



## **KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE**

**October 9, 2017**

### **MEETING SUMMARY**

#### **Committee members in attendance:**

Jennifer Koontz, MD (committee chair)  
Travis Francis, ATC  
Steven Gould, DC  
Jackie Hall  
Michael Longhofer, ATC  
Michael Machen, MD  
Michael Pelton, ATC  
Andrew Porter, DO  
Luis Salazar, MD  
Amber Sawyers, PA-C, ATC  
Gary Stevanus, ATC  
Joann Wheeler, RN

#### **KSHSAA staff in attendance:**

David Cherry  
Bill Faflick  
Brent Unruh

1. Welcome & general information
2. Committee update
  - a. KSHSAA PED/supplement statement
    - This statement is now published in all sport/activity manuals and is available online.
  - b. Bomgardner journal article
    - Committee members were encouraged to submit Journal articles on relevant topics.
  - c. NFHS position statement updates
    - Committee members were reminded of NFHS sports medicine web page and the position statements available.
  - d. NFHSLearn APED course
    - Members were reminded of NFHSLearn website and the free sports medicine/student safety courses that are available.
  - e. NFHS agenda
  - f. Korey Stringer Institute study/ranking
    - The group spent some time discussing the recent state association rankings released by KSI. The group was in agreement that the KSHSAA has made significant progress in a lot of the areas evaluated in this study and will continue to evaluate ways to improve policies and guidelines for the member schools.
  - g. NFHS football rules update
    - New and updated football rules related to risk minimization were shared with the committee.
  - h. NFHS baseball equipment rules update
    - KSHSAA Baseball Administrator, Jeremy Holaday reviewed potential upcoming rules changes in baseball regarding NOCSAE ball standards and chest protector standards.

- i. Preseason baseball rule proposal
  - Jeremy Holaday explained the rules proposal voted down by the Board of Directors in September which would have allowed school coaches to work with pitchers on a limited basis beginning 4 weeks prior to the official practice start date. The committee is generally supportive of pitchers having more time to work with their coaches to properly condition their arms. Some concern was raised as to why winter sport athletes were excluded in this proposal as many felt they should have the same opportunity to properly condition their arms.
- j. Cross Country medical coverage
  - Francine Martin, KSHSAA Cross Country Administrator reviewed newly developed guidelines and procedures for postseason Cross Country event managers regarding when to remove runners from a race due to safety concerns. She also reviewed new heat preparedness guidelines for postseason sites. The committee feels these are good starting points and is very supportive of these additional guidelines for KSHSAA postseason sites. They would like to see these types of guidelines applied to all postseason events where environmental conditions would dictate. They are also interested to hear feedback on how these guidelines are received and implemented by event managers.

### 3. Softball face protection

- Discussion was held on whether a face mask should be mandatory for a softball pitcher. Currently the KSHSAA is aware of only two states with this requirement – Missouri and Kentucky. Francine Martin, KSHSAA Softball Administrator, shared that the biggest challenge is that there is no NOCSAE standard for softball face protection, so schools and individuals would be responsible to determine the effectiveness and safety of any equipment. Ms. Martin shared that the Kansas Softball Coaches Association will be conducting a survey later this year on this issue. The committee looks forward to seeing the survey feedback.

### 4. Heat Acclimatization proposal update

- Brent gave the committee an update on the heat acclimatization proposal that was voted down by the Board of Directors in April 2017 and the subsequent information being distributed and discussed at the upcoming Regional Meetings. Feedback from Regional Meetings and the Executive Board will be shared with the committee.

### 5. Updated KSHSAA heat guidelines

- The committee reviewed the updated heat illness guidelines and recommendations put together by Dr. Koontz. The committee recommended some minor wording changes and then voted to recommend to the KSHSAA Executive Board the adoption of these updated guidelines.  
Motion: Porter, Second: Stevanus, Vote: 12-0

### 6. Emerging issues/NFHS Essentials tie-in

- a. Sport specialization
  - b. Mental Health
  - c. Opioid abuse
- The committee discussed the NFHS Essentials Initiative and ways in which the KSHSAA can promote a better participation experience for students. Sports specialization and burnout issues were discussed. Dr. Gould will put together a Journal article regarding sports specialization.

A better understanding of parents' perspectives and a general parental education focus was discussed. Focusing more efforts at the middle school level was also brought up. KSHSAA provided coach/parent preseason meeting resources on issues related to healthy participation was another proposed idea. The committee will continue to evaluate strategies where the KSHSAA can assist member schools in this area.

## 7. Emergency action plans

### a. KSHSAA website resources

- The next step the committee would like to take is to create a coach resource detailing emergency action management information for specific medical situations. Heat illness, sudden cardiac arrest/AED access, head/neck injury and asthma/anaphylaxis are the conditions that will be addressed. The additional information will be geared towards coaches in a simple format providing a definition, signs/symptoms and basic treatment until a healthcare provider arrives. Committee members volunteering to work on this are: Dr. Koontz – Heat Illness; Michael Pelton – SCA/AED; Dr. Salazar – Head/Neck; Dr. Gould – Asthma/Anaphylaxis. The committee would eventually like to see this information in an easy to use flip-chart form coaches could keep easily accessible.

### b. State site information collection

- Brent shared the emergency action plan/information collection form KSHSAA staff are now utilizing with state event site personnel. This information will be compiled and made available to all event personnel, onsite medical personnel and KSHSAA personnel covering the event. Further discussion took place on how to communicate this information to participating schools. KSHSAA staff will evaluate this and possibly consider providing this information in qualifying team packets.

### c. Officials emergency information

- At a recent state association conference regarding officials, KSHSAA staff learned of some states providing emergency contact/health information cards to their officials to have on hand at contests. The committee discussed doing this for KSHSAA officials and are in favor of moving forward with this concept. Brent will design a card mock-up for the committee to review at their spring meeting.

## 8. Concussion data collection

- The committee discussed the idea of Kansas schools reporting concussions directly to the KSHSAA. The committee felt like this information would be useful in getting a better picture of concussion incidence in KS schools and may help guide future changes to policies and guidelines. The group briefly reviewed the procedure used by the Michigan activities association and recommended speaking with them further to find out how their overall data collection experience is going. KSHSAA staff will continue discussing the possibility of a concussion data collection program with the Executive Board.

## 9. Consensus statement on concussion in sport

### a. KSHSAA guidelines update

- The group discussed the most recent consensus statement on concussion in sport (5<sup>th</sup> international conference, October 2016). Committee members recommended an evaluation of the current KSHSAA concussion guidelines, last updated in April 2014, comparing them with the information in the most recent consensus statement. All members are encouraged to bring any proposed updates to the KSHSAA guidelines to the spring committee meeting for discussion and review.
- Dr. Koontz reviewed and requested feedback on the most recent KSCP information updates based on the recent consensus statement.

### b. CTE information

**Meeting Adjourn, next meeting: Monday, April 9, 2018**