

**MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING**  
**April 22, 2009**

The IHSA Sports Medicine Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Wednesday, April 22, 2009, beginning at 10:00 a.m. Committee members present were Senator John Davidson, Gregory Gaa, Dr. James Green, Dr. Richard Everett, Dr. Cynthia LaBella, and John Wator. Also in attendance was Assistant Executive Director Kurt Gibson. Present via conference call were committee members Dr. Chadwick Prodomos, and Dr. Preston Wollin. Members Dr. Bill Marcuzzo and Phil Morrison were not in attendance. Guests present were Chris Nordby, Drug Free Sports; and Dr. James Rehberger, Highland. Guest Dennis Snep, Bellville, was present via conference call.

**RECOMMENDATIONS:**

**1. Continue the Football Play-off Injury Report**

**Recommendation:** The committee recommends continuing with the Football Play-off Injury Report and making the form an on-line form for schools to complete.

**Rationale:** The committee continues to find value in tracking the injury rates from the football play-offs. With the current emphasis nationally on concussion management and return to play considerations, the committee believes it is necessary to with the injury report. Only slight modifications to the reporting form will be necessary for next year, and IHSA staff and Coach Snep will collaborate on those in advance of next school year.

**approved**

**2. Distribution of 10 Palm Cards on Sideline Concussion Management**

**Recommendation:** The committee recommends distributing 10 palm cards on sideline concussion management to member schools in the fall of 2009.

**Rationale:** As an effort to raise awareness on concussion identification and management, the committee reviewed some materials from the Center for Disease Control (CDC) and believe that the distribution of palm cards to member schools would be an excellent first step by the committee to work with schools on this topic. The committee believes the small cost associated with this project is off set by the value schools will realize from having the materials at their disposal.

**Approved (staff favors making the information available on-line for schools to access directly)**

**3. Continue Performance-Enhancing Drug Testing Program**

**Recommendation:** The committee recommends continuing its Performance-Enhancing Drug Testing Program for the 2009-10 school year. As a part of this recommendation, the committee believes that, through consultation with Drug Free Sport, testing should include

championship round place selections in addition to random individual selections in individual sports as a part of the testing protocols.

**Rationale:** In reviewing the results from the first year of testing and the PED testing protocols, the committee believes it necessary and vital to expand its testing protocols to randomly select place winners as well as state final participants in individual sports during year two of testing. Selections from these groups would still be made in advance of tournaments to ensure randomness. However, doing so will further allow the program to serve as a deterrent for all athletes during any state series.

**No action taken**

#### **4. Continue Use of Same Banned Drug Classes in 2009-2010**

**Recommendation:** The committee recommends using the same banned drug classes in 2009-2010 that were used in the current school year.

**Rationale:** The committee believes that the current banned drug classes – anabolic steroids, stimulants, diuretics, and peptide hormones and analogues – are still the classes of concern when it comes to drug testing and see no reason to alter those for the second year of testing.

**approved**

#### **ITEMS OF GENERAL DISCUSSION:**

1. The committee reviewed and approved minutes from their December 2008 meeting.
2. The committee reviewed the PPE (pre-participation exam) to verify its currency. Of concern were some questions that had arisen since the December meeting regarding the form's history section and whether or not questions regarding testicular and breast cancer should be included on the form. After considerable discussion, the committee felt the PPE is still current, meets the needs of member schools, and, as a result, needs no changes or updates for the next school year.
3. The committee heard a report from Dr. LaBella regarding KIPP (Knee Injury Prevention Program). Information regarding this program shall be made available to member schools later this spring and in the fall.
4. The committee discussed at length its concern about medical coverage at the football play-offs. Prior to recommending any minimum standard of care to be present at football play-off games, the committee directed IHSA staff to develop some reporting mechanism to see what coverage currently exists. IHSA staff will report back to the committee at its December meeting with current coverage trends and attempt to develop a volunteer list of resources schools could utilize in planning for medical coverage at play-off games.
5. The committee discussed concussion management and return to play protocols. Dr. Green will work on position statement and possible recommendation for the committee to review at its December meeting.

6. The committee reviewed and discussed the association's PED Testing Program. In making a series of recommendations to continue the program, the committee also expressed its desire to find additional resources regarding PED's for member schools. In particular, the committee suggested IHSA staff contact the Taylor Hooton Foundation to determine if some of the resources available at that foundation's site could also be linked to the IHSA Sports Medicine Advisory Committee page for access by schools, students, and parents.
7. The committee finalized its protocols for the PED testing survey distribution this fall. IHSA staff will work to implement those protocols and report on any back to the committee regarding any findings at the committee's December meeting.
8. The committee recognized Senator Davidson for his years of meritorious service to the committee. A founding member of the IHSA SMAC, Senator Davidson was an influential member of the committee since its inception.