



# KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 8, 2024

## MEETING SUMMARY

### **Committee members in attendance:**

Paul Cleland, MD - Committee Chairperson  
Weston Bucher, LAT, ATC  
Will Burton, CAA (School admin rep)  
Tara Harmon-Moore, BSN, RN, BA (School Nurse rep)  
Brian Harvey, DO  
Jessica Koch (Coach rep)  
Tim Lackey, DC  
Ryan LaSota, MD  
Mark Padfield, LAT, ATC  
Madison Silva, LAT, ATC  
Caitlin Truhe, LAT, ATC  
Wally Walstrom, DO  
Anne Weese, PhD

### **KSHSAA staff in attendance:**

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

### **1. Committee update items**

Brent provided the committee updates and new information on various items related to student health and safety that have become available since the committee last met in September 2023.

The committee reviewed the recent changes to the PPE and currently believe no further statements or instructions are needed. The group recommended KSHSAA staff make an emphasis this spring and summer on communicating to schools why current and accurate information on the medical eligibility page is so important.

The committee spent time reviewing the current transgender policy based on a question from a committee member about biological females undergoing hormone therapy. The committee recommended a legal review of the current policy to determine if more specificity is needed.

### **2. Organization reports**

- KS Athletic Trainers Society (KATS)  
Caitlin Truhe reported on the recent Hit the Hill Day where KATS members spent time educating legislators on the value of athletic trainers. Caitlin also shared the athletic trainer practice act is being opened up for review.
- KS School Nurses Organization (KSNO)  
Tara Harmon-Moore reported the bill allowing schools to stock albuterol is on the Governor's desk.

### **3. Mental health/student wellness and coaching education**

Traci Nigg, athletic director, soccer coach, and a school social worker from Wichita USD 259 presented to the committee on the Coach Beyond training program for coaches. This program was developed through the LifeSports program at The Ohio State University. This program is in the process of expanding beyond the state of Ohio, and Traci presented to the committee on potential implementation in Kansas. The committee is in full support of distributing a survey to Kansas coaches to help identify areas of coaching education needs. KSHSAA staff will work with Traci to distribute the survey. Once data has been collected and analyzed, the SMAC will work with Association leadership to determine appropriate next steps.

The committee reviewed a proposal from Community Healthcare System regarding a proposed partnership in offering mental health training to member school staff and coaches. The SMAC noted this program could be beneficial and is supportive of the Association sharing information with member schools. But at this time a formal partnership was not supported.



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Future mental health initiatives were discussed. Dr. Weese suggested the possibility of creating podcasts involving herself, other professionals, and students discussing different wellness issues.

#### **4. Relative Energy Deficiency in Sport (RED-S) resources**

Dr. Weese shared some online resources related to RED-S. The group supports sharing these resources through the KSHSAA website and other channels. It was noted that there is a lot of misinformation on this topic, so careful review of anything shared is important.

#### **5. Concussion information review**

The committee reviewed and unanimously approved the updated concussion guidelines developed by a sub-group of the SMAC over the past few months. These guidelines incorporate the most recent information and recommendations from the 6<sup>th</sup> International Conference on Concussion in Sport.

SMAC members reviewed drafts of new KSHSAA return to play and return to learn forms. Recommendations were made to add additional information to each form including more detailed information on the progression steps. The committee concussion sub-group will work on making these updates and share with the full committee for review when ready.

The updates made to the return to learn document and the parent/student concussion information acknowledgement form were all supported by the committee.

#### **6. Cardiac response plan legislation**

Proposed legislation requiring cardiac response plans in schools was evaluated by the committee. This legislation would require response plans be submitted to the KDHE and would also require readily available AEDs at all school events. The committee and staff are in agreement that very little would change for school activity programs if they are currently following KSHSAA recommendations in these areas.

#### **7. Heat policy updates**

The group reviewed a draft of the requested changes to the KSHSAA recommended heat policy and are supportive of all updates.

#### **8. Summer coaching rules evaluation**

The committee was asked to provide feedback from a health and safety perspective to the summer coaching committee on the current summer coaching rules and potential changes. The committee recognizes there is no perfect solution to the summer format and noted that overtraining is the biggest concern. A good rule for a high school student is to limit total training and competing time in a week to 16 hours. They also believe a full week off after spring seasons conclude along with designated rest periods throughout the summer are beneficial for students. The committee noted the importance for school coaches to educate their student-athletes that appropriate rest periods will improve performance and that students shouldn't feel pressure to train all summer.

#### **9. Recognition of outgoing members**

Will Burton, CAA (AD – Abilene HS) and Paul Cleland, MD (Ascension-Via Christi, Wichita) are rotating off of the committee and were recognized for their five years of committee service.

**The next scheduled meeting is Monday, September 30, 2024.**