



## KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 7, 2025, 9:30 a.m.

### Meeting Summary

#### Committee members in attendance:

Wally Walstrom, DO, Committee Chairperson  
Weston Bucher, LAT, ATC  
Tara Harmon-Moore, BSN, RN, BA (School Nurse rep)  
Brian Harvey, DO  
Emily Heronemus, DO  
Jessica Koch (Coach rep)  
Tim Lackey, DC  
Ryan LaSota, MD  
Jason Menard, CMAA (School admin rep)  
Mark Padfield, LAT, ATC  
Abbey Rupe, MD  
Madison Silva, LAT, ATC  
Caitlin Truhe, LAT, ATC  
Anne Weese, PhD

#### KSHSAA Staff in attendance:

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

#### Committee update

Brent reviewed upcoming KSHSAA Board of Directors proposals, provided an update on the Coach Beyond program in Kansas and provided NFHS updates related to student health and safety.

#### Organization reports

- KS Athletic Trainers Society (KATS): Caitlin Truhe reported the updated Athletic Training Practice Act has been signed by the Governor.
- KS Interscholastic Athletic Administrators Association (KIAAA): Jason Menard reported on the recent KIAAA conference and feedback he obtained from athletic directors regarding a potential change in the PPE date.
- KS School Nurses Organization (KSNO): Tara Harmon-Moore shared concerns about potential special education funding cuts for Kansas schools. She also reported that the school nurse conference will be taking place this summer.

#### Burnout/Student Wellness Initiative

The committee reviewed progress to date by the sub-group that has been working on this project to bring greater awareness of the risks of student burnout and the promotion of healthier approaches to sports and activity participation. Dr. Weese shared the statement that has been created and will integrate the modifications recommended by the committee. This statement will go to the KSHSAA Executive Board for final review before being shared with schools and the general public.

The group shared feedback on the two posters that have been created to help bring awareness to this topic. These posters will be made available digitally to schools this spring and hard copies will be mailed to schools over the summer.

Dr. Weese shared the plan to involve the Student Advisory Team in creating short videos that can be shared via social media to create more awareness and promote overall student health. The committee shared ideas for several topics to be covered in these videos.



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#### **Summer Guidelines**

The committee reviewed a draft of summer program guidelines and best practices created by KSHSAA staff to be shared with schools. Recommendations were made by the committee which will be added before this information is released to schools.

#### **Pre-Participation Physical Exam Date**

The committee spent time considering a change to the May 1 date for the KSHSAA PPE. Concerns have been shared with the KSHSAA that the May 1 date doesn't provide ample time for students in some parts of the state to get appointments with their primary care physicians prior to the start of fall sport practices. The committee voted unanimously to recommend the date be moved to April 1. This recommendation will go to the KSHSAA Executive Board for consideration to be added to the Fall 2025 Board of Directors agenda. The committee also requested data on the PPE frequency requirements in other states.

#### **Pre-Participation Physical Exam Guidelines**

The committee reviewed a draft of PPE management guidelines and best practices created by KSHSAA staff to be shared with schools. Recommendations were made by the committee which will be added before this information is released to schools.

#### **Football Coaching Education**

A recently released medical paper, *Preventing Exertional Heat Stroke in Football: Time for a Paradigm Shift* was reviewed by the committee. The paper reports a significantly higher risk of heat stroke in football lineman compared to other positions and also notes data indicating football heat stroke deaths have historically only occurred in practice and conditioning and not competitions. The committee recommends sharing data from this paper with Kansas high school and middle school football coaches as part of the annual rules meeting.

#### **KSHSAA Recommended Heat Policy Review**

Concerns have been shared that some schools may be following the recommended WBGT guidelines for practices but not games. KSHSAA staff will work to update these recommended guidelines to better clarify that they should apply to any outdoor activity. Once updates have been made, they will be shared with the committee for their final approval prior to the start of the fall 2025 preseason.

#### **Concussion Return to Play Form Update**

The committee reviewed and approved an update to the return to play form which clarifies when academic modifications should no longer be necessary based on the student's stage of return to play progression.

#### **High School Guardian Cap Study Review**

A recently released study of the effectiveness of guardian caps preventing concussions in high school football players was reviewed. The committee believes the current KSHSAA position and statement related to this matter is still accurate and appropriate.

#### **Concussion Reporting Data**

2024-25 concussion reporting data to date was shared with the group for their review.



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#### **Cardiac Emergency Response Plan Statute**

Staff shared how the recent state statute requiring cardiac emergency response plans in all schools ties in with current KSHSAA emergency action plan recommendations. Even though the statute requires plan rehearsals prior to the start of the school year or sports season, the committee still supports the KSHSAA promoting a sports specific EAP review after practices have started so students can also be present.