



## KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 8, 2019, 10:00 am

### MINUTES

#### Committee members in attendance:

Jennifer Koontz, MD (committee chair)  
Bonnie Condit, RN  
Steven Gould, DC  
Jackie Hall  
Jennifer Hudson, ATC  
Michael Longhofer, ATC  
Michael Machen, MD  
Michael Pelton, ATC  
Luis Salazar, MD  
David Smith, MD  
Gary Stevanus, ATC

#### KSHSAA staff in attendance:

Bill Faflick, KSHSAA Executive Director  
Brent Unruh, KSHSAA Liaison to SMAC

1. Welcome & general information
2. Committee update
  - a. October 2018 meeting minutes
    - Minutes approved 12-0 (**Motion Machen / 2<sup>nd</sup> Longhofer**)
  - b. Pre-game timeout
    - Mr. Faflick updated the committee on the pre-game timeout initiative that will be implemented for the 2019-2020 school year. Participating schools in any event will be expected to meet prior to any contest to discuss designated safety components related to the event.
  - c. Helmet add-on statement
    - Batting helmet C-flap update
      - Brent updated the committee on KSHSAA's current position related to helmet add-on products. The KSHSAA statement will be posted online.
  - d. Concussion insurance
    - The KSHSAA is still waiting on feedback from their insurance broker related to questions about scope of coverage of the proposed policy.
  - e. Spine injury management statement
    - The committee recommended removing the statement on the KSHSAA website dated July 2015. A Spine Injury in Sports Group has been formed at the national level to review best practices related to pre-hospital care of spine injured athletes. Once this information is released, the KSHSAA SMAC will evaluate and decide any necessary future steps for the KSHSAA related to this topic.
  - f. Organization reports
    - Bonnie Condit, KS School Nurse Organization
      - Potential state legislation to allow school nurses to stock and administer epinephrine and albuterol even if the student doesn't have a prescription. The committee noted this could also impact athletic trainers in the high school setting.
      - Permitting medical cannabis dispensing by school personnel continues to be a topic.
    - Jackie Hall, Kansas Coaches Association
      - Questions regarding what guidelines girls will have for wrestling if a separate division for girls wrestling is approved.
    - Gary Stevanus, KIAAA
      - Nothing to report



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- Phillip Vardiman, Kansas Athletic Trainers Society (**via teleconference**)
    - The Safety in Football campaign will take place again during the fall of 2019. The KSHSAA will enthusiastically support this effort where appropriate.
  - g. NFHS SMAC agenda and state reports
3. CPR/AED training requirement proposal
- The committee reviewed the proposed manual/website language should this rule pass at the April 2019 Board of Director's meeting. Based on recommendation of the committee changes were made to the proposed policy language. The committee voted unanimously to recommend the policy interpretation language with the recommended changes (**Motion Salazar / 2<sup>nd</sup> Stevanus**). This recommended policy language will go to the Executive Board.
4. Wrestling discussion
- a. Weigh-in procedure/weight management
  - b. Injury timeouts
  - Mark Lentz, KSHSAA Wrestling Administrator reported to the committee on wrestling competition weigh-in and weight management items. Mark explained to the committee how the KSHSAA deviates from the NFHS playing rules by allowing schools to conduct home site weigh-ins the morning of a competition. The committee noted this could lead to safety issues for competitors by allowing a greater chance of a weight discrepancy between wrestlers competing in the same weight class. The committee is in favor of the KSHSAA aligning with NFHS rules by only allowing shoulder to shoulder weigh-ins within the permitted timeframe of NFHS playing rules.
- The committee was also updated on KSHSAA weight management/descent procedures. It was noted the KSHSAA does not use a body fat component in weight descent guidelines.
- Brief discussion was held on injury time allowed for concussion evaluations in wrestling. Right now, any concussion evaluation time is considered part of the total allotted injury time, per NFHS playing rules. Discussion continues on the national level about changing how concussion evaluation time is treated.
5. Cross Country meet management guidelines
- The committee reviewed the guidelines put together by the sub-committee. Some minor language changes were recommended. Extensive discussion was held on whether cold tubs should be available at all races or only if certain environmental conditions existed. The consensus of the committee is that a serious heat emergency can take place at temperatures that do not indicate an environmental risk, therefore cold tubs should always be available. It was also noted that if there are concerns of extreme cold risk, meet management personnel could discuss the need for cold tubs while covering the EAP check-list at the pre-race meeting. Pending Executive Board approval, discussion took place as to how the information should be shared with schools. Several communication methods will be used to ensure awareness. The committee commends schools who are already implementing many of the proposed guidelines. The guidelines draft passed 11-0 (**Motion Smith / 2<sup>nd</sup> Salazar**) and will go to the Executive Board for review.
6. Electronic PPE/PPE version update
- Discussion continued on creating the ability to produce the KSHSAA PPE through physician electronic record management systems. Current KSHSAA handbook language states PPE forms are to be furnished by the Association. If students were permitted to turn in PPE forms generated from third-party software systems, schools would be responsible to ensure the content of the PPE is the KSHSAA content. This will



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be an item for discussion with the Executive Board to determine if new language should be considered in the handbook which would permit schools to accept an electronically generated PPE.

#### **7. Mental Health update/discussion**

- The committee continues to evaluate ways in which the Association can assist its member schools in addressing student mental health issues. The committee acknowledges this is a very important issue among the entire student population in schools today. The committee recommends the Association look into providing information on a mental health emergency action plan. A KSHSAA statement regarding mental health awareness for coaches and other school personnel was also suggested. The committee noted there is a Kansas School Mental Health Advisory Council through the KSDE. This group could be a potential resource for the Association.

#### **8. Concussion reporting**

- The committee reviewed concussion data collected to date. End of year reporting will include data breakdown by sport, gender, school classification, practice/game incidence and will also involve a summary of how many reported concussions were first-time vs. multiple for that student.

It was suggested for next year's survey to add a question whether an athletic trainer was onsite at the time of injury. Committee members also suggested adding multiple questions to one web page.

#### **9. Return to Learn information review**

- The committee reviewed the draft of KSHSAA return to learn information. It was noted that many times good students struggle the most. It was suggested that adding a statement about potentially eliminating catch-up work for the student may be appropriate. The catch-up plan should be doable and not create more stress for the student. The REAP program was also suggested as another resource to review.

#### **10. Heat index chart vs. WBGT review**

- The committee reviewed charts showing activity modifications based on different heat index levels compared to modifications based on estimated WBGT levels obtained using temperature and humidity readings.

#### **11. Medical services survey review**

- The data collected regarding what types of medical coverage is being provided at certain events was reviewed by the committee. As school size decreases so does the presence of trained medical personnel at events and practices. The committee emphasized the need for continuous promotion of having medical personnel available, especially for higher risk sports.

#### **12. Recognition of outgoing committee members**

- Jennifer Koontz, MD, Michael Pelton, ATC; Gary Stevanus, ATC were all recognized for the years of service on the KSHSAA SMAC. The KSHSAA is extremely grateful for the contributions made by these professionals.

#### **13. Topics from the floor**

### **Meeting Adjourn**

**Fall 2019 meeting date: Monday, October 7, 2019**