

Sports Medicine Advisory Committee Minutes

March 8, 2023

The IHSA Sports Medicine Advisory Committee met in person and online on Wednesday, March 8, 2023. Members present included Dustin Fink, Mark Bacys, Aaron Kremmel, Dr. Darren Hancock, Eric Benson, DeVale Stubbs, Dr. Cynthia LaBella, and Dr. Preston Wolin along with Assistant Executive Director Stacey Lambert. Absent was Ashely Long, Dr. Jason Robin, Greg Garofalo, and Dr. Darr Leutz. IATA guest Andy Renner was also present.

1. Recommendation:

The Committee, in a joint recommendation, with the Cheerleading Advisory Committee recommends that sideline and competitive cheerleaders, where jumping, tumbling, and building skills take place, must take 1 calendar day off from cheerleading/spirit activities once every IHSA calendar week. Programs on the off day are limited to stretching or film; no other physical activity can take place on the off day. This also applies during the summer contact period, so that the participants, individually, get a day off a week.

Rationale:

IHSA sports medicine data has shown an increase in concussions during spirit activities (sideline & competitive cheer), likely from overuse and exhaustion as the sport/activity can require a 7-day-a-week, 12-month-a-year commitment. By lessening exposure, the focus can be on risk minimization as programs can have a day of recovery from sideline and competition requirements.

Approved by Consent

2. Recommendation:

The Committee, in a joint recommendation, with the Wrestling Advisory Committee recommends that all body fat accessors have to take 1 live course and then yearly renewal online unless there are significant changes made to the body fat accessor process. If body fat accessors renewal lapses, a person would have to return to the live course in order to start accessing again.

Rationale:

Once the skill is learned it is applied yearly so unless there are changes the yearly in-person course adds travel and time commitments that not all body fat testers have. If something significantly changes, then the need for an in-person course also changes.

Approved by Consent

3. Recommendation:

The Committee, in a joint recommendation, with the Wrestling Advisory Committee recommends that when entering a female wrestlers weight the program should show both a male and female weight plan of descent and associated weight classes.

Rationale:

This would provide clarity of when a female wrestler can wrestle at what weight and in what gender and at what date.

Approved by Consent

4. Recommendation:

The Committee, in a joint recommendation, with the Wrestling Advisory Committee recommends that an athlete, unless under direction by their physician based on the [USA Wrestling Guidelines](#), will be body fat tested at their birth certificate sex in order to determine a safe weight descent plan so that an athlete does not get below their recommended body fat allowance.

Rationale:

Current medical research still indicates that the minimum body fat is based on your birth sex. This recommendation will ensure all athletes stay safe with their weight descent.

Approved by Consent

5. Recommendation:

The Committee recommends that all coaches are required to complete CPR/AED training from a school district-recognized provider. A “recognized provider” is one whose curriculum is similar to the American Red Cross and American Heart Association. New coaches must complete the course during his/her first year of coaching. At no time may a team practice, travel or compete without at least one adult present who has met this requirement.

Rationale:

This recommendation stems from increase of high visibility cardiac events in athletes, cardiac events are also the number 2 killer of youth athletes. This recommendation gives school districts the option to work within several different certification platforms. This recommendation does not require a certification card, which is an additional purchase that schools would not have to make. As of August 2022, 33 states require All coaches to have CPR/AED/First aid certification and one state requires Head Coaches to have CPR/AED/First Aid certification (Michigan)

Approved by Consent

Discussion

The Committee discussed the Cheerleading rubric and coaches training with the Cheerleading Advisory Committee during their joint meeting time. No further action was taken.

The Committee discussed the body fat assessment training with the Wrestling Advisory Committee that the current the in-person course, the online test, and the online manual don't match up with the information that is given, SMAC recommends that updates are made to match up with 3 items.

The Committee discussed how to we handle female wrestlers moving through multiple weight classes jumping between male and female classes? Are they only allowed to go through 2 weight classes within their gender or is it 2 classes between the 2 genders? Right now, females can move 4-5 weight classes between male and female weight classes but only 2 classes between female weight classes. SMAC recommends that the Wrestling Advisory Committee update wording in the Manual to reflect current practice.

The Committee discussed summer contact days- Twenty-five (25) contact days per individual athlete. Equates to 4 days a week for 6 weeks of the summer. A multi-sport athlete could participate in multiple sports in 1 day and it would only count as 1 contact day or 25 for a single sport athlete/ 30 for a multi-sport athlete.

This topic has been tabled until June 2023.