

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
December 4, 2014

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Thursday, December 4, 2014, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett, Gregory Gaa, Dr. James Green, Dr. Cynthia LaBella, Liz Short; Rick Vicenzi; and David Vieth, Mattoon. Also in attendance were Associate Executive Director Kurt Gibson and guests Phil Dryer, Tinley Park (Andrew) and Mark Florence, Naperville (Central). Not present was member Dr. Preston Wollin.

ADMINISTRATIVE RECOMMENDATIONS:

1. Weight Control Plan Recommendations - II. Time Periods for Measurements A.

Recommendation: All wrestlers are eligible for a final appeal certification to certify their weight after their first certification date on or before Friday of Week 24 on the IHSA Standardized calendar with approval of the IHSA administrator. A final appeal can only occur if the athlete wishing to appeal has not exceeded 1.5% weight loss per week each week from the date of the athlete's first certification. This appeal would allow the wrestler to drop no more than one weight class from the original minimum result from the first test.

Rationale: The committee believes this will give wrestlers a reasonable time to adjust their bodies to the sport of wrestling after coming from a fall sport. This would also reduce the rapid reduction that currently goes on as wrestlers try to reduce their weight before completing the certification process prior to their first match. There are many examples of young wrestlers coming out for wrestling for the very first time who find their weight and fitness making extreme changes after the first few weeks of the season. Many of these wrestlers end up with a certified weight higher than their actual weight creating an extreme disadvantage for them.

Approved

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed the minutes of its April 2014 meeting.
2. The committee reviewed the by-law proposals currently being considered by the membership.
3. IHSA staff updated the committee on concussion course implementation and head injury reports from game officials following fall contests. Through the end of November, over 22,000 coaches have completed the coach's course. Additionally, through the fall sports season, 132 student-athletes were removed from contests by game officials with possible head injuries, and of those, 18 returned to the same contest after being evaluated in accordance with IHSA protocols. The committee suggested IHSA staff re-evaluate the reporting process used by officials and schools

when student-athletes are removed from a contest with a possible head injury and create less of a narrative format and more of a question-based format that also allows for schools to reply with a final outcome for the student-athlete.

4. The committee recommended IHSA staff look at a couple of outside resources to see if those have any possible usage for member schools when helping students return to the playing field and classroom. Included in those are materials from Nationwide Children's Hospital in Ohio.
5. The committee discussed the concussion reporting practice/mechanism utilized in Indiana, where schools report concussions sustained by student-athletes to the state office. The committee suggested IHSA reinforce the importance and necessity for schools to correctly follow NFHS and IHSA protocols.
6. The committee discussed a request from the Wrestling Advisory Committee regarding the association's weight control plan. A recommendation from the committee to adjust the plan is outlined above.
7. The committee reviewed the findings of the NFHS Task Force concerning the minimization of impact exposure and concussion risk in football. In particular, the committee shared its desire that the association look to develop a by-law proposal that would place limits on the number of quarters a student can play during a given week. It is expected that the committee will review thoughts from the football advisory committee at its meeting in April with the hope a proposal that both committees can support will be brought forward to the IHSA Legislative Commission. The committee reminded itself that from its previous research that, due to injury concerns, the mid-week playoff game was eliminated from the state series year ago, and as a result of this, the amount of play per week per player should be somewhere less than 2 games in a seven day period.
8. Committee members Gaa, Vincenzi, and Short agreed to work with IHSA staff to create an Emergency Action Plan template that member schools could use as needed. A draft of this will be reviewed and hopefully acted upon as some type of position statement at the committee's April meeting.
9. The committee reviewed correspondence concerning the inclusion of an ECG (electrocardiogram) as a part of the PPE. The committee reaffirmed its position that if individuals wish to have an ECG conducted in conjunction with their athletic physical, they can, but it should not be a requirement.
10. The committee again reviewed a draft of a Managing Heat and Humidity plan to be reviewed by the committee in April 2015. The committee suggested some minor edits to the current draft that will be made before the committee votes on its adoption in April.