



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 19, 2021

SUMMARY/MINUTES

Committee members in attendance:

Luis Salazar, MD (Committee Chairperson)
Will Burton, CAA (AD rep)
Justin Clark, ATC
Paul Cleland, MD
Bonne Condit, RN
Steven Gould, DC
Jackie Hall (Coach rep)
Jennifer Hudson, ATC
Michael Longhofer, ATC
Michael Machen, MD
David Smith, MD
Anne Weese, PhD
Steve Zimmerman, ATC

KSHSAA staff in attendance:

Bill Faflick, KSHSAA Executive Director
Brent Unruh, KSHSAA Liaison to SMAC
Rod Garman
Cheryl Gleason
Jeremy Holaday
Mark Lentz
Craig Manteuffel
Francine Martin

The meeting took place in a virtual format due to the coronavirus pandemic.

Minutes from previous committee meetings on October 5, 2020, November 17, 2020 and February 4, 2021 were approved unanimously.

1. Committee member terms & positions

- All committee members have been offered the opportunity to extend their service terms by one year with the goal being to maintain continuity in this group during the pandemic.
- A pediatric physician position on this committee will be added with the service term beginning at the Fall 2021 meeting. Committee members should submit any potential candidates to Brent as soon as possible.
- Discussion was held on whether to pursue a member of the KDHE staff to join this committee. KSHSAA staff will reach out to the KDHE to discuss their interest in providing a liaison from their organization to this committee. This position would be non-voting.

2. Legislative update

- Transgender bill
The committee discussed the potential impact on the current KSHSAA Transgender Policy if this bill becomes law. Dr. Smith noted that the AMSSM has taken a neutral stance on current transgender legislation. Dr. Weese noted at the collegiate level terminology is changing to *gender confirmation surgery* instead of *sexual reassignment surgery*.
- SB 40
The group discussed the impact of this new legislation on current school masking policies.
- HB 2086
Bonnie informed the group this legislation did not pass. It would have permitted school nurses to maintain a stock supply of emergency medications rather than only medication for each student with a prescription.

3. Mental health update

- Anne informed the group she is working with K-State to get approval to use their production resources to create some high school coaching education video resources related to mental health topics. The education will focus on recognizing when mental health referrals are necessary and helping coaches understand how to be active listeners with their student-athletes. Other committee members will work with Anne to develop and refine specific content for this project.



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- Anne also shared the IOC will be releasing some mental health screening tools, one of which will be designed for athletic trainers and coaches. Once available, they will be evaluated and shared with member schools.
4. **KSI meeting update**
 - Justin Clark updated the committee about this meeting taking place June 8.
 5. **Current KSHSAA mask policy & BOD proposal**
 - The committee reviewed the current proposal on the Board of Directors agenda to continue the KSHSAA mask policy through the conclusion of spring championships. Committee members noted there is clear science indicating the effectiveness of masking and are in unanimous support of this proposal.
 6. **Return to play guidelines interpretation**
 - The committee continues to evaluate these recommendations based on new information continually becoming available. The evidence of cardiovascular complications of asymptomatic COVID cases in student-athletes has shown to be very rare. The reliance on symptoms should be the main priority when determining necessary cardiac testing and return to play. The committee noted current KSHSAA guidelines will need to be re-evaluated after the spring season.
 7. **2021-22 COVID discussion**
 - The committee noted it is too early to know what types of guidelines and recommendations will need to be in place for the 2021-22 school year. This group will convene over the summer as needed to evaluate current expert guidance and refine or develop any necessary recommendations.
 8. **Activity specific items**
 - 6th grade football rules proposal
The committee voted unanimously in opposition to the current BOD proposal to allow 6th graders to participate in middle school tackle football. Members noted the significant physical and emotional developmental differences between 6th graders and 7th/8th graders.
 - Jeremy shared recent accommodations granted for a softball player with conversion disorder and a baseball player with one functioning arm.
 - Brent provided the committee background on softball face protection and the lack of an equipment standard for this type of equipment.
 - Rod reviewed risk mitigation protocols and received feedback from the committee for Girls State Swimming/Diving and the summer STUCO Workshop.
 - Craig reviewed risk mitigation protocols for the KSHSAA Summer Spirit camps.
 9. **Girls Soccer preseason practice days requirement**
 - The group reviewed Rule 38 as it pertains to Girls Soccer players being required to complete 9 days of practice prior to competition. The group is in agreement that the 9-day requirement is in place for heat acclimatization and does not need to apply to the girls season. The committee supports the KSHSAA staff and governing boards if they choose to recommend a rules proposal making the 9-day requirement apply to Boys Soccer only.
 10. **Team practice days vs. individual days**
 - Discussion took place regarding the purpose of team practice days requirements for football and cross country if individual practice rules are in place. This will be reviewed in further detail at the Fall 2021 meeting.



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11. PPE Physician's Assistant sign-off

- The committee considered a request to modify the PA-C terminology on the KSHSAA PPE to PA. More information has been requested regarding the difference in the two credentials before a final decision can be made.

12. KUHS PPE EMR version

- Dr. Smith shared an update regarding the progress of the electronic version of the KSHSAA PPE in the KU Health Systems EMR system.

13. Lightning guidelines review

- New language in the NFHS lightning guidelines was reviewed and approved for addition to the KSHSAA lightning guidelines.

14. Concussion update

- Q-Collar
Dr. Salazar shared information regarding the recently FDA approved Q-Collar being marketed to protect the brain from sub-concussive impact. The committee will review any feedback from the NFHS SMAC on this equipment.
- School reporting data summary
Brent provided a current update in reporting data. Many committee members noted they are seeing fewer concussions in their schools/clinics this year most likely attributed to fewer overall exposures because of the pandemic.

The next regularly scheduled fall meeting will take place October 4, 2021