



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

October 10, 2016

MEETING SUMMARY

Committee members in attendance:

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

Absent:

Jeffrey Randall, MD

1. Welcome & general information

2. Committee update

- Dr. Koontz updated the committee on the health and safety session she presented at the KSHSAA Coaching School in August. There were approximately 150 attendees and the presentation was very well received.
- Brent shared the agenda information from the 2016 NFHS Summit on Essentials for Enhancing Participation, Reducing Injury Risk and Optimizing Performance. The committee is very interested in these topics and would like to continue to look for ways to promote the value of multiple sport participation.
- The Fall Regional Administrator and Board of Education Meeting agenda was shared with the committee, specifically items 3 & 4 as they relate to student health and safety. The committee noted it will be interesting to follow participation trends of 7th grade cross country and track & field if they are allowed to run 2 mile races.
- Six of the committee members' terms will be up after the Spring 2017 meeting. Outgoing committee members are encouraged to provide the KSHSAA recommendations for potential new members.

3. Baseball pitch count rule proposal

- Jeremy Holaday provided an update to the committee on the status of the pitch count rule proposal. The committee supports the current proposal.
- The committee will be asked to assist the KSHSAA in providing educational resources for the member schools on proper arm care and conditioning.
- Formal preseason contact time between pitcher and coach for the purpose of proper arm conditioning is still an issue the committee feels needs to be considered.

4. PED statement/guidelines

- The committee reviewed the current language in the KSHSAA Handbook (Rule 14.1.4) regarding anabolic steroids. The committee also reviewed a steroid and supplement position statement developed by the Minnesota State High School League’s sports medicine committee.
- The committee will develop a KSHSAA position statement on this matter. Dr. Payne volunteered to put together a first draft which will then be shared with the committee for input. Final review will take place at the spring meeting.

5. Prescription opioid use by student-athletes

- The New Jersey State Interscholastic Athletic Association’s statement on opioid abuse was shared with the committee. The Wisconsin Interscholastic Athletic Association provides resources through their website on opioid abuse.
- Through discussion the committee didn’t believe opioid abuse was a major issue yet in Kansas schools. But the committee also believes it would be wise to get out in front of this issue and create a general statement of awareness for our member schools.
- It was noted the National Association of School Nurses has begun to address this issue by providing resources for school nurses. Joann Wheeler, RN volunteered to put together a first draft of a general position statement for the committee to review. Final review will take place at the spring meeting.

6. Student health and safety survey

- The committee spent time reviewing the data from the student-athlete health and safety survey and worked at prioritizing issues the committee would like to address.
- Emergency action planning was noted as one issue the committee feels needs immediate attention as 40% of member schools reported not having written emergency action plans for all locations where athletic/activity events are taking place. The committee is going to begin creating an EAP template to be available on the KSHSAA website which schools can use to create their own emergency action plans. Michael Pelton, ATC will work on a first version.
- Ensuring schools follow a proper heat acclimatization schedule during the first two weeks of fall preseason practices was also identified as a top priority by the committee. 71% of high schools reported at least one sport participated in two-a-day practices during standard calendar week 7. 56% of high schools reported at least one sport participated in consecutive days of two-a-day practices during standard calendar weeks 7 or 8. Due to the player equipment involved in football, the committee feels the focus at this time should be on implementing the following preseason guidelines for football only:
 - Only single practices allowed the first 5 days of SCW 7.
 - A separate 1 hour maximum walkthrough is allowed, but must be separated from practice by at least 3 hours of rest. A walkthrough is defined as a teaching opportunity with the athletes in which no protective equipment is worn. No physically exerting activity, including any conditioning or weight lifting, may take place during the walkthrough.
 - No single practice may last longer than 3 hours. All warm-up, stretching, conditioning and weight lifting is included as part of the 3 hour limit.
 - Beginning on day 6 through day 14, double practice sessions are allowed, but cannot be held on consecutive days.
 - On days of multiple practices, total practice time cannot exceed 5 hours. The 3 hour maximum for any single practice still applies.
 - Equipment and contact restrictions still apply as written in Rule 35.1.1.

The committee voted to recommend these guidelines to the KSHSAA Executive Board. Motion – Andrew Porter, DO, Second – Joanne Wheeler, RN. Unanimous approval.

- 52% of member schools do not require CPR/AED certification by their coaches. The committee believes this is an issue that needs further consideration. This will be an agenda item at the April 2017 meeting.
- 81% of member high schools and 71% of member middle schools report they do not have an additional written heat modification policy in place other than the KSHSAA guidelines. The committee would like to re-evaluate the KSHSAA guidelines to determine if changes should be made if schools are using this as their default policy.
- The committee plans to discuss ways in which they can provide assistance to schools to better disseminate the information on students' PPEs and ensure the right people get the information they need.

7. PPE language – contract healthcare providers

- The committee recommends changing the language as indicated by KSHSAA legal counsel.

8. Concussion items

a. Physician release timing – KSCP

- Dr. Koontz will contact the KSCP to inform them of concerns some schools have of receiving a physician's release before the student has completed a graduated return protocol.

b. Mandatory concussion reporting – Michigan

- The committee was provided information on the Michigan state association's mandatory concussion reporting program and data collection.

c. CTE information in concussion materials

- Brief discussion took place regarding whether risk of CTE should be acknowledged in the KSHSAA concussion information. The committee will consider this in more detail at the spring meeting.

The next KSHSAA Sports Medicine Advisory Committee meeting is scheduled for Monday, April 10, 2017