

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
April 7, 2011

The IHSA Sports Medicine Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Thursday, April 7, 2011, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett; Gregory Gaa; Dr. James Green; Dr. Cynthia LaBella; Adam Tarr; Robert Williams, Minooka; and Dr. Preston Wollin. Also in attendance was Associate Executive Director Kurt Gibson. Present via conference call was committee member Dr. James Rehberger. Not present were members Dr. Bill Marcuzzo and Dr. Chadwick Prodomos.

ADMINISTRATIVE RECOMMENDATIONS:

1. Continuation of PES Testing Program

Recommendation: The committee recommends the continuation of the IHSA PES testing program for the 2011-12 school term with no changes to the protocols used this year.

Rationale: The committee believes that the testing program implemented by the association with the start of the 2008-09 school term is still an effective part of the association's over-all stance against the use of performance-enhancing substances. The committee is pleased with the results of testing thus far, and, in particular, favors the continued use of school year round testing along with selected state series events.

Approved by consent

2. Concussion/Return to Play Materials

Recommendation: The committee recommends the creation of a press release on concussion and return to play and the creation of a dedicated area for both on its website for athletes, coaches, and parents.

Rationale: The committee believes, given the attention that concussions and return to play have gotten in Illinois as well as nationally over the past year, having a dedicated area with resources that can be used by a variety of groups will help raise even more awareness on this issue.

Approved by consent

ITEMS OF GENERAL DISCUSSION:

1. The committee approved the minutes of its December and March conference call meetings.
2. The committee discussed the IHSA PES testing program. Among the ideas reviewed by the committee include: surveying coaches at schools who have been tested to gauge the effectiveness of the process from their perspective, continuing education for players, coaches, and parents, and offering its opinion that the most current and cost effective panel continue to be used.

3. The committee reviewed the results from special reports from officials involving possible concussions for the current school year. The committee expressed its surprise that 24% of student-athletes removed from contests this year by officials have been allowed to re-enter those same contests. Although the committee found that 24% to be a surprisingly large percentage, they offered no definitive reason for this statistic.
4. The committee discussed House Bill 1197, which offers a different approach to return to play than House Bill 200 does. Both bills are currently being reviewed and considered by the Illinois General Assembly.
5. The committee discussed the up-coming NFHS SMAC meeting.
6. The committee discussed the future of the IHSA Football Playoff Injury Report. Marco Boscolo, a certified athletic trainer from east-Central Illinois will continue the work begun by Dennis Snep and provide the committee with its yearly update and analysis.
7. The committee discussed the ad-hoc committee being formed by the IHSA to address acclimatization and football pre-season practice. Dr. LaBella and Bob Williams will represent the SMAC on that committee, which is expected to begin meeting this spring.
8. The committee discussed the RTP policy and considered a recommendation to add chiropractic physicians licensed in Illinois to those named in the policy as having signature authority to return student-athletes to play. However, the committee did not approve the recommendation.
9. The committee reviewed the current protocols for implementing the NFHS playing rule on concussion in Illinois and considered a recommendation to add chiropractic physicians to the list of groups able to determine whether or not a student-athlete could return to play in the same contest in which he/she had been removed for a possible head injury/concussion. However, the committee did not approve the recommendation.
10. The committee reviewed a letter it received from the Illinois Chapter of the American Academy of Pediatrics that offered its support of the committee's efforts in developing a RTP policy for student-athletes who sustain a concussion during interscholastic athletic participation.