

Project Nolte (South Africa)

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Chronic disease, injury, medication use, doping attitudes and the doping implications in South African Masters Athletes

This study will statistically analyse data obtained from an online survey of recreational and competitive masters swimmers in South Africa. Survey participation will be anonymous and voluntary. Permission will be obtained from the governing body South African Masters swimming (SAMS) to distribute the survey to all their regions, clubs, members, and coaches for further distribution. Last year (2019) SAMS had 556 registered swimmers and a further number of recreational swimmers not formally registered with SAMS. Permission will also be obtained from the organiser of the Midmar mile (The world's largest open water swimming) event to distribute the survey to all participants older than 25 years.

The study is a cross-sectional, descriptive study making use of an online structured self-report questionnaire. The questionnaire will be based on a previously validated questionnaire. That will be adjusted for the context of this study.

Information regarding masters swimmers and other athletes particularly South African masters athletes with regards to doping is very limited. Participation of Masters athletes is increasing and therefore we should pay the necessary attention to these athletes. Masters athletes are prone to doping as a result of their medication usage. Knowledge on their disease, injury and medication usage status as well as their perception regarding doping will be valuable. It will contribute to the understanding of this group of athletes and how they can be effectively managed to prevent doping intentional or not.

Research Objectives:

Determine the prevalence of chronic disease in South African masters swimmers.

Determine the prevalence of injuries in South African masters swimmers.

Determine the prevalence of medication usage in South African masters swimmers.

Determine the perceptions of South African masters swimmers pertaining to doping.

Determine if South African masters swimmers may be doping according to their medication usage.

Determine the prevalence of TUEs in South African masters swimmers.

Compare male and female masters swimmers regarding prevalence of chronic disease, injuries and medication usage.

Compare South African Masters swimmers with Masters athletes from other countries. with regards to chronic disease, injuries and medication usage.