

MINUTES OF THE ILLINOIS ADVISORY COUNCIL ON PLAYER SAFETY MEETING
October 25, 2016

The Illinois Advisory Council on Player Safety met at the IHSA office in Bloomington, Illinois on Tuesday, October 25, 2016, beginning at 10:00 a.m. Council members present were Bailey Coffman, Dustin Fink, Sara Flanigan, Dennis Piron, and Cole Steward. Also in attendance were IHSA Associate Executive Director Kurt Gibson and Sports Medicine Advisory Committee member Greg Gaa. Not present were members Tregg Duerson, Napoleon Harris, and Tory Lindley.

RECOMMENDATIONS:

1. **Recommendation:** The Council recommends the approval of the Pitch Count Guidelines proposed by the IHSA Baseball Advisory Committee.

Rationale: The Council believes the proposal brought forward by the Baseball Advisory Council is appropriate for high school pitchers.

Previously Approved by Board

ITEMS OF GENERAL DISCUSSION:

1. The council reviewed the minutes of their March 31, 2016 meeting and from the April 20 and June 1, 2016 Sports Medicine Advisory Committee.
2. The Council discussed the Concussion Report that ATC's submit through the IHSA Schools Center. In particular, the Council believes that the reporting of days missed should be an editable item on the form, if the reporting of that information remains as a part of the over-all process.
3. In a review of concussion reports submitted to date by ATC's, the Council noted that in many sports the majority of reported concussions are for freshmen and sophomore athletes. The Council expressed their belief that those students are generally being exposed to those most reps in a program, and the increased exposure to contact could be a part of these higher rates. The Council emphasized their belief that coaches need to allow all players appropriate rest and recovery in order to optimize their performance.
4. The Council reviewed the results of the contact survey completed by high school varsity football coaches this season. The results seem to be consistent with the results from 2015 and show that football coaches are staying with current IHSA contact guidelines on a weekly basis. The Council expressed their belief that programs need to maximize rest and recovery for players when they can, while balancing the amount of practice and game play for players. Specifically, the Council advocates the following guidelines be considered when setting up game and practice schedules:
 - a. After week 8 in the IHSA Standardized Calendar, all teams should limit their combined full contact and thud time in practices to no more than 90 minutes over 3 practices within a week. (Based on two years of reported data, high school football coaches in Illinois are already meeting this benchmark.)

- b. Players should have at least 24 hours of recovery from live contact following a day when the player participated in at least 30 minutes of live contact in practice or played in a game.
5. The Council discussed additional possible practice guidelines that other sports could follow and agreed to make this a part of their next meeting.
6. The Council reviewed the Pitch Count Guidelines proposed by the IHSA Baseball Advisory Committee. The committee discussed reducing the amount of rest for pitchers by one day for varsity pitchers. However, in the end, the Council formally supported the proposal in its current form.
7. The Council discussed putting together a series of small presentations, likely in the form of videos, that highlight their work and the work of the IHSA SMAC. The hope of these presentations would be to highlight the effort of the various groups and keep the important player-safety initiatives undertaken by these groups in front of IHSA member schools and the general public.