

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

December 4, 2008

The IHSA Sports Medicine Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Thursday, December 4, 2008, beginning at 10:00 a.m. Committee members present were Gregory Gaa, Dr. James Green, Dr. Richard Everett, Senator John Davidson, and Dr. William Marcuzzo. Also in attendance was Assistant Executive Director Kurt Gibson. Present via conference call were committee members Dr. Cynthia LaBella, Dr. Chadwick Prodomos, and Dr. Preston Wollin. Not in attendance were Phil Morris and John Wators.

RECOMMENDATIONS:

1. Develop a Performance-Enhancing Drug Testing Survey

Recommendation: The committee recommends developing a survey to assess the usage trends of performance-enhancing drugs among high school students at IHSA member schools. The intended distribution of said survey is to be no earlier than the fall of 2009.

Rationale: With the implementation of the IHSA's Performance-Enhancing Drug Testing Program, an assessment aimed at tracking usage trends would be an appropriate resource to develop. An earlier assessment was created in 1990 by committee member Greg Gaa, and, if approved, would serve as a starting point for the committee. It is expected the survey could be made available on-line and maintain student confidentiality, which would increase the rate of return for such an instrument.

approved

ITEMS OF GENERAL DISCUSSION:

1. The committee heard a report from IHSA Assistant Executive Director Kurt Gibson on the implementation of the IHSA's Performance-Enhancing Drug Testing program so far this year. Through the fall, nearly 40% of the tests that will be administered this year during IHSA state series contests have been administered. Member schools have been extremely cooperative in implementing the program thus far, and Drug Free Sport has provided exemplary service in administering the program.
2. The committee reviewed and discussed the administrative check list for schools hosting IHSA Football Play-Off games. The committee decided to review recommendations from other national groups to see if guidelines provided by the IHSA relative to medical care are still appropriate. The committee recognizes that school districts across the state have different resources available to them, but the committee is also concerned that proper care/supervision is provided during the state football playoffs. The committee will review this issue again at its April meeting to determine if new recommendations should be made.
3. The committee discussed the by-law proposal brought forward to the Legislative Commission concerning pre-participation exams that would be older than 12 months. The committee continues to believe the current rule limiting pre-participation exams to be valid for up to 12 months is proper. The committee also discussed summer football participation and the lack of acclimatization 'rules' for schools. While concerned that some schools may not be allowing student-athletes to be properly acclimatized, the committee recognizes that there are

a number of variables at play that make it possibly too challenging to develop specific procedures that would address this in a better fashion at this time.

4. The committee discussed the wrestling weight management program in regards to weight fluctuation concerns with student-athletes. The committee will review the policy and current trends to see if weight fluctuation is a health issue that needs to be better addressed in the policy.
5. The committee discussed concussion management and how to best raise awareness on the issue in Illinois. The committee discussed the various types of measurement tools that are available for schools, as well as the necessity of educating coaches, players, and parents about head trauma/concussion. The committee decided to work on developing a position statement regarding head trauma/concussion as a starting point in raising awareness on this issue. Additionally, the committee discussed looking for resources that can be shared with schools regarding the following topics related to head trauma/concussion:
 - Symptoms
 - The necessity of trust between coaches, players, and medical care providers
 - Specific measurement tools
 - Return to play guidelines for schools to utilize
6. The committee discussed the high school injury reporting system that is being implemented this year by the NFHS. The NFHS SMAC is excited about the data that will be collected by Dr. Dawn Comstock and her staff, who are over-seeing the project, and hope that the data will assist NFHS rules committees in creating playing codes that will reduce risk management for participants. The committee will continue to be updated as more information becomes available on injury data.