

POSITION STATEMENT NO: M - 009

POSITION STATEMENT: ASTHMA

ORIGINAL POLICY: OCTOBER 1995

LAST REVIEW DATE: OCTOBER 2002

REVIEW DATE: CURRENTLY UNDER REVIEW

Bronchial asthma is a common condition within the community and may affect all age groups from infancy to advanced old age.

In its most severe form it requires hospitalisation in an Intensive Care Ward, but in its milder form does not prevent sporting competition at the highest level. Florence Griffith Joyner who became world famous because of her achievements at the Seoul Olympic Games has suffered from asthma for years and her case history has been described in an American Sports Medicine Journal.

There is considerable evidence that exercise is very helpful in the overall management of people with asthma. A history of asthma should be no deterrent to participation in any of the activities of the RLSSA, including teaching, being taught, examining, competing, patrolling etc, providing the lifesaver or student concerned is following the advice of a medical practitioner who is fully conversant with the implications of these activities.

Asthma is a very variable condition and the Society recognises that a lifesaver with asthma may be fully fit at some time and not fit for patrols, competition and other activities at other times. The responsibility for a person's management at all times rests with the person and the medical adviser concerned.