



# KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 17, 2023, 9:30 a.m.

## MEETING SUMMARY

### Committee members in attendance:

Paul Cleland, MD (Committee Chairperson)  
Will Burton, CAA (School admin rep)  
Justin Clark, ATC  
Bonne Condit, RN (School Nurse rep)  
Jennifer Hudson, ATC  
Jessica Koch (School admin & coach rep)  
Tim Lackey, DC  
Ryan LaSota, MD  
Mark Padfield, ATC  
Abbey Rupe, MD  
Madison Silva, ATC  
David Smith, MD  
Wally Walstrom, DO  
Anne Weese, PhD

### KSHSAA staff in attendance:

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

Minutes from October 2022 were approved unanimously.

### 1. Committee Update Items

- Brent reviewed upcoming BOD agenda items relevant to the committee and student health/safety.
- Information was shared with the group regarding sports medicine/student health speakers at this summer's Coaching School, results of the NFHS EKG survey, and the recent NFHS SMAC meeting summary and upcoming agenda.
- The KSHSAA sincerely thanks the following committee members who are rotating off of the SMAC at the conclusion of the school year:

Bonnie Condit, RN (Ark City HS)  
Jennifer Hudson, LAT, ATC (Wichita East HS)  
David Smith, MD (KU Health System)

Brent reviewed the committee member recommendation process and encouraged all members to submit suggestions for future members.

### 2. Organization reports

- KS Athletic Trainers Society (KATS): Justin Clark reported the KATS organization is regrouping this fall to evaluate priorities moving forward. At this time, they are unsure of future legislative initiatives related to the School Sports Head Injury Prevention Act. They do plan to implement another Safety in Sports campaign this coming fall.
- KS Interscholastic Athletic Administrators Association (KIAAA): Will Burton reported the main question from the KIAAA at this time is what KSHSAA policies will be implemented in response to the new Fairness in Women's Sports Act.
- KS School Nurses Organization (KSNO): Bonnie Condit shared updates on a couple of legislative items and also shared about the Project Echo school vaping cessation program through the KDHE.



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#### **3. HB 2238 – Fairness in Women’s Sports Act**

- As the KSHSAA formulates policy to ensure schools are in compliance with this new law, the committee was asked to consider procedures to ensure the accurate birth sex of students is confirmed. It was determined the PPE would be the most useful tool to produce this information. The committee proposed language modifications in the relevant sections to confirm birth sex. The committee also recommended updates to the parental confirmation statement in the history section and the parental consent section on the medical eligibility page. Additional language regarding birth sex was also proposed for the physician reminder section on the physical exam page.

#### **4. Emergency Action Planning**

- Pre-game timeout review: The committee discussed the pre-game timeout protocol and ways it could be improved and made more uniform. Recommendations included involving the contest officials and using the coach/official pregame meeting as the time to conduct the meeting. It was noted that every sport/activity is different, and the meeting may look a little different between activities. Mark Padfield will work with KSHSAA staff to update the current script.
- Smart Heart Sports Coalition / Potential Legislation: The group reviewed the new initiative by the NFL and other organizations to ensure every state has policies in place requiring schools to ensure all coaches have CPR/AED education, EAPs are in place for every venue, and AEDs are at every activity venue or within 1-3 minutes. Justin Clark shared a resource where schools can go to find potential grant funding for AEDs. The KSHSAA will share this information with its membership.

#### **5. Mental Health EAP**

- Dr. Weese shared she is waiting on Board of Regents feedback on a college mental health EAP template. Once that is received, the committee can use that information in developing a template for KSHSAA member schools.

#### **6. State Soccer Schedule Review**

- The committee was asked to consider the current state semifinal/final soccer format as it relates to participant health and safety. The Association has fielded concerns about student-athletes competing on back-to-back days and the risk of cumulative fatigue leading to injury on the second day. The committee supports the current format and noted there is no injury data to support a change at this time.

#### **7. WBGT Guidelines Review**

- The committee unanimously approved updated language to the KSHSAA Recommended Activity Modification Policy. This new language recommends using an average WBGT level obtained prior to the start of afternoon activities to make a determination of any necessary modifications. The committee also would like the Association to conduct a data collection over the first 3-4 weeks of the fall activity calendar to compare levels in the different climatological regions to use to evaluate the current zone thresholds.
- Association staff will be sending a survey to all middle schools to assess the need of WBGT meters at those schools.

#### **8. Pre-Participation Physical Exam & Patient Confidentiality**

- The committee recommended additional language be added to the PPE instruction page and the exam pages reminding everyone of the need to maintain the privacy and confidentiality of this form when it is T
- The committee reviewed a letter from the physical therapist community requesting physical therapist’s be added as an approved provider for conducting pre-participation physical exams. No action was taken as the group believes the current approved providers for the exam are appropriate.



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#### **9. Narcan Administration Policies**

- As Narcan becomes available over the counter later this summer, the committee believes that this group and Association can advocate for the education of school medical personnel and recommend it be added to school EAPs. Some committee members noted they are already carrying it with their AEDs.

#### **10. Wrestling Skin Lesion Form**

- The committee was asked to review the current wrestling skin lesion form. The form was unanimously approved with the addition of KSHSAA to the disclaimer at the bottom of the page.

#### **11. Strength & Conditioning Resources**

- The group reviewed new resources compiled by staff and approved their distribution to member schools through the KSHSAA website.

#### **12. Concussion Reporting Update**

- Current year data collected to date was shared with the committee.

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

- Dr. Smith shared information about an upcoming conference hosted by KUHS July 21-22 for coaches and athletic trainers. The conference will be free and is funded through the Kansas City Chiefs NFL 101 Awards Banquet.
- The committee discussed formulating a survey for member schools to evaluate areas of need this committee may want to focus on in the future. This will be discussed in more detail at the next meeting.

**The next scheduled meeting is Monday, September 25, 2023**