

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

September 12, 2018

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Wednesday, September 12, 2018, beginning at 9:00 a.m. Committee members present were: Amanda Baugher, Collinsville; Dustin Fink, Mt. Zion; Sara Flanigan, Wauconda; Greg Gaa; Dr. Darren Hancock; Dr. Darr Leutz; Chris Murphy, Lombard (Glenbard East); and Dennis Piron, Batavia. Also present were; Assistant Executive Director Stacey Lambert; and guests Mark Florence, and Phil Dryer. Not present were members Todd Wilson, Rantoul and Dr. Preston Wolin and Dr. Cynthia LaBella.

RECOMMENDATIONS: The Committee recommends the following adjustment to evaluate Wrestling head injuries:

When an appropriate medical professional (MD, DO, ATC, APN, PAC) is present, a wrestler would be allowed a one-time, 90 second injury timeout for head injury assessment. This time would only be used for evaluation of a suspected head injury. After 90 seconds, the athlete would be required to continue participation or default the match.

It is recommended that prior to the onset of the competition, officials verify with each team if an appropriate medical professional (MD, DO, ATC, APN, PAC) is present to evaluate potential head injuries. If present, the individual(s) should be identified to all officials and coaches.

The athlete may be removed from the wrestling area for evaluation by the appropriate medical professional. Evaluation time would begin once arrived at assessment area. All coaches and the other wrestler would remain on the mat. Said evaluation area should be in close proximity to the mat and be signified to officials and coaches prior to the onset of the competition.

The time used would not affect time used or available for other injury types.

A second occurrence of head injury symptoms in the same match would require the wrestler to default the match.

No coaching would be allowed for either match participant during the head injury assessment time.

The Committee asks the Wrestling Advisory Committee for help in determining who should keep the time for the injury evaluation.

RATIONALE: While the Committee would like unlimited time for head injury evaluations, they understand the impact that decision could have. With that in mind the Committee feels that the 90 seconds will at least give more time for an evaluation and increase player safety.

Tabled

ADMINISTRATIVE RECOMMENDATIONS:

RECOMMENDATION: The Committee recommends that for all IHSA post season contests, each host school must have an AED at each venue (i.e. sideline, finish line, or scorers table, etc.) unlocked and immediately accessible.

The committee recommends that the IHSA Board of Directors approve this to place in all IHSA Terms and Conditions.

RATIONALE: The committee discussed how it is already state law that each school have an AED onsite and within 300 yards of the event, but many times the AED is locked in an office and not accessible making it impossible to use said AED. The committee found multiple grant programs both locally and nationally that are available to help schools purchase additional AEDs to cover all of their various event locations.

Approved by Board of Directors

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed the minutes from its April 2018 meeting.
2. The committee discussed the upcoming changes to the Football Policy and how it potentially affects the 2019 season. They talked about the one play = one game wording. The committee agreed to reevaluate the Policy on a yearly basis. No further action was taken.
3. The committee talked about special teams in football, especially in the lower level, and how injuries take place during special team plays.
4. The committee discussed the potential for an acclimatization period for all fall sports. They talked about the amount of time that is needed for a player to properly acclimatize. The recommended period is 7-14 days of practice prior to a competition. The committee reviewed policies from other state associations. They talked about the work to rest ratio.

Chris and Dustin are going to work together to come up with wording to bring back to the group at a conference call in late November or early December.

Dustin, Sarah and Amanda will work with Stacey to get a proposal to the Legislative Commission to adjust the start time of fall sports to help build in acclimatization days prior to the start of fall competitions.

5. The committee talked about Sudden Cardiac Arrest, Stacey is going to post SCA information on the SMAC page this coming week. The committee talked about the availability of AEDs at contests and if they were accessible when needed.

The committee talked about organizations around the state that are available for kids and schools to educate and screen students.

6. The committee talked about the Opioid Crisis. Various articles are getting sent to Stacey for posting on the SMAC page

7. The committee talked about ATC ability to be on the floor during the Wrestling State Finals. A lot of the restriction seems to be for floor control purposes. Schools have used their assistant coaches passes for their ATC to be mat side.

8. The committee talked about general ATC consent to treat away athletes. There is legal concern about taking care of minor athletes without a consent form. Could there be a form that parents/guardians have to sign off saying that the athlete is able to be seen by the host ATC.

During introductions the ATC should ask the coach of school to consent to care in the case of an injury. Does this cover the ATC legally because of FERPA? Stacey will check with the IHSA legal council to see if an additional sign off is needed or if FERPA covers these cases.

9. The committee discussed post season medical coverage for hosts. At a spring event the away ATC ended up covering the site for multiple teams. The committee talked about requiring all IHSA post season hosts to have medical personnel available. The discussed what this would mean for all IHSA sports, if it would be required for bowling, golf, bass, etc. The committee talked about if the IHSA could earmark an extra \$100 in the host guarantee for an ATC to be present, they talked about raising the gate cost to help cover this \$100 medical guarantee.

Stacey will work with the IHSA IT department to update the host survey asking how many schools have medical personnel available to work at the event if they were selected to host. Stacey will email schools a few times through the year asking them to update their host survey information in hopes that data can be collected by the April SMAC meeting.

10. The committee discussed the number of plays per quarter data provided by the NLCC. No further action was taken.

11. The committee talked about the participation survey for football. No further action was taken.

12. The committee discussed soccer contact concerns. The discussion centered that if an athlete was not allowed to return to play in that contest then they are not allowed to participate in the contest the next day. Soccer is growing and getting more aggressive and intense and as a committee we're going to have to look into soccer safety. No further action was taken.

13. The committee discussed Mental Health. A Mental Health folder will be added to the shared drive, the committee is asked to add information to that folder to discuss at our January meeting. Approved items will then be posted to the SMAC page on ihsa.org.

14. The committee discussed the Heat Policy. The committee talked about the differences between the IHSA policy and the NATA policy, IHSA is at 90 WBGT and NATA is at 92 WBGT. The committee agreed that staying at 90 and being more restrictive was the best interest for high school students who don't always take the best care of their bodies and aren't always properly acclimatized. No further action was taken.

The committee also discussed cooling tubs, cooling tarps, to compare usage across the state.

15. The committee discussed sport specialization and how SMAC can talk about injuries kids are suffering because of year-round single sport participating. IATA Secondary School Committee is willing to partner to collect resources and help spread education. Stacey will put a folder in the shared drive to collect articles for education purposes.

16. The committee discussed the KSI State Rankings. The committee talked about adding Heads Up to the concussion training options, the committee talked about the 4th Edition PPE form. The committee will talk more about these topics at a coming meeting.

17. The committee discussed some football game footage on a potentially dangerous hit. No further action was taken.

18. The committee set a November conference call to discuss all sport acclimatization for November 7th, the next regularly scheduled SMAC meeting will be online on January 16th.