



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

October 26, 2015

MEETING SUMMARY

Committee members in attendance:

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

1. Welcome & General Information

Committee member update

The committee was updated on changes to the committee membership with Dr. Stovak moving out of state. Dr. Jennifer Koontz has accepted the role of committee chairperson and Dr. Andrew Porter has joined the committee, filling the vacant position.

Upcoming meeting

The committee will next meet on April 4, 2016 at the KSHSAA office in Topeka.

2. Committee update

Brent briefly updated the committee on the status of several items the committee had addressed the previous school year. The Anyone Can Save a Life program has been distributed to all member high schools and a link to the program has also been provided on the KSHSAA website. The committee was reminded of the updates made to the *KSHSAA Heat Illness Prevention and Hydration Guidelines* as well as the new football practice contact limit policy.

Michael Pelton will be presenting on current sports medicine topics at the KIAAA workshop in November. Michael reported this will be a good opportunity to remind our member school athletic directors of the sports medicine advisory committee and provide an update on what the committee is currently looking at.

3. Member school inquiry

A member school recently inquired about the use of the HotDot Body Temperature Alert Patch. The committee discussed the product and came to the conclusion there is no validity to the product. There is no scientific research or information supporting the efficacy of the patch. There is the potential for challenges with false positive or negative readings as well as challenges with keeping the patch adhered to the skin. The committee noted core body temperature is the only true way to know if a

person's body temperature is at a dangerous level. Cost is also a factor as the patches are single use only.

4. On-field cervical spine injury management

The committee continues to look at this issue and noted significant discrepancies between KEMSA recommendations and NATA recommendations, most notably the use of the long spine board. Committee members shared their protocols they have established with their local EMS personnel and it is apparent protocols differ across the state. The committee will continue to monitor the issue and will wait for the final consensus statement to be released from the NATA before considering what, if any further action should be taken by the committee.

The committee would like to see the KSHSAA be a resource for member schools on this issue if they are having problems establishing a protocol with their local EMS personnel. Any committee members with written protocols established on this matter are encouraged to share them with the KSHSAA which could then be shared with member schools should they request information or assistance.

5. Nutrition education/promotion project

Further discussion was held on creating some educational material for schools regarding proper nutrition. The overall message should include eating a balanced diet, the value of protein post workout, the value of water and avoiding nutritional supplements and energy drinks. Potential partners mentioned in creating materials were the Southwest KS Dairy Farmers Assoc (Michael Pelton to provide contact info), the Kansas Safe Kids organization and the Kansas State University Extension office. Brent will look into potential partnerships/ideas and report back to the committee in April.

6. Baseball pitch limits/arm care

Jeremy Holaday, KSHSAA Baseball Administrator reported to the committee on the NFHS baseball arm care summit held this past summer. Brent reported the NFHS sports medicine advisory committee approved a recommendation in October to the NFHS baseball rules committee to add language recommending pitch count restrictions.

The committee is fully supportive of moving towards pitch count restrictions in Kansas high school baseball. The group briefly reviewed the PitchSmart guidelines and noted they serve as a good resource, but modifications would probably be necessary for high school baseball in our state. The committee supports the idea of a meeting between coaches, school administrators, state association personnel and members of the SMAC to begin moving towards pitch count limit guidelines. The committee would also like to see pitch count data collection this spring if possible to get an idea of current pitching volume around the state.

The matter of whether there needs to be more time for pitchers to work with coaches in the off-season to prepare their arms for the demands of pitching was discussed. The committee feels there could be some merit in the KSHSAA considering adding more time in the calendar for this to take place. But at this time the committee feels the priority should be placed on pitch count limits.

At this time the committee does not see a need to include Softball in a pitch limit discussion.

7. 2nd day wrestler skin checks

Mark Lentz, KSHSAA Wrestling Administrator reported to the committee on updated language in the NFHS Wrestling Rules Book requiring officials or an appropriate healthcare provider to conduct skin checks on the 2nd day of a two day tournament. Based on current deviations from the national weigh-in rules, many Kansas schools will not meet this new requirement because they will be weighing in at the end of the first day for the second day. Coaches are required to acknowledge to officials at the beginning of day two that they have checked their kids for skin lesions. Officials will also be spot-

checking kids throughout the entire tournament. The KSHSAA will report back to the committee in April on how this issue was handled throughout the 2015-16 wrestling season. Weigh-in procedures may be a future issue this committee is asked to consider.

8. Coaching education requirements resources

The committee was requested to consider any potential online educational tools schools could use to meet the new requirement of pre-season concussion education for coaches, student-participants and school administrators. In addition to the NFHS course, possible options include the CDC Heads Up videos, NCAA video and the Concussion 101 video. The committee is requested to provide any additional suggestions by the April meeting. The KSHSAA would like to provide member schools a list of courses they can use for the 2016-17 school year.

9. NFHS uniform requirements

Brent will create a chart for the committee to review in April which summarizes what types of protective equipment are legal by sports based on NFHS equipment rules.

10. NATA Exertional Heat Illness position statement

The new position statement was provided to the committee as an FYI.

11. High school injury data

The committee was provided 2014-15 injury data from the High School RIO system and an update on catastrophic injury statistics. There has been one catastrophic injury reported so far this year in Kansas.

12. NFHS SMAC agenda/update

The committee was provided a summary of the most recent NFHS sports medicine advisory committee meeting. State reports were also shared with the committee.