

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

September 18, 2019

The IHSA Sports Medicine Advisory Committee conducted an in-person meeting on Wednesday, September 18, 2019, beginning at 9:30 a.m. Committee members present were: Amanda Baugher, Collinsville; Greg Gaa; Dr. Cynthia LaBella; Ryan Hornaday, Tuscola; Chris Murphy, Lombard (Glenbard East); Dr. Darr Leutz, Dennis Piron, Batavia; Dustin Fink, Mt. Zion; and Dr. Darren Hancock. Also present were IHSA Assistant Executive Director, Stacey Lambert and IESA Associate Executive Director, Nicole Schaeftbauer. Not present were members Dr. Preston Wolin, Sara Flanigan

1). Recommendation: The Committee recommends that a post-season medical checklist go in every sports manual.

Post-season Event Host Medical Checklist

- Is there an EAP for this venue?
- Is an AED on-site and within proximity guidelines?
- Identify site contact/coordinator
 - Responsible to ensure EAP is followed.
 - Responsible to monitor heat/weather and make appropriate decisions for the wellbeing of the participants.
 - Meet with team delegate and officials to review prior to contests.
- On-site medical coverage
 - Will medical personal be on-site for the entire event (recommended to be provided by host school)?
 - Participating teams need to be informed of this coverage, to include personnel credentials (AT, MD, DO, DC, etc.) prior to arrival to assist with decision making of bringing their own medical personnel.
- Is ice/water/fluids being provided?
 - If not, is their access to ice/water for teams to bring their own coolers?
 - This information needs shared in advance of the event.
- For teams bringing medical personnel is there a place/table for treatments/taping/evaluations/etc.?

Rationale: The Committee feels that by putting this list in each sports manual it will help the host managers know what they should be prepping for post season events in terms of medical needs.

Approved by Consent

2). Recommendation: The Committee recommends that the IHSA Board of Directors add to Policy 22 a requirement that all athletic post season hosts have medical personnel, acting within the scope of their practice, onsite in case of a medical emergency. (with the exception of golf and bowling).

Only medical doctors, physician's assistants, nurse practitioners, and certified athletic trainers will be able to return players suspected of a head injury back to play.

Rationale: The committee feels that it's time to strengthen the associations stance when it comes to having some sort of medical emergency personnel available during events. There is no requirement for a school to hire an athletic trainer or a team physician. The committee feels a parent who is a nurse, paramedic, or fire fighter could easily fill this role, the point is to have someone present and available if a medical emergency should arise. Please note, per Illinois State Law, only medical doctors, physician's assistants, nurse practitioners, and certified athletic trainers can return players to play after a suspected head injury.

Died for Lack of Motion

3). Recommendation: The committee recommends that the IHSA use the 2019 PPE form starting with the 2020-21 school year

Rationale: It is routine for the SMAC to review and update the PPE. The 2019 monograph is more detailed in the mental health history section and the cardiac health history section. It is also the new standard for physicians.

Approved by Consent

General Items of Discussion

- 1) The Committee discussed moving April's 2 recommendations forward as by-law proposals. Committee members who work with schools are going to see if their Principal or Official Rep is willing to make that endorsement.
- 2) The Committee discussed Coaches CPR/AED certification. There are several courses online where coaches could get a certificate with minimal cost. <http://www.onlinecprcertification.net/> Some schools are already offering this through their school districts. Stacey will update the SMAC pages with options for schools. They also talked about an affordable option for K-12 educators
- 3) The Committee discussed the new football player limitation policy. The policy has not been well received amongst the coaching community. Coaches feel that this policy is not safer than it used to be
- 4) Stacey reported that the SMAC webpages are getting a facelift to make them more user friendly and the topics more accessible. This should be rolled out first semester of the 2019-20 school year.
- 5) The Committee discussed the fall acclimatization policy. The Committee agreed that dual sport athletes could split their time at practice, but if football was one of their sports, they would need to make sure they reach the minimum time requirement in order to count a practice. They also discussed how fall baseball and softball should fall under the fall acclimatization policy.

- 6) The Committee also talked about acclimatization for all sports. They are going to continue to work on this through the 2019-20 school year.
- 7) The Committee reviewed the KSI- raise your rank. They felt that Stacey could connect Sam, from KSI, with IADA, and IPA to see about becoming a presenter at their already scheduled conference. They also asked Stacey to find out what State Associations Sam has worked with and see what kind of option they went with.
- 8) The Committee is going to continue to provide Stacey with content for the opioid part of the IHSA SMAC website.
- 9) The Committee recommend making a Vaping section on the IHSA SMAC page. Committee members will provide Stacey with content for this section. Including pictures of vape pens. They also asked that Stacey notify member schools about the NFHS vaping course that is available on NFHSlearn.org.
- 10) The Committee discussed IHSA's strategic plan on Mental Health. They would like to see mental health resources on the IHSA SMAC page. They suggested starting by linking to the NFHS and NCAA resources. In the end they did not feel that Mental Health was a SMAC issue and the school personnel asked for no additional requirements to be placed on coaches. The Committee agreed that athletes are only a small portion of the student population at schools and that coaches have plenty on their plates right now.
- 11) The Committee felt that the IHSA had plenty of concussion information available to be used for the Youth Sports Concussion Law Brochure. They asked that Stacey push member schools to the information that is available.
- 12) Stacey reported to the Committee that we are compiling a list of schools who have had special reports submitted for missing an AED. The Committee would like to review that report and agreed that passing it along to Illinois Heart and Lung was a great way to help schools attain AEDs.
- 13) The Committee talked about Contact Days and Dead Periods. They want to encourage coaches to work together to share multi-sport athletes so that students don't feel pressured to specialize.
- 14) The Committee talked about marching band. There were multiple reports heard about marching band students attending 2-week camps at the start of August where they are practicing for approximately 8 hours a day in the heat. The Committee felt it was time for marching band to have some regulations, acclimatization, physicals, etc. Committee members who are at schools are going to talk to their administration about making suggesting to the IHSA to bring marching band under the IHSA umbrella. Stacey is also going to investigate how other states have worked with marching band.
- 15) The Committee schedule their next meeting for January 22 to be held online.