

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
April 22, 2015

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Wednesday, April 22, 2015, beginning at 10:00 a.m. Committee members present were Gregory Gaa, Dr. Cynthia LaBella, Liz Short; Rick Vicenzi; and David Vieth, Mattoon. Also in attendance were Associate Executive Director Kurt Gibson and guests Joe Cunanne, Lockport (Twp.); Phil Dryer, Tinley Park (Andrew); and Mike Sullivan, IATA. Not present were members Dr. Richard Everett, Dr. James Green, and Dr. Preston Wollin.

ADMINISTRATIVE RECOMMENDATIONS:

1. IHSA PES Testing Program

Recommendation: The committee recommends the continuation of the IHSA PES Testing Program.

Rationale: The committee believes the PES Testing Program is still an important initiative and continues to serve an important role in helping student-athletes make good decisions regarding their training for interscholastic sports.

Died for Lack of Motion

2. Guidelines for Managing Heat and Humidity

Recommendation: The committee recommends the adoption of specific guidelines for managing heat and humidity during IHSA state series events.

Rationale: Knowing that heat-related illness or injury is preventable, the committee believes that adopting the following guidelines for all IHSA state series events is appropriate. Implementation of these guidelines should not create an undue burden on managers and will follow similar procedures member schools are using for practices and regular season contests. If approved, these guidelines would be posted in all IHSA sport-specific manuals for managers, replacing the current section entitled, "Prevention of Heat Illness Guidelines."

Tabled

3. Emergency Action Plan (EAP) for Athletic Programs

Recommendation: The committee recommends the adoption of guidelines for schools to use in developing a venue-specific Emergency Action Plan (EAP) for their athletic programs.

Rationale: Recognizing that serious injuries can occur at any time and location, the committee believes schools need to formally develop, if they haven't already, plans to

respond to situations that can occur at any venue where their athletic teams practice or play contests. As a part of this recommendation, an EAP template is included for schools to use as they deem appropriate. An important part of these guidelines would encourage schools to practice their plans at least annually, similar to what schools do for fire and disaster responses.

Approved

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed the minutes of their December 2014 meeting.
2. The committee reviewed the football contact proposals concerning football that the SMAC and Football Advisory Committees made during their joint March meeting and discussed what the next steps are from the Board's perspective.
3. The committee reviewed the report of potential head injuries based on reports from game officials for the current school year. As of April 15, the IHSA had received 285 reports from game officials for the current year, and of those, 240 student-athletes did not return to the contest from which they were removed. In general, the committee believes that the slight increase this year compared to last year is a reflection of the growing understanding of head injuries and the comfort officials, coaches, and all associated with interscholastic contests have with the current playing rule. The committee discussed the possibility of creating a sports medicine reporting area that only athletic trainers identified by member schools could access to report various sports medicine data back to the IHSA. IHSA staff indicated that staff would investigate the possibility of creating such an area.
4. IHSA Staff updated the committee on the association's PES testing program. It is expected that by the end of the current school year, the association will conduct approximately 550 tests. To date, one student-athlete has tested positive this school year and was disciplined in accordance with the association's testing protocols.
5. The committee heard a report from Kelley Altom concerning the association's wrestling weight control program. The report centered on a number of possible recommendations to update the current program. The committee met with the wrestling advisory committee following the presentation and offered their support for the recommendations outlined in the wrestling advisory committee minutes.
6. The committee discussed two pieces of legislation - one state-based, one federal - that have been filed in Springfield and Washington, D.C., respectively. The state legislation would require schools to establish a Concussion Oversight Team that would develop specific return to learn and return to play protocols for student-athletes who have suffered concussions at their schools and establish additional training for team members. The federal legislation is also aimed at developing national guidelines schools and districts would follow as it relates to return to play following a

concussion. This legislation would require a school or district to follow these to-be-developed protocols in order to receive their federal funding.

7. The committee heard a report from the IHSA concerning the coaches concussion education program that was instituted this year. As of April 15, 2015, just under 27,000 coaches and athletic directors have completed the program. Additionally, the committee saw a preview of an updated concussion video that the IHSA and IATA have partnered on that schools will be able to use next school term to show their student-athletes to meet the requirements of the state law.
8. The committee recognized and thanked out-going member Rick Vincenzi for his service to the committee.