of Europe, EOC, WADA, IOC) in educational initiatives and research projects. With this regard, he described some initiatives carried out by

the EOC Medical Commission of common interest with EFSMA, such as: a questionnaire addressed to the Sports Medicine National Associations of the EOC countries member in order to get information of the position of sports medicine in the different European countries, and some research projects.

Finally he reported that the funds relative to the organization of the National, Regional and Continental Courses funded by the IOC Medical and Scientific Department - IOC Solidarity Funds (Europe) in the 2001-2004 term were fully allocated to 36 European NOCs, as well as the ones devoted to the individual initiatives supported with a separated budget of 50.000 USD and that Olympic Solidarity have accorded the IOC Medical & Scientific Dept a total Sport Medicine budget of US\$ 2'700'000.- for the 2005-2008 Olympiad.

In particular:

US\$ 1'750'000.- for the IOC Medical Commission Sport Medicine Courses

- Africa US\$ 400 000.-
- America US\$ 437 500.-
- Asia US\$ 312 500.-
- Europe US\$ 375 000.-
- Oceania US\$ 225 000.-

US\$ 410'000.- Special Grant : for individual educational programs

- **The Treasurer**

(approval of the audited accounts)

The Treasurer updated the meeting on the financial situation and communicated the list of the EFSMA countries member that settled their payments. 30 countries out of 39 paid their annual subscription 2005. For what concerns countries with arrears, Albania and Georgia finally settled their payments. With regard to Andorra it came out that its Sports Medicine Association is suspended due to the lack of payments since 5 years. Finally, concerning Croatia, Prof. Bachl is still negotiating. Then, the treasurer exposed the financial situation, whose balance of account was of €14.311,05. For what concerns the sponsorships, he reported that AIRCAST transferred according to the agreement for three years with EFSMA the 2005 budget of €5.000,00 and that MASTERFOODS is still supporting with €2.750,00 a year.

The Council unanimously approved.

6. REPORT FROM THE CHAIRMAN OF THE SCIENTIFIC AND EDUCATION COMMISSION Prof. Christer Rolf

Due to the absence of the Chairman, due to health reasons, Prof. Hamar reported on the activity of the Scientific and Education Commission.

This report served as a summary of what the Commission achieved during this period and would form a base for the next elected Committee. The main points are as follows:

- A draft Strategic Vision Statement for the Commission's future work was formulated at the EFSMA Executive Meeting in Oman January 26, 2004 and has guided its work throughout this period.

- The vision contains aims to streamline a model structure for EFSMA European Congresses. Appointed local organizers and EFSMA must agree, before application is granted, on; 1. Structure of the congress and quality of the venue, 2. Budget (local organizers commitments regarding EFSMA Executive Committee, invited officials, EFSMA travelling fellows and key note speakers, 3. To meet expected standard and scientific quality of the congress and 4. To cover aspects of Science and Medicine in Sports in the interest of all member countries. 5. To stimulate recruitment of young clinicians and academics via travelling fellowships and courses and support further education in Sports Medicine in Europe.
- The Commission consequently supported the organizers of the current Cyprus Congress with suggestions on structure and scientific program. The final program was presented at EFSMA Executive meeting in Madeira, April 2005.
- As a pilot project for EFSMA future work within a country two FIMS-EFSMA Team Physician Courses for the England Football Association and England Rugby Union and further eight successful full day Consensus seminars for the England Rugby Union were organised. Representatives from England Rugby, England Cricket, England Football Association and British Olympic Association have participated together with invited Key Note Speaker and our local experts. The seminars were sponsored by Sheffield Centre of Sports Medicine and Aircast UK. Final documentation is planned to be published on EFSMA Website
- The EFSMA intra Europe fellowship 2004 was a great success.
- The Marco Polo Society for all FIMS travelling fellows was founded at the World Congress in Oman 2004. FIMS agreed that regional fellows such as EFSMA fellows are welcome as members in this Society. The Society will arrange a Marco Polo Symposium on all coming EFSMA and FIMS world congresses. In Cyprus this symposium would be organized by 2004 EFSMA fellows Emanuel Papacostas and Nicola Phillips. As the first Chairman for this Society Prof. Rolf welcome this progressive development.
- Together with three other European hosts Prof. Rolf was delighted to welcome four FIMS travelling fellows to Sheffield in September 2005 on their way to Lemosos.
- An MSc Course in Sport Injury is now run for the third year at Sheffield University (clinical modules) in collaboration with Sheffield Hallam University (sports science and rehab modules). They currently have more than 30 students representing 12 countries on our course. A corresponding MSc curriculum is run at the Chinese University of Hongkong under the leadership of Professor KM Chan, who in the last two years have graduated 40 students. As the world becomes smaller and communications are improved they would welcome further courses like this over Europe in collaboration with other FIMS regions, sharing experiences, curriculum and serve as external examiners. The Commission promote FIMS-EFSMA to all students using the Team Physician Manual as course literature, referring to their websites and stimulate memberships.
- The EFSMA president asked the Commission to liaise with representatives of member countries which were not too active in EFSMA, which was done on informal basis. They Commission was happy to see so many countries represented in Cyprus.
- A Sports Medicine Reference list has been suggested to be included via links to search engines on EFSMA website.
- Prof. Rolf and Dusan Hamar have been appointed to co chair the Scientific Program Committee for the next FIMS World Congress in Beijing 2006. The program is now in principle finalized.

