



# KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

October 8, 2018, 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  
Phillip Vardiman, PhD, ATC

### KSHSAA staff in attendance:

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

1. Welcome & general information
2. Committee update
  - a. April 2018 meeting summary  
**Summary approved 12-0 (Motion Machen / 2<sup>nd</sup> Pelton)**
  - b. Lightning safety guidelines  
**Updated guidelines approved 12-0 (Motion Longhofer / 2<sup>nd</sup> Salazar)**
  - c. KSHSAA Football Rule 35 update
    - Mr. Faflick updated the committee on changes to Football Rule 35 which will require a minimum of 3 days between games for every team. This rule will go into effect for the 2020 football season.
  - d. NFHS National High School Sports Medicine Summit, April 20-21, 2018
    - Dr. Koontz and Brent Unruh updated the committee on the NFHS Sports Medicine Summit meeting that took place this past spring.
  - e. NFHS Foundation AED initiative
  - f. Official's luggage tags
    - All registered officials have been sent a luggage tag with instructions to fill the insert tag out with some basic health and emergency contact information. This provides event management personnel with valuable information in the event the official suffers a health emergency while working an event.
  - g. Track & Field inclusion
  - h. NFHS soccer headgear statement
    - Virginia Tech University has released soccer headgear ratings. The NFHS continues to monitor studies involving soft headgear equipment. This type of equipment is permissible in Soccer.
  - i. High School RIO recruitment
  - j. KSHSAA pre-season health/safety reminders
  - k. NFHS SMAC meeting agenda & April 2018 state reports
  - l. NFHSLearn.com new course
  - m. Baseball equipment update – Jeremy Holaday
    - Beginning in 2020 all baseballs and catcher chest protectors must meet the NOCSAE standard.
    - C flaps on batting helmets are only permitted if they are attached at the time of manufacture. Third party, add-on C flaps are not permitted per NFHS playing rules.



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3. Organization reports
  - a. Gary Stevanus, KIAAA
    - Gary reported the need for more resources for schools in better understanding the appropriate progression for students in the return to learn process for students recovering from a concussion. The committee will work to make more information available on this topic through the KSHSAA. Dr. Koontz will begin putting together some return to learn overview information for the committee to review this coming spring. The committee was also reminded of the ongoing study regarding return to learn awareness in schools being conducted by Dr. Richard Bomgardner at Wichita State University.
  - b. Phillip Vardiman, Kansas Athletic Trainers Society
    - Phillip reported on the helmet sticker project being conducted by KATS to raise awareness of the value of having an athletic trainer in the school. Currently 54 schools are participating.
  - c. Bonnie Condit, KS School Nurse Organization
    - Bonnie reported on changes to epinephrine regulation in schools.
4. Emergency preparedness
  - a. Heat preparedness – Cross Country
    - Consensus from the committee was to continue to emphasize proper Cross Country meet management procedures in relation to emergency preparedness and response. The uniqueness of Cross Country with the number of participants, course design and nature of the sport can create challenges in proper medical coverage, particularly when environmental conditions are extreme. A sub-group was formed to begin working on suggested meet management guidelines related to participant safety. Members of this group include Dr. Koontz, Dr. Smith, Dr. Salazar, Phillip Vardiman and Gary Stevanus. Francine Martin and Bill Faflick are also included as representatives from the KSHSAA. This group will report back to the committee in April.
  - b. Pre-game timeout
    - Mr. Faflick shared information on the concept of a pre-game timeout where school administrators, coaches, officials and event medical personnel meet prior to every event to discuss responsibilities in an emergency response. The committee supports the KSHSAA in implementation. This item will be further discussed by the KSHSAA Executive Board.
  - c. Coach emergency management guide review
    - After review the committee voted unanimously to approve this document (**Motion: Salazar / Second: Stevanus**). This document will be available on the KSHSAA website. The KSHSAA will also evaluate options to distribute hard copies to schools.
  - d. Coach CPR/AED requirement
    - Mandatory CPR/AED training for coaches is an item on the agenda for the upcoming fall regional meetings. Based on response from member schools at the regional meetings, the committee will evaluate what type(s) of programs would be most reasonable and effective for coaches to go through.
5. Heat acclimatization rule feedback
  - The committee discussed feedback from member schools with the implementation of the new heat acclimatization policy this past summer/fall.
  - a. Minimum number of practices prior to first competition
    - Cheryl Gleason, KSHSAA Assistant Executive Director asked the committee to discuss whether there was a need to have a minimum number of practices prior to competition required in all fall sports (currently a minimum number of individual practices is required only in football, cross country and soccer). The committee recognizes that current heat acclimatization guidelines promote a 14 day acclimatization period. Right now the committee feels the current heat acclimatization rule is sufficient.



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6. Mental health discussion
  - Discussion was held on the incidence of mental health issues affecting students. The committee believes the role of the KSHSAA should be to help school personnel, students and parents find resources to support affected students. The committee discussed several resources that currently exist and are planning to discuss in more detail at the spring meeting what resources should be made available through the KSHSAA. It was also noted the new pre-participation physical monograph will have questions in the health history section about mental illness. The SMAC will review the new monograph once it is released to determine what updates are needed on the KSHSAA PPE.
7. Concussion update
  - a. Concussion guidelines
    - i. Question re: final step RTP
      - The committee reviewed the updated concussion guidelines approved at the Spring 2018 SMAC meeting and believe the guidelines adequately identify the steps in the return to play progression.
  - b. Concussion reporting system
    - Brent updated the committee on the number of concussion cases reported so far. Brent will begin working on preliminary data analysis to have available at the upcoming Spring 2019 meeting.
  - c. High School RIO concussion data
  - d. Concussion insurance
    - Mr. Faflick shared the proposal the KSHSAA has received for concussion insurance which would cover any student who sustains a concussion while participating in a practice or competition of a KSHSAA sponsored activity.
    - Before KSHSAA staff presents the proposal to the Executive Board, the committee recommends obtaining clarification on coverage for neuropsychological evaluations and treatments involving vestibular and/or visual impairments resulting from a head injury.
  - e. CTE fact sheet
    - This information will be posted on the KSHSAA website.
8. 2018-19 wrestling skin lesion form review
  - The committee reviewed the newly released NFHS suggested skin lesion release form. The committee voted unanimously to adopt the new form in its entirety with the exception of keeping the current language that is found on the current KSHSAA form for treatment of Molluscum Contagiosum (**Motion: Machen / Second: Salazar**). Healthcare providers permitted to sign this form in Kansas are the same providers permitted to sign the PPE.
9. Appropriate medical coverage for school activities
  - Discussion took place on whether the KSHSAA should provide information on recommended levels of medical coverage at school practices and events. It was noted that access to healthcare resources varies greatly across the state. The committee recommends the KSHSAA survey its member schools to find out what levels of medical coverage are currently being provided.
10. PPE / EMR integration
  - KSHSAA staff will look into the possibility of formatting the current PPE form in a format that could be filled out electronically.
  - Members of the committee indicated there could be great value in integrating the PPE into physician office EMR systems.



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**11. Heat contingency guidelines**

- Brent asked the committee to consider the current heat index guidelines in comparison to wet bulb globe temperature guidelines. The committee requested to see a chart comparison between our current heat index guidelines and how much it would change when using estimated wet bulb globe temperature levels. This will be reviewed at the committee's next meeting.

**12. Topics from the floor**

- Cheryl Gleason shared with the committee potential changes to the KSHSAA volleyball warm-up procedures based on the incidence of injuries taking place during warm-ups in volleyball.

**Meeting adjourn. Next scheduled meeting - Monday, April 8, 2019**