

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
December 3, 2015

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Wednesday, December 3, 2015, beginning at 10:00 a.m. Committee members present were William Dill, Dr. Richard Everett, Gregory Gaa, Dr. James Green, Liz Short; and David Vieth. Also in attendance were Associate Executive Director Kurt Gibson and guests Phil Dryer, Tinley Park (Andrew); and Mark Florence, Naperville (Central). Not present were members Dr. Cynthia LaBella and Dr. Preston Wolin.

RECOMMENDATIONS:

1. Adjust IHSA Policy 13 (Football Policies) as noted below:

Recommendation: Beginning week 8 of the IHSA standardized calendar and through the remainder of the season, full-contact will be allowed in no more than three practices per week and full-contact is limited to no more than 90 minutes per week. For the purposes of this policy, full-contact includes live action **and thud**, as defined by USA Football.

Rationale: After reviewing the results of Football Contact Survey, the committee believes that an appropriate next step for member schools to take in regards to player safety in football is to continue to look at ways to reduce the number of impacts that players are exposed to. The committee believes that the pace of live action and thud are similar, and contacts in those practice formats deliver significant impacts to players so the addition of thud to over-all time limitations is expected to help in the reduction of ‘impact’ contacts players are exposed to. *(NOTE: the PSPH Player Safety Advisory Council also supports this recommendation)*

2. IHSA Student-Athlete Clearance Form

Recommendation: The committee recommends the creation of an IHSA Student-Athlete Clearance Form.

Rationale: The committee believes it would be a benefit to member schools to have a form that schools can use to confirm student-athletes have met the necessary requirements of the IHSA and their school prior to the student’s participation in any interscholastic practice or try-out. The form could be edited as necessary by schools to add other requirements they might have in addition to those listed on the sample. This form would not be a required form for schools to use; rather, it would be form available for school use, just like the pre-participation exam form. *(NOTE: the PSPH Player Safety Advisory Council also supports this recommendation)*

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed the minutes from their April 22, 2015, meeting.
2. The committee reviewed the minutes from the June 9, 2015, and October 27, 2015, meetings of the Play Smart! Play Hard! Player Safety Advisory Council.
3. The committee reviewed a summary report from licensed officials following contests in which officials removed an athlete who was displaying signs, symptoms, or behaviors consistent with concussion. Through the fall, 186 athletes were removed from contests in accordance with NFHS playing rules, and of those 159, or 85%, did not return to the same contest from which they were removed.
4. The committee reviewed a summary report from certified athletic trainers regarding concussions sustained by student-athletes at IHSA member schools. Beginning this year, schools that have listed an athletic trainer in the IHSA database are able to provide general information regarding the injury through the IHSA Schools Center. For the April 2016 meeting, the committee requested that an over-all listing of schools who have reported information be added to the report.
5. The committee discussed the Youth Sports Concussion Act, which will go into full effect with the start of the 2016-17 school year. In particular, the committee discussed the importance of the Concussion Oversight Team's (COT) role in implementing a school's RTP and RTL protocol. The committee expressed the importance of athletic trainers making sure appropriate follow up occurs for athletes who sustained a concussion, particularly for those who are injured at the very end of a season and then transition into a new sport (ex.: football player injured in the last game of the year who then wrestles/plays basketball, etc.).
6. The committee reviewed a concussion protocol checklist created by the IHSA/IESA that lays out responsibilities/obligations for schools to meet in accordance with the Youth Sports Concussion Act.
7. The committee discussed investigating acclimatization/practice limit models for sports used in other states out of concerns for over-use injuries that are occurring in all sports. The committee requested IHSA staff bring back information from other states for their next meeting.
8. The committee discussed the recent announcement from U.S. Soccer Federation regarding heading. While the committee is concerned about the act of heading in high school soccer, the consensus of the committee at this time is to monitor developments of this initiative and take no action at this time.
9. The committee reviewed the new pitching limitations to be implemented in Alabama high schools beginning in 2017. The committee requested an opportunity to meet with baseball advisory committee members to discuss implications of such an initiative for Illinois.

10. The committee discussed at length their concern over the growing issue of ‘over-use’ injuries by suffered students who play a given sport year round. Numerous studies have shown this type of activity harms, rather than helps, students, and, as a result, the committee discussed developing a position statement on over-use injuries. Additionally, the committee asked IHSA staff to research over-use injury statistics and bring any related studies to the group’s April meeting.
11. Committee member Vieth initiated a discussion on cardiac screening for student-athletes. The committee suggested promoting the importance of cardiac screening during February, which is American Heart Month.
12. The committee reviewed a request from APN’s/AP’s to include their professions to the list of those who can sign off on a student-athlete’s RTP following a concussion. After thoughtful consideration of the request, the committee did not recommend to add any additional professions to the current list.
13. The committee continued its review of a “Managing Heat and Humidity” Policy. The committee rethought its original position and asked IHSA staff to update the previous model to incorporate suggestions from the Korey Springer Institute and bring the revised version back for committee approval at their spring meeting.
14. The committee welcomed new member Bill Dill to the committee. Mr. Dill is an athletic trainer from the Waterloo, Illinois, area and represents Division 7 on the committee.

Athletics Clearance Form (sample)
PSPS Player Safety Advisory Council

Clearance Form

Athlete's Name _____
Year in School _____

Items required to participate/try-out/practice for an interscholastic sport (required)

Current Physical _____ Physical Date _____
Parent Permit/Insurance Waiver _____
IHSA Consent (PES/Concussion) _____
Academic Compliance _____

Other Items

Transfer Forms _____ (for transfer students only)

Equipment sport _____
items _____

Sport(s) approved to try-out _____

Approved by _____

Date _____