

## **MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING**

**October 4, 2017**

The IHSA Sports Medicine Advisory Committee met via teleconference on Wednesday, October 4, 2017, beginning at 4:30 p.m. Committee members present were: Amanda Baugher, Collinsville; Gregory Gaa; Dr. Darren Hancock; Dr. Cynthia LaBella; Dr. Darr Leutz; Chris Murphy, Lombard (Glenbard East); Todd Wilson, Rantoul; and Dr. Preston Wolin. Also present were Associate Executive Director Kurt Gibson and Assistant Executive Director Stacey Lambert.

### **RECOMMENDATIONS:**

None.

### **ADMINISTRATIVE RECOMMENDATIONS:**

None.

### **ITEMS OF GENERAL DISCUSSION:**

1. The committee reviewed the minutes of their April 2017 meeting.
2. The committee reviewed a by-law proposal to require students to use a specific form for Pre-Participation Exams (PPE) for athletic participation. Mr. Wilson from Rantoul Township High School agreed to submit the proposal on behalf of the committee.
3. The committee discussed the recommendation from the baseball advisory committee to raise the maximum number of pitches a pitcher can throw in the post-season from 105 to 115. After thoughtful discussion, the committee expressed their support for the recommendation.
4. The committee reviewed its initial work on a Football “Best Practices” document concerning appropriate rest periods following game play or live action practices. The committee agreed to continue working on the document and set November 1<sup>st</sup> as a deadline for additional suggestions/edits to the document. Committee member Gaa will then compile the submissions into one document to share with representatives of the IHSA Football Advisory Committee at their meeting on December 6<sup>th</sup>. The committee will then review feedback from that meeting when the SMAC meets again in January of 2018 to finalize any formal document it may decide to recommend to the IHSA Board of Directors for further action.
5. The committee expressed its desire to work on a rules proposal for wrestling that would allow for specific injury time for possible head injuries. Committee member Leutz agreed to take the lead in drafting such a proposal.
6. The committee discussed making its members available for winter advisory committee meetings for those groups that may wish to discuss any sports medicine-related topic. Committee members LaBella and Murphy agreed to attend, if needed, the Cross Country and Volleyball meetings, respectively.

7. The committee reviewed the re-designed IHSA Skin Condition Form. Last spring, the SMAC and Wrestling Advisory Committees agreed that the previous form had become obsolete and needed updating. IHSA staff worked on a revision over the summer that the SMAC believes is an improvement over the previous version. Committee member Hancock did express his belief that chiropractic physicians should be included on the form as one of the mentioned-professional health care providers who can make a skin evaluation and agreed to bring some information for the committee to review at their next meeting.
8. The committee heard a report from IHSA staff concerning an update to the Youth Sports Concussion Safety Act that adds PA's/APN's to list of health care professionals who can evaluate and clear students to RTP and RTL following a concussion. Committee member Leutz inquired if Physical Therapists who have been properly trained could be added to the list. However, since it is a state law, and not an IHSA rule, that oversees this situation, the only way Physical Therapists could be added would be through a change to the law.
9. The committee discussed the cancellation of the football team/season by some high schools in Chicago. The committee decided it would continue to monitor this situation to see if there is something that can be gleaned from this development. Here is a link to the article that prompted the discussion: [Changing Landscape of HS Football](#)