

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

December 1, 2016

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Thursday, December 1, 2016, beginning at 10:00 a.m. Committee members present were: Dr. Richard Everett; Gregory Gaa; Dr. James Green; Dr. Darren Hancock; Dr. Cynthia LaBella; Chris Murphy, Lombard (Glenbard East); Todd Wilson (Rantoul); Dr. Preston Wolin; and Associate Executive Director Kurt Gibson. Guests in attendance were: IATA liaisons Phil Dryer, Tinley Park (Andrew) and Mark Florence, Naperville (Central); Brett Cazalet (Dunlap), IHSACA; Sam Knox, IHSA Assistant Executive Director; Genesis Health Systems representatives Jess Korns and Rusty Plunkett. Not present were members William Dill and Dr. Dar Lutz.

RECOMMENDATIONS:

None brought forward at this time

ITEMS OF GENERAL DISCUSSION:

1. The committee recognized outgoing SMAC members Dr. Jim Green of Jacksonville and Dr. Rich Everett of Princeton. Both Drs. Green and Everett have served the IHSA SMAC for over 25 years. Their service has positively impacted countless student-athletes over the years and allowed Illinois to establish and maintain a position of leadership nationally in sports-medicine initiatives.
2. The committee reviewed the minutes of its April 2016 meeting.
3. The committee reviewed the minutes of the Illinois Advisory Council on Player Safety (aka Play Smart! Play Hard!) from that group's October 2016 meeting.
4. The committee heard a presentation from Genesis Health Systems representatives, Rusty Plunkett and Jesse Korns, regarding the qualifications of individuals authorized to make return-to-play and return-to-learn determinations for student-athletes who have sustained a concussion. Mr. Plunkett and Mr. Korns shared their desire to have other mid-level medical practitioners, like nurse practitioners, be added to the list of professionals capable of making the RTP and RTL determination for student-athletes. Currently, state law only authorizes physicians licensed to practice medicine in all its branches in Illinois or certified athletic trainers working under a professional arrangement with a physician licensed to practice medicine in all its branches in Illinois to make that determination. The committee discussed the possibility implementing some type of certification process for providers that have RTP/RTL authority. This could be similar to the body-fat tester certification for IHSA wrestling that is already in place. The committee agreed to continue its discussion on this at its next meeting.

5. The committee had a productive conversation with Brett Cazalet, president of the Illinois High School Football Coaches Association, and Sam Knox, IHSA Assistant Executive Director, regarding individual player limitations in football. Through the conversation, the committee recognized the difficulties many schools face in fielding rosters at multiple levels of competition, and ultimately the committee agreed that the likely best step at this time is to create a document that outlines suggestions coaches should follow when having players participate in contests at multiple levels and/or over consecutive days. The committee agreed to work on such a document in advance of its April meeting and anticipate sharing a draft of the document at the IHSFBCA Conference in March of 2017.
6. The committee discussed the Pitch Count proposal developed by the IHSA Baseball Advisory Committee with IHSA Assistant Executive Director Sam Knox. In the course of that discussion, the committee reaffirmed its support for the Board of Directors to establish the following as maximum pitches a player can throw in a given day: varsity players = 105 pitches; sub-varsity players = 95 pitches. Additionally, the committee discussed what end of game reporting procedures could look like but offered no recommendation on that matter.
7. The committee discussed the number of medical staff passes available for member schools at IHSA state finals. The committee understands the space considerations IHSA staff has to deal with at state finals venues, but the committee would like to have IHSA staff consider increasing the number of passes available at football and boys' and girls' soccer state finals, due to the size of those rosters.
8. The committee suggested IHSA staff put out a reminder to COT's at member schools concerning the individuals allowed by the Youth Sports Concussion Safety Act to provide student-athletes with clearance to begin their school's RTP and RTL. The committee also suggested that this type of reminder be included in any future administrator training put on by IHSA staff.
9. The committee reviewed summary data on the following topics:
 - a. Special Reports submitted by officials this fall for students removed from contests with possible head injuries
 - b. Concussion reports submitted by member schools for the current school year
 - c. Survey results from football coaches on time spent on contact levels during practice