- The Commission suggested that EFSMA as well as other FIMS regional bodies arrange their executive meeting at site in Beijing if budgets allow. EFSMA is invited to suggest topics and speakers for a symposia relating to the development of Sports Medicine in Europe to be held in Beijing. They also like to see an EFSMA Travelling Fellowship from Europe to Beijing, which may be discussed at the Cyprus congress.
- A 5 days post graduate course in Sports Medicine has been suggested by Michael Kjaer (ECSS chairman) to be run by EFSMA and ECSC in collaboration in Lausanne June 2006. Michael Kjaer and the Commission is currently in detailed planning of the structure, budgets and scientific content on this course.

7. EFSMA-AFSM SPORTS MEDICINE TRAVELLING FELLOWSHIP

Prof. Pigozzi reported that 4 Asian Fellows (one acting as Coordinator) have been hosted in Sheffield (C. Rolf), Friburg (H. Dickhuth), Hasselt (A. Debruyne) and in Limassol for the European Congress (C. Christodoulakis). Accommodation and meals have been offered by the host countries for 3 days (total: 12 nights). In addition, the fellows have also had free registration at the Congress in Cyprus.

8. FIFTH CONGRESS OF THE EUROPEAN FEDERATION OF SPORTS MEDICINE ASSOCIATIONS AND FUTURE EUROPEAN CONGRESSES

Prof. Ergen intervened and, in agreement with all the EFSMA Executive Committee Members, for fairness reasons linked to the organisation of the last European Congress in the Southern Europe, officially withdrew the candidacy of Turkey in favour of the second candidate country from the Northern Europe, the Czech Republic. The Council expressed appreciation for this decision. Dr. Luboš Hradzira, President of the Czech Society of Sports Medicine made his presentation on the organisation of the European Congress in Prague in 2007. The Council unanimously approved.

9. ADAPTATIONS AND PROPOSALS OF CHANGING OF STATUTES

Nothing to report.

10. ELECTION OF THE EXECUTIVE BOARD ACCORDING TO THE STATUTES

The Elections took place with 28 countries member present.

The elections for the positions of President, Secretary General and one Vice-President were held with only one candidate for each position. The Council agreed to proceed by acclamation. The results were as follows:

the new elected President was:

Norbert Bachl (Austria)

the new elected Secretary General was:

Fabio Pigozzi (Italy)

the new elected Vice-President was:

Costas Christodoulakis (Cyprus)

For the position of one member, the results were as follows:

1. Kirill Micallef-Stafrace	9 votes
2. Anna Jegier	8 votes
3. George Frank	5 votes
4. Konstantinos Natsis	3 votes
5. Bruno Sesboüé	1 vote
6. Eva Martos	1 vote
7. Miguel Eduardo Ezaguy De Pereira Manaças	1 vote

The new elected member of the Executive Committee was:

Kirill Micallef-Stafrace (Malta)

The two substitutes member of the Executive Committee were:

- 1) **Anna Jegier (Poland)**
- 2) **George Frank (Israel)**

11. ADJOURNEMENT

The winners of the four Young Investigators Awards were presented during a celebration ceremony at the Council of Delegates by the EFSMA President. They introduced themselves, and then they were awarded by the President and the Secretary General.

The winners were as follows:

ORAL PRESENTATIONS AWARDS

1st Prize

“Chronic ankle instability in the Swiss National Orienteering team

Andre’ Leumann, Victor Valderrabano, Bernard Marti, Beat Hintermann
Orthopedic Department, University Hospital of Basel, Institute for Sports Sciences, Federal Office of Sport, Magglingen/Macolin (Switzerland).

2nd Prize (equally divided)

“The relationship between aerobic fitness and recovery from high intensity exercise in elite basketball players”

J. Suzic, S. Mazic, N. Dikic, S. Ostojic, M. Dabetic, S. Suzic, S. Zivanic
Belgrade University School of Medicine, Institute of Physiology, Sport Medicine Association of Serbia (Serbia & Montenegro).

“Unobtainable radial nerve F-waves in a case of radial nerve conduction block caused by body building exercises”

E.S. Papathanasiou, K.A. Kleopa, M.Pantzaris
Department of Clinical Neurophysiology and Department of Neurology, the Cyprus Institute of Neurology & Genetics (Cyprus).

POSTERS AWARD

1st Prize

“Kinanthropometric evaluation of the Olympic Greek and Russian female volleyball teams”

S. D. Papadopoulou, D. Floros, S.K. Papadopoulou, D. Karachristou

Department of Physical Education and Sport Science, Aristotle University of Thessaloniki (Greece)

2nd Prize (equally divided)

“Assessment of muscle imbalance in wrist-elbow-shoulder chain, an implications for tennis elbow”

O. Alizadehkhayat, A.C. Fisher, G.J. Kemp, S.P. Frostick

Musculoskeletal Science Research Group, Division of Clinical Engineering, Division of Metabolic & Cellular Medicine, University of Liverpool (United Kingdom).

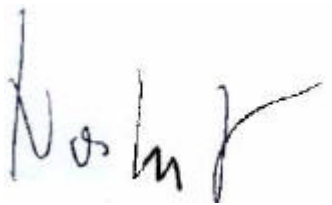
“Comparison between anthropometric properties and coping strategies in Cypriot school-boys”

E. Volgyi, P. Kyprianou, Zs. Meszaros, and K. Sipos

Semmelweis University (Hungary).

The meeting was closed at h. 17.00

Lemesos (CYP), 15th October 2005



Prof. Norbert Bachl
EF SMA President



Prof. Fabio Pigozzi
EF SMA Secretary General