

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
December 5, 2013

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Thursday, December 5, 2013, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett, Gregory Gaa, Dr. James Green, Dr. Cynthia LaBella, Liz Short; and David Vieth, Mattoon. Also in attendance was Associate Executive Director Kurt Gibson. Not present were members Rick Vicenzi and Dr. Preston Wollin.

ADMINISTRATIVE RECOMMENDATIONS:

None

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed the minutes of their meetings from the 2012-13 school term.
2. The committee discussed the new Football Acclimatization Policy and its implementation this year.
3. The committee discussed the impact temperature and heat indices have on interscholastic programs and student-athletes. The committee expressed a desire to look at a more defined approach that schools could use. It was agreed that a draft for review would be developed for the committee's April meeting.
4. The committee reviewed some samples of Exos-playing casts presented by committee member Gaa. The committee agreed that this type of supportive device would need to be padded in accordance with NFHS rules. Additionally, through discussion, the committee believes that increased communication to officials and schools about the requirement to monitor and check the padding on casts or braces as needed is warranted.
5. The committee discussed a request from the Wrestling Advisory Committee to consider asking the NFHS for a modification to the injury time rule for injuries to a wrestler's head, neck, or vertebrae. The committee conceptually supports this idea, and a proposal for a rules modification request will be developed by the Wrestling Advisory Committee and shared with the Sports Medicine Advisory Committee at their April meeting. If approved then, the request will be reviewed by the IHSA Board of Directors before being sent onto the NFHS. If ultimately granted by the NFHS, this modification wouldn't go into effect in Illinois until the 2014-15 season.
6. The committee discussed a request from the Wrestling Advisory Committee to allow wrestlers an opportunity to re-certify their weight after the established first certification date. The committee did not make any recommendation at this time and asked Craig Anderson, IHSA Wrestling Administrator, to verify if such an allowance is allowed by NFHS rules, and, if it is allowable, to have the Wrestling Advisory

Committee develop some more specific criteria that wrestlers would have to meet in order to recertify their weight.

7. The committee discussed ways the IHSA can put in place safeguards at its state finals events to ensure medical coverage, particularly at non-high school venues, is appropriate for the event. Among those safeguards include:
 - Get a report from the medical staff for player who receives medical attention
 - Increase communication to officials and coaches in advance of the event regarding who the medical staff will be and their areas of authority
 - Verify credentials of medical staff prior to event
8. The committee discussed some of the by-law proposals reviewed by the IHSA Legislative Commission this year. The committee discussed some ideas regarding summer participation in football. The committee believes that more defined guidelines should be implemented, including having an acclimatization period that more closely mirrors the acclimatization used at the start of the football season. The committee is unaware of any medical research that would suggest there are a specific number of days in a week for players to be in protective equipment, although they recognize the fewer days would reduce the over-all exposure to head injuries to players. The committee believes work should continue on this initiative until new measures are in place.