

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

May 4, 2022

The IHSA Sports Medicine Advisory Committee conducted an online meeting on Wednesday, May 4, 2022, beginning at 11:45 a.m. Committee members present were Greg Gaa; Dr. Cynthia LaBella; Chris Murphy, Lombard (Glenbard East); Dustin Fink, Mt. Zion; Aaron Kremmel, Belleville (East); Ryan Hornaday, Tuscola; Ashley Logan. Also, present were IHSA Assistant Executive Director, Stacey Lambert and IESA Executive Director, Nicole Schaeftbauer. Absent was Dr. Preston Wolin; Dr. Darr Leutz; Dr. Darren Hancock; Dr. Jason Robin; DeVale Stubbs; and Eric Benson, Somonauk.

Recommendation: The Committee recommends adding an emergency contact person in the Official's Center so that schools know who to contact in the event an official goes down.

Rationale: Schools do not know who to contact in emergency situations. Administrators or first responders don't have time to search for phones to find next of kin. At times officiating crews don't even know each other well enough to know emergency contacts. This will ensure that officials are properly cared for if necessary.

Approved by Consent

Recommendation: The Committee recommends the following update to the Wet Bulb Globe Temperature Policy:

Wet Bulb Globe Temperature

These requirements represent minimum standards that IHSA member schools must follow for all athletic activities and competitions, both outdoors and indoor facilities that are not airconditioned. Schools with more restrictive guidelines are not expected to modify any pre-existing guidelines in order to meet this policy. These guidelines will also be used by managers or their designees at all IHSA state series events when the Wet Bulb Globe Temperature (WBGT) is above 80 degrees Fahrenheit. Decisions to suspend and resume activity will be in accordance with these guidelines.

Pre-Practice Preparation:

1. Thirty minutes prior to the start of an activity, and minimally every 30 minutes after the start of the activity, temperature and humidity readings will be taken at the site of the activity or a similar location. Using a Wet Bulb Globe Thermometer is required.
 - a. Record the readings in writing and maintain the information in files of the tournament manager and/or host school administration. Tournament managers may designate someone other than themselves to take these readings.
2. Provide cooling stations such as shade, ice towels, misting fans, etc. for before, during, and after activity.
3. Provide ample amounts of water. This means water should always be available and athletes should be able to take in as much water as they desire.

Use the Table 1 (see below) with an on-site WBGT reading for appropriate exercise modifications during exercising in the heat:

Cat 2	Activity Guidelines
< 79.9	Normal Activities – Provide at least three separate rest breaks each hour with a minimum duration of 3 min each during the workout.
80.0 - 84.5	Use discretion for intense or prolonged exercise; Provide at least three separate rest breaks each hour with a minimum duration of 5 min each. Cold Water Immersion must be available. (see below)
84.6- 87.5	Maximum practice time is 2 h. <u>For Football</u> : players are restricted to helmet, shoulder pads, and shorts during practice. If the WBGT rises to this level during practice, players may continue to work out wearing football pants without changing to shorts. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout each hour of practice. Cold Water Immersion must be available. (see below)
87.6 - 89.9	Maximum practice time is 1 h. <u>For Football</u> : No protective equipment may be worn during practice, and there may be no conditioning activities. <u>For All Sports</u> : There must be 20 min of rest breaks distributed throughout the hour of practice. Cold Water Immersion must be available. (see below) Consider postponing games or practices until a cooler time of day.
> 89.9	No outdoor workouts. Delay practice until a cooler WBGT is reached.

Table 1 (all temperature readings as measured by WBGT devise)

Treatment of Exertional Heat Stroke and Cold-Water Immersion:

In the event of potential Exertional Heat Stroke (EHS), each school participating in interscholastic sports shall be properly prepared and equipped to activate EMS and initiate rapid whole-body cooling using an evidence-based cooling modality. The current best practice for the treatment of exertional heat stroke is rapid whole-body cooling via Cold Water Immersion (CWI) on-site followed by transport to advanced medical care (Cool first transport second). If whole-body CWI is not readily available, alternate evidence-based whole-body cooling techniques can be utilized (e.g. TACO method). The best practices shall be carried out by a licensed athletic trainer, designated healthcare provider, or EMS provider. In the event that these medical providers are not available and heat illness is suspected, cooling should be initiated until advanced medical personnel arrives.

The cooling modality shall be ready for immediate use when WBGT is at or above 80F. At WBGT temperatures below 80F the cooling modality should be readily available.

Rationale: This update comes from the KSI TUFSS conference held in March of 22 in Champaign. The conference kept WBGT policy at the center of the conference with the intention that this will become a by-law recommendation in the 2022 cycle.

Approved by Consent

Discussion Items:

- 1) The Committee reviewed the TUFSS Conference. The conference made suggestions to cold water immersion, CPR/AED education for coaches, strength and conditioning practices.
- 2) The Committee also heard a presentation from the Headcheck Health group about their product.