

## ***Team USATF Masters Medical/Physiotherapy Services in Gothenburg at the WMA Championships***

Team USATF Masters will have the following equipment available to all team members in Gothenburg:

1. Five (5) Normatec Recovery Devices with a range of sleeves and leggings in all sizes
2. Two (2) Game Ready recovery devices - similar to Normatec but using ice water in the system
3. Two (2) Hyperice percussion guns
4. Three (3) Roll recovery devices

All of these devices will be available in the team medical/physiotherapy areas in Gothenburg on a first come-first served basis with sign up sheets.

To receive medical/physiotherapy services at the 2024 WMA Championships in Gothenburg, Team USATF Masters athletes must purchase a subscription to cover the costs of travel, housing, and meals for the medical/physiotherapy team. This is necessary because budget constraints make it impossible to pay for the Medical Team needed out of the USATF Masters budget for 2024.

Subscriptions will cover a specified number of 20-minute appointments. **Those who do not subscribe cannot receive treatments from the Team USATF medical team;** they must seek treatment locally from the services available to all athletes at the Championships on a paid fee for service basis.

Plans are to have Team USATF Masters medical staff at all venues and events where subscribed athletes are scheduled to compete.

Note that the subscription will only cover the costs for the medical team's travel, accommodation, and meals. They will be leaving their jobs and practices behind. Therefore, athletes should expect to give appropriate tips to their service provider for each appointment. If this is abused, then they simply will not come back to future Championships.

Athletes will purchase these services as an option offered during the registration process. Those buying the services will get a punch card with their name and the purchased number of punch slots in their registration package when they pick it up from the Registration area. Only the subscriber can use the card. **Cards are non-refundable.**

Each member of the Medical Team will have a schedule showing at which location they will be on each day. In addition, they will have the current day's session schedule (and the next day's session schedule) posted and athletes must sign up on the posted schedule sheet. This sign up can be done one

competition day ahead or on the spot if there are session slots open. That way, each athlete can choose the Medical Team member they wish.

Athletes must be present at their session start, or else standbys will be treated.

Remember to purchase the number of sessions that you think you will need for your normal competition plus any that you may need in case of minor injury. Also, some may want to schedule some double sessions (40 minutes). Please note that even with a minimal \$10-\$20 tip these sessions are less than half of normal charges for such services at home.

### **Subscription Options**

<b>Number of 20 Minute Appointments</b>	<b>Cost</b>
<b>0</b>	<b>0</b>
<b>3 (minimum)</b>	<b>€90</b>
<b>4</b>	<b>€120</b>
<b>5</b>	<b>€150</b>
<b>6</b>	<b>€180</b>
<b>7</b>	<b>€210</b>
<b>8</b>	<b>€240</b>
<b>9</b>	<b>€270</b>
<b>10</b>	<b>€300</b>
<b>11</b>	<b>€330</b>
<b>12</b>	<b>€360</b>

<b>13</b>	<b>€390</b>
<b>14</b>	<b>€420</b>
<b>15</b>	<b>€450</b>
<b>16</b>	<b>€480</b>
<b>17</b>	<b>€510</b>
<b>18</b>	<b>€540</b>
<b>19</b>	<b>€570</b>
<b>20</b>	<b>€600</b>
<b>21</b>	<b>€630</b>
<b>22</b>	<b>€660</b>

During the on-line Event Registration process, athletes will be required either to purchase a subscription or decline the offer (by selecting "0" treatments) with the understanding that they will not be able to receive any services from the Team USATF Masters Medical Team in Gothenburg.

Additional Treatments MAY be available for purchase in Gothenburg on a space/time available basis. Those treatments will be charged at \$40/treatment.