



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 4, 2016

MEETING SUMMARY

Committee members in attendance:

Jennifer Koontz, MD (committee chair)
Matthew Bohm, MD
Travis Francis, ATC
Shawn Landers, ATC
Michael Pelton, ATC
Andrew Porter, DO
Amber Sawyers, PA-C, ATC
Gary Stevanus, ATC
Joann Wheeler, RN

Absent:

Diana Oborny, EMT
Kendall Payne, DC
Jeffrey Randall, MD

1. Welcome & General Information

2. Committee update

- The new Appropriate Care of the Spine Injured Athlete consensus statement has not yet been released.
- The committee was provided with a draft of a chart outlining what kinds of protective equipment are allowed/not allowed based on NFHS playing rules specific to each sport. The committee requested Track & Field and Swimming/Diving be included in this chart. The committee also requested to add the term fingers to any rules involving protective equipment for the hand.
- The NFHS and KSHSAA initiatives timeline related to concussion recognition, management and education was shared with the committee.
- Dr. Koontz provided the committee an update on the Kansas Sports Concussion Partnership and some updates they have made to the resources on their website. A baseline exam score card and Spanish version of the Parent's Concussion Guide has been added.
- HB 2578, School Sports Head Injury Prevention Act. At this point there has been no movement with this bill in the Senate.
- The committee received results of the Kansas Athletic Trainers' Society survey from the fall of 2015 of athletic training services available in Kansas high schools.

3. Sport items

– Baseball pitch counts

- Jeremy Holaday provided an update for the committee on the Kansas Baseball Coaches Association meeting in January and on the current pitch count data collection taking place.
 - The committee will be provided with all data at the conclusion of the season.
 - Extensive discussion took place regarding whether high school pitchers should have more time in the preseason to work with their coaches to properly condition their arms. The committee believes this should be a future consideration with any potential pitch count limit rule.
 - The committee will be consulted in the development of any potential pitch count limit rule.
- The committee received an update on the proposed rule change regarding waiving the 9 day preseason practice requirement for Girls Soccer players who also participate in the state basketball tournament. The committee also received updates on the current status of the KSHSAA wrestling skin check procedure, which will not change for the 2016-17 season, as well as an update on recent NFHS football rules changes.
 - The committee was asked to provide input to the Association on whether there is a need to consider a double 1st base rule in Softball. The committee did not believe this was necessary.

4. Coaching education

- The committee was asked to review the proposed concussion and heat illness prevention online courses the KSHSAA will recommend to the member schools. These courses can be used by schools to meet the preseason education requirements for coaches, student participants and school administrators. The committee recommended the Concussion 101, a Primer for Kids & Parents and the Concussion Management & Return to Learn courses be removed from the recommended list as they offer information that differs from the KSHSAA guidelines.
- The committee recommended that proper hydration and nutrition be the focus of the sports medicine portion of the 2016-17 KSHSAA online rules meetings. Brent will work to develop some slides to cover these topics and will share them with the committee for their input. Any committee members with ideas for these slides are encouraged to share them with Brent anytime.

5. PPE review

- The committee was provided questions and feedback from a member high school regarding the PPE. The committee understands schools disseminate the information on the PPE differently. The committee recommended a journal article be written outlining some general guidelines about how schools should use the information obtained on the PPE.

6. University of Wisconsin overuse injury study

- The committee was informed of the ongoing study taking place at the University of Wisconsin about single sport specialization and the impact on overuse injury occurrence.

7. Collaborative Solutions for Safety in Sport meeting review

- Dr. Koontz and Brent attended this meeting earlier in March and provided a summary to the committee. The committee received a written summary/breakdown created by the Korey Stringer Institute comparing how current KSHSAA policies in five specific student safety categories compare to what are considered medical consensus best practices. The five categories of student safety policies evaluated were wet bulb globe temperature (heat modification policy), AED, emergency action plans, heat acclimation, and concussion.

8. KSHSAA/Committee initiatives

- Based on the information from the CSSS meeting, the committee feels priority needs to be focused on moving towards improved policies in heat acclimation, heat modification, AED and emergency action planning.
- As a first step, the committee would like to see data gathered via a survey of member schools regarding the above categories. The committee and KSHSAA staff will develop a survey to be distributed later this spring and/or next fall. The committee expects this information to give the Association and the sports medicine committee direction as to the focus and prioritization of specific policy formation and implementation.

9. Coaching school presentation, August 1, 2016

- There will be a stand-alone sports medicine session offered at the 2016 KSHSAA Coaching School. Dr. Koontz will be the speaker. The committee recommended the subject matter be related to coach/school readiness for heat and cardiac/cardiopulmonary emergencies.

10. NFHS SMAC agenda

- Brent provided the committee a review of the upcoming NFHS SMAC meeting. Brent will share the state reports with the committee and any other relevant information that comes out of the meeting later in April.

THE NEXT KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE MEETING IS SCHEDULED FOR MONDAY, OCTOBER 10, 2016.