EDITORIAL

Conclusions of the Grupo Avilés Working Group
Meeting of 2018

Conclusiones de la Reunión de Trabajo del Grupo Avilés 2018

The Spanish National Sports Council (CSD) via the Director of
the Spanish Agency for Health Protection in Sport (AEPSAD),
held an international meeting of the “Sports and Health”
Working Group, named the “Grupo Avilés”, on the 12th
and 13th of November 2018. This working group has been
called “Grupo Avilés” since its creation in 2009 by the Gen-
eral Subdirectorate of Sport and Health of the Ministry of
Culture and Sport, following an initiative which has been
implemented in Avilés over many years, involving meetings
between official Spanish sports medicine centres. The Grupo
Avilés is comprised of sports medicine managers from all of
Spain’s autonomous regions, and medical service managers
from high performance and sports technology centres. The
group was later joined by representatives from municipal
sports medicine centres who requested entry. The organised
was run by the Spanish Agency for Health Protection
in Sport (AEPSAD), the General Directorate of Sports of the
Principality of Asturias via the Regional Sports Medicine Unit
of the Principality of Asturias, under the direction of José
Luís Terreros and Nicolás Terrados.

The TOPICS FOR DISCUSSION were: the Support Plan
for High Performance Athletes; the problems with sports
medicine examinations; how sports medicine operates in
promoting and prescribing exercise for disease.

ATTENDEES: The following were represented: CAR (High
Performance Centre) Sant Cugat del Vallés, CAR Sierra
Nevada, CAR of Leon, Andalusian Sports Medicine Cen-
tre, CRMD (Sports Medicine and Recovery Centre) Castile
and Leon, CMD (Sports Medicine Centre) Community of
Madrid, Consell Catalá de l’Esport (Catalan Sports Coun-
cil), CMD AEPSAD Madrid, CMD Government of Aragon, CTD
(Sports Technology Centre) Getxo Basque Country, CRMD of
Cantabria, URMD (Regional Sports Medicine Unit) of the Prin-
cipality of Asturias, GMD (Sports Medicine Office) Consell
Insular de Menorca (Council of the Island of Menorca), CTD
Logroño, CGTD (Sports Technology Centre of Galicia), CTD
of Trasona, Asturias, CMD Rivas Town Council, GMD Miranda
de Ebro Town Council, SMD (Sports Medicine Department)
Puerto de la Cruz, SMD Alcobendas Town Council, the AEPSAD
and CSD.

Conclusions

• The Avilés Group express the need to continue to hold
these sessions on an annual basis.
It seems essential that, as part of the Spanish admin-
istrative and sports model, national and local sports
medicine managers, those from the autonomous regions,
and those from high performance and sports technology
centres, should continue to collaborate, and that the
Grupo Avilés should become the network of centres able
to channel information and proposals between the profes-
sionals in charge of sports medicine in local government.
They should continue to collaborate despite the diffi-
culties, and national and autonomous governments should
be responsible for ensuring that they do so.

• The Grupo Avilés is aware of and agrees with the need
for the creation and implementation of the Sports Health
Support Plan by the Spanish Agency for Health Protection
in Sport (AEPSAD), and the National Sports Council (CSD).
This Plan should enact Articles 41 to 50 of Chapter III
of Organic Law 3/2013 on the Protection of the Health of
Athletes and the Fight against Doping in Sports Activities
(LOPSD).
The Group accepts the proposal by AEPSAD, to form a
group of experts to enact the abovementioned Plan.

• The Grupo Avilés urges the AEPSAD and CSD to enact arti-
cle 46 of the LOPSD of 2013, on Medical Examinations
prior to Sports Practice.
To that end they suggest a review of the document on
THE MEDICAL EXAMINATION SYSTEM FOR SPORTS PRACTICE
drawn up by the Health Protection Subcommittee of the
Health Monitoring and Doping Commission, updated by the
Spanish Society of Sports Medicine.
Once the Grupo Avilés, the Spanish Society of Sports Medicine and other experts have reviewed this document, the Government will be urged to undertake the regulation of compulsory sports medicine tests within their area of competence (issuing national sports licences or regional sports licences approved by the autonomous regions).

This entire process must be gradually implemented with an economic and administrative impact study. It should cover the various levels of sports, types of activities, and sports specialities.


- The Grupo Avilés recalls the positive impact of plans and strategies to promote HEALTH-ENHANCING PHYSICAL ACTIVITY (HEPA), such as the CSD’s A + D Plan, and therefore ask the CSD and AEPSAD to again design, develop and implement actions in this regard, and to do so with a collaborative approach, as recommended by World Health Organisation.

The Grupo Avilés can provide the Government with examples of good practices in physical activity prescription through sports medicine, with evidence of significant improvements in health and major financial savings, as a highly important element of this strategy.

- The Grupo Avilés expresses the interest and need for promoting research into sports medicine.

Because of their positive impact on sport, there is a need to reinstate and maintain specific calls for research into sport and sports medicine, either through national R+D programmes or those specific to the AEPSAD-CSD.

- The Grupo Avilés express their concern regarding the difficulties that specialist training in Sports Medicine has been experiencing for many years now.

They understand that it is essential to maintain the specialty to ensure that Spanish sport can meet its objectives as a healthy activity and to maintain the performance from the sports environment that it has achieved to date.

The meeting enabled the various participants to meet, discuss and exchange their knowledge, and discuss problems and initiatives. Because it was so useful, we feel that these meetings should be held at least once a year.

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