

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

April 18, 2019

The IHSA Sports Medicine Advisory Committee conducted an online meeting on Thursday, April 18, 2019, beginning at 12:00 p.m. Committee members present were: Amanda Baugher, Collinsville; Sara Flanigan, Wauconda; Greg Gaa; Dr. Cynthia LaBella; Chris Murphy, Lombard (Glenbard East); and Todd Wilson, Principal at Rantoul. Also present were IHSA Assistant Executive Director, Stacey Lambert and IESA Associate Executive Director, Nicole Schaeftbauer. Not present were members Dr. Preston Wolin, Dr. Darr Leutz, Dennis Piron, Dustin Fink, and Dr. Darren Hancock.

Recommendation: The Committee recommends that any athletes that participates at an IHSA member school, in any sport during the summer contact period has a current physical on file with the school.

Rationale: The Committee feels that the schools take on a huge liability by not knowing if their athletes are physically cleared to participate in summer practices and contests.

Died for Lack of Motion

Recommendation: The Committee recommends the IHSA preparticipation physical form be required for all upperclassmen starting with the 2020-21 school year.

Rationale: The IHSA form contains more detailed questions that are important for physical activity that are not always found in a general physical form. The Committee feels that by starting with the upperclassmen it will be easy to get the form disseminated to the student body prior to the students receiving physicals. This will also give time for the SMAC to share this information with physicians across the state and the IHSA time to make sure schools are aware of the requirement.

Died for Lack of Motion

General Items of Discussion

- 1) The Committee talked about post season hosting and medical communication. Greg Gaa is going to work to put together a checklist of sorts that can be added to the host checklist in the IHSA manuals.
- 2) The Committee discussed Coaches CPR/AED certification. There are several courses online where coaches could get a certificate with minimal cost. <http://www.onlinecprcertification.net/> Some schools are already offering this through their school districts.
- 3) The Committee heard a report from KSI about Raise your Rate.
- 4) The Committee discussed the master plan for what the concussion oversight team looks like, Stacey will work to put together a checklist for schools to use.
- 5) The Committee discussed acclimatization. They felt it was time to talk about all sports, as well as look at cold weather standards. Maine and Montana have cold weather guidelines that the committee will look at in the future.
- 6) The Committee talked about a fall meeting date. It was determined that Mid-September works just fine.