

MINUTE OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

January 17, 2018

The IHSA Sports Medicine Advisory Committee met at the IHSA Office on Wednesday, January 17, 2018, beginning at 10:00 a.m. Committee Members present were Amanda Baugher, Collinsville; Dustin Fink, Mt. Zion; Greg, Gaa; Dr. Darren Hancock; Dr. Cynthia LaBella; Dr. Darr Leutz; Chris Murphy, Lombard (Glenbard East); Dennis Piron, Batavia; and Dr. Preston Wolin. Committee Members absent were Sara Flanigan and Todd Wilson, Rantoul. Also present were invited guests Tormod Larsen of the Big Hearts Memorial Foundation, Geneva High School Principal Tom Rogers, and Geneva High School Athletic Director Dave Carl. IHSA Associate Executive Director Kurt Gibson and IHSA Assistant Executive Director Stacey Lambert also were present.

RECOMMENDATIONS

1. Recommendation: The committee recommends the following language be added to IHSA Policy 13.

Weekly Player Limitations for Football

1. A player shall not play in more than 2 games in any one week. For the purposes of this section, a week is defined as the seven-day period running from Sunday through the following Saturday. (It is recommended that if a player does play in 2 games in a given week, one of those games is only as a one-way player [i.e., only plays on offense or defense or special teams])
2. Players cannot play in games on consecutive days or be involved in live contact/thud in practice the day after playing in a game.
3. 1 play in a game equals a game played.

NOTE: If a player plays in a game that is stopped due to weather or other circumstances and completed the next day, the player can participate in the resumed game the following day.

RATIONALE: After considerable discussion at the committee level and with the high school football coaching community in Illinois, the IHSA SMAC believes the adoption of the above guidelines for game play by high school players in Illinois is necessary. Of greatest concern to the committee is exposure to full contact in a game setting on consecutive days, and it is this concern that serves as the main motivation behind this recommendation. Current 'best practices thinking' by experts in the field seems to indicate repeated exposure to live contact on successive days, particularly when the contact is at "game speed", is something that should be avoided. Providing appropriate rest between live game play will offer protection to players that does not currently exist now, in Illinois and nationally. Football is a physical game, and the committee firmly believes the body needs time to properly recover from the impact of live contact, and this recommendation addresses that basic concern.

Approved with implementation in 2019-20

ADMINISTRATIVE RECOMMENDATIONS

None.

ITEMS OF GENERAL DISCUSSION

1. The committee welcomed new members Dustin Fink, Sara Flanigan, and Dennis Piron on joining the committee. These three new members had previously been members of the Play Smart! Play Hard! Player Safety Advisory Council. That group was disbanded in the fall of 2017 so that a merger between the group and SMAC could occur.
2. The committee reviewed the minutes from their October 4, 2017, meeting.
3. The committee heard a presentation from a representative of the 'Big Heart Kristoffer Larsen Memorial Foundation' on preventing sudden cardiac death in youth, along with Geneva High School Principal Tom Rogers and Geneva High School Athletic Director Dave Carli. The committee appreciated the opportunity to have some dialogue with the representatives about this topic. Key components of the presentation focused on:
 - a. Increasing awareness about sudden cardiac death in youth
 - b. Training of and guidelines for coaches and officials regarding sudden cardiac death
 - c. Mandating student-athletes to have an ECG screening every other yearAfter discussion, the committee believes an important first step is to make information and resources available to member schools and the general public on www.ihsa.org. IHSA staff indicated they would work on this project over the remainder of the school year.
4. The committee reviewed two legislative proposals concerning concussion and return to learn initiatives that either are being considered by the General Assembly or may be later in the spring legislative term.
5. The committee reviewed summary reports on the following:
 - a. reported concussions by member schools from the start of the current school year through December 31, 2017.
 - b. special reports submitted by licensed officials following contests where student-athletes were removed with a possible head injury.
6. The committee discussed having representation at the spring IHSA advisory committee meetings for wrestling and basketball. The committee did not assign any members to attend sport-specific meetings, and IHSA Staff will provide any updates from advisory committees that may be pertinent to SMAC when SMAC meets on April 19th.
7. The committee heard an update from IHSA staff regarding the by-law proposal advanced by the committee concerning the association's PPE form.
8. The committee heard a report from IHSA Staff on developments for the second cycle of concussion education for coaches and licensed officials as required by the Youth Sports Concussion Safety Act.
9. The committee heard a report from committee member Gaa following his meeting with the IHSA Football Advisory Committee in December of 2017. The discussion had with the committee focused on the concerns of the SMAC regarding the maximum amount of game play for players in high school football in Illinois. The discussion led to a recommendation (see above) from the committee to modify IHSA Policy 13 (Football Policies).
10. The committee reviewed and discussed the IHSA Skin Condition Form. Committee member Hancock presented information to the committee concerning the addition of chiropractic physicians to list of approved medical providers relative to the clearance of student-athletes with skin conditions. The committee took no action on modifying the form at this time but agreed to review this topic at their April meeting.
11. The committee heard a report from committee member Murphy concerning an IATA initiative aimed at drawing attention to player safety efforts made by groups like athletic training organizations and state associations. Mr. Murphy agreed to come back to the committee with additional details for their April meeting.

12. The committee discussed some efforts being taken in other states regarding 'streamlining' RTL protocols that are being used by all schools in those respective states. Given the pending legislation regarding RTL that may be considered later this Spring by the Illinois General Assembly, the committee agreed to monitor how these approaches are working in these other states.
13. The committee discussed the NATA Safe Schools Award and promoting this concept to member schools. IHSA Staff agreed to work with committee member Fink to draft a release to share with member schools and to create a place on the IHSA website where schools that are recognized with this award can be listed and honored.
14. The committee discussed examining the issue of student-athlete mental health and creating a page on the SMAC website to provide resources on this topic to students, parents, and school officials.
15. The committee discussed creating a form that would allow a game official to give a written 'notice' to the coach of a team that had a player removed from a contest with a possible head injury and no authorized medical personnel was present to examine the athlete at the contest. The coach would then be able to provide his/her school with this follow up form so the school could ensure the student is appropriately placed in the school's RTP and RTL protocols. The committee took no further action at this time on this matter.
16. Committee member Fink suggested SMAC members look for opportunities, like at IHSA Town Meetings, to make themselves available when SMAC-related topics are going to be discussed in order to share the committee's perspective on any item in question.
17. The committee set April 19, 2018, as the date of their final meeting of the year. The meeting will be held at the IHSA Office and begin at 10:00 a.m.