

## MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

March 16, 2011

The IHSA Sports Medicine Advisory Committee met via teleconference on Wednesday, March 16, 2011, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett; Gregory Gaa; Dr. James Green; Dr. Cynthia LaBella; Dr. Bill Marcuzzo, Dr. James Rehberger, Adam Tarr; and Dr. Preston Wollin. Also in attendance was Associate Executive Director Kurt Gibson. Not present were members Dr. Chadwick Prodomos, and Robert Williams, Minooka.

### ADMINISTRATIVE RECOMMENDATIONS:

#### **1. Return to Play Policy**

**Recommendation:** The IHSA Sports Medicine Advisory Committee recommends the following be used as a Return to Play (RTP) Policy for IHSA member schools with students who are removed from athletic practices or interscholastic contests when displaying signs, symptoms, or behaviors consistent with a concussion and are not cleared to return practice or the contest that same day.

**Rationale:** The committee believes it is necessary to have a policy to cover those situations when a student-athlete can not be cleared to return to play (RTP) on the day he/she sustains a possible concussion. In the fall of 2010, the IHSA implemented an NFHS playing rule in all interscholastic sports that addresses day of game RTP for student-athletes who may have sustained a concussion. The committee believes the consistency in approach for making RTP decisions for day of game and day after game will ease with the policies implementation.

Approved by consent

#### **RTP Policy**

**Background:** With the start of the 2010-11 school term, the National Federation of State High School Associations (NFHS) implemented a new national playing rule regarding potential head injuries. The rule requires “any player who exhibits signs, symptoms, or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, confusion, or balance problems) shall be immediately removed from the game and shall not return to play until cleared by an appropriate health care professional.” In applying that rule in Illinois, it has been determined that only certified athletic trainers and physicians licensed to practice medicine in all its branches in Illinois can clear an athlete to return to play the day of a contest in which the athlete has been removed from the contest for a possible head injury.

**Policy:** In cases when an athlete is not cleared to return to play the same day as he/she is removed from a contest following a possible head injury (i.e., concussion), the athlete shall not return to play or practice until the athlete is evaluated by and receives written clearance from a licensed health care provider to return to play.

For the purposes of this policy, licensed health care providers consist of physicians licensed to practice medicine in all its branches in Illinois and certified athletic trainers working in conjunction with physicians licensed to practice medicine in all its branches in Illinois.

**ITEMS OF GENERAL DISCUSSION:**

1. The committee discussed at length the qualifications for professional groups other than those listed in the above policy to be included in the RTP policy but could not reach consensus on others at this time.
2. The committee discussed adjusting its spring meeting date so that the committee could meet prior to the IHSA Board of Directors meeting in late April. The change of schedule was suggested by IHSA Associate Director Kurt Gibson to allow the committee to have further discussion on the RTP Policy prior to the IHSA Board's April meeting.