

IHSA Sports Medicine Advisory Committee Meeting Minutes

The IHSA Sports Medicine Advisory Committee met virtually on Wednesday, September 29, 2021. Present for the meeting was Dr. Preston Wolin (Chicago), Ashley Logan, Official; Chris Murphy, Certified Athletic Trainer, Lombard (Glenbard East); Dr. Darren Hancock (Chicago); Greg Gaa (Peoria); Ryan Hornaday, Certified Athletic Director, Tuscola; Dusting Fink, Athletic Trainer, Mt. Zion; Aaron Kremmel, Certified Athletic Trainer, Belleville (East); and Eric Benson, Principal, Somonauk. Also present were Nicole Schaeftbauer, Executive Director at the IESA and Stacey Lambert, Assistant Executive Director at the IHSA.

Recommendation

1. The Committee recommends that IATA provide a permanent liaison to the Sports Medicine Advisory Committee. This liaison will be a non-voting committee member and will rotate as their position in IATA rotates.

Rationale:

This will bring greater cohesion between the Sports Medicine Advisory Committee and the Illinois Athletic Trainers Association by having 1 consistent person to report to each group. With the Committee only having 1 standing Certified Athletic Trainer role, this will give a stronger voice to that group.

Approved by Consent

Recommendation

2. The Committee recommends the IHSA create a SMAC specific email address and post it on the Sports Medicine Advisory Committee page. sportsmedicine@ihsa.org

Rationale:

The Committee hopes this will give people direction on how to reach the committee with questions or concerns.

Approved by Consent

Recommendation

3. The Committee recommends updating the PPE form to remove the Supplemental COVID questions outside of the questions about previous infection and vaccination.

Rationale:

The Committee reviewed feedback from many practitioners are asking why we are asking about COVID exposure or symptoms in the last 2 weeks when their season does not start for several months. They felt this information, while still valid, is more important to be asked by the school prior to participation. If approved a separate form will be posted for the schools to use as was posted during the summer of 2020.

Approved by Consent

Discussion Topics

1. The Committee review Advisory Committee Role and Process.
2. The Committee discussed the makeup of the committee and there is only 1 permanent Certified Athletic Trainer position. The Committee also talked about the lack of school administrators on in the group. The Committee wants to see how the IATA liaison role will help this situation but want to continue to discuss further options.
3. The Committee heard an update about the upcoming Illinois TUFSS Conference. The conference is going to be held at the University of Illinois March 18 and 19, 2022. Save the date cards will be coming out later this fall. The Committee talked about potential conference topics.
4. The Committee talked about the current IHSA Heat Policy. They talked about:
 - a. The difference between continuous motion and non-continuous motion sports.
 - b. the NATA numbers compared to the IHSA numbers.
 - c. WBGT Temperatures vs. other temperature charts
 - d. Cold tub immersion/taco/ tarp practices
 - e. Indoor gym temperatures, not only during the fall, but during the winter with heat on and a full crowd
5. The Committee talked about a cold weather policy. They are going to continue to review and discuss the possibility of a cold weather policy by reviewing policies from the Big 10, MAC, NCAA, etc.
6. The Committee set their next meeting for Wednesday, November 17 at 1pm