

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

April 14, 2010

The IHSA Sports Medicine Advisory Committee met at the IHSA Office, Bloomington, Illinois, on Wednesday, April 14, 2010, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett, Gregory Gaa, Dr. Cynthia LaBella, Dr. Bill Marcuzzo, Phil Morrison, Dr. Chadwick Prodomos, and Dr. James Rehberger. Greg King, Sterling (H.S.) was in attendance as a guest. Also in attendance was Assistant Executive Director Kurt Gibson. Present mid-meeting via conference call was committee member Dr. Preston Wollin. Not present were members Dr. James Green and John Wator.

RECOMMENDATIONS:

1. Compile a List Concerning the Prevention and Management of Heat Stress/Illness/Acclimatization Relevant to High School Athletics.

Recommendation: The committee recommends that IHSA staff compile a list of current data and best practices concerning the prevention and management of heat stress/illness/acclimatization relevant to the high school athletic population for the committee's fall meeting.

Rationale: The committee remains concerned about the start of fall athletic practices and the need for proper acclimatization for student-athletes. The committee wants to formally review the current thinking of various groups on this topic to prior to making any future recommendations. In reviewing this data, the committee will invite members from the various fall sport advisory committees to collect their input on this issue as well.

Approved

2. Home Team Shall Be Responsible for Medical Coverage for All Play-off Football Games.

Recommendation: The home team shall be responsible to make arrangements for medical coverage for all play-off football games. Medical Coverage shall be defined to mean either having an ambulance or a first medical responder (licensed physician, EMT, or certified athletic trainer) on-site. The home team shall be responsible for any costs associated with providing this coverage.

Rationale: In order to ensure the safety of participants, the IHSA SMAC believes that in all football play-off games prior to the state championships, the home team will provide for medical coverage. The committee is concerned with the lack of current direction for schools in terms of medical coverage during the play-offs and believes this recommendation will not be unduly burdensome on the host. If a host is unable to secure such coverage, their opponent shall then be allowed to host the contest. In a survey of the 550 football playing schools following the conclusion of the 2009 season, only 4 of the 356 respondents indicated they had no medical coverage as described above, which illustrates to the committee that medical coverage is being provided currently, reinforcing the idea that this recommendation shouldn't be unduly burdensome.

Approved

3. The IHSA Weight Control Plan Be Modified to Require Wrestlers to Make Their Weight According to Established Target Dates.

Recommendation: The committee recommends that the IHSA Weight Control Plan be modified to require wrestlers to make weight according to the established target dates on their downward descent to their certified weight class. It would be required to keep progressing to the next lower weight class on the target date listed on the school's body fat certification form ,or, if they do not have a meet on the target date, then it would be the next contest. If a wrestler fails to hit the progression by the established date, the wrestler will be required to stay at the weight class at which they made their target weight.

Rationale: The committee is concerned that the intent of the current program is to allow for wrestlers to drop weight in a safe, progressive fashion during the season. However, the current program does not stop coaches or athletes from dropping unhealthy amounts of weight in a short time, typically near the end of the season, in order to make the wrestler's lowest certified weight class. This recommendation would stop this practice.

Tabled

ITEMS OF GENERAL DISCUSSION:

1. The committee discussed the future of the football playoff injury report. Dennis Snep is not longer able to continue compiling results of the yearly survey due to new professional obligations. The consensus of the committee is to try and establish a relationship with a local university to see if there are any on-going programs/individuals who can continue the work. The committee also requested that Coach Snep be thanked formally for his efforts.
2. The committee discussed the baseball pitch count issue brought forward at the committee's last meeting by Dr. Wolin. Consensus of the committee is to move forward with an action plan that would allow for dialogue between the committee and baseball coaches around the state. Included in that dialogue will be opportunities to meet with baseball coaches at the up-coming state finals and the baseball advisory

committee meeting in August. A mailing will be developed to introduce the discussion/issue, and the mailing will be sent to the IHSA SMAC prior to being sent to schools.

3. The committee discussed the IHSA's new PED program that will be acted on by its Board of Directors next week and reviewed the results of the PED survey that has been available to member schools since October. Due to the low participation in the survey, the committee asked IHSA staff to send our monthly reminders to member schools through October 2010, which marks the one year anniversary of the survey's rollout, in an attempt to increase the responses.
4. The committee reviewed the new concussion language that will be inserted in all NFHS rules books, beginning next school term. The committee suggested that information should be provided to member schools about the available concussion management resources for parents and student-athletes, which will hopefully then be distributed at each team's pre-season rules meeting.
5. The committee reviewed the fall acclimatization practice model submitted to the IHSA Strategic Planning Committee by John Watros. The committee continues to favor some approach that will ensure the best acclimatization for student-athletes. Dr. Promdorous suggested the committee look to find a model that represents the best practice at this time and look to make a recommendation for implementation, a suggestion that was later acted upon by the committee (see 'Recommendations') The committee asked that the Strategic Planning Committee be told that the SMAC supports their efforts on this issue and be kept informed of their work.
6. Dr. LaBella requested that the IHSA PPE be reviewed at the committee's next meeting to verify its currency. This item will be placed on the next agenda.
7. The committee confirmed that their next meeting is scheduled for December 2, 2010.
8. The committee thanked out-going members John Watros and Phil Morrison.