



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 20, 2020

MINUTES

Committee members in attendance:

Luis Salazar, MD (committee chair)
Will Burton, CAA
Paul Cleland, MD
Bonnie Condit, RN
Steven Gould, DC
Jackie Hall
Jennifer Hudson, ATC
Michael Longhofer, ATC
Michael Machen, MD
David Smith, MD
Phill Vardiman, PhD, ATC
Anne Weese, PhD
Steve Zimmerman, ATC

KSHSAA staff in attendance:

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

The meeting took place in a virtual format due to Kansas stay at home orders for the coronavirus pandemic.

1. Committee update
 - a. October 2019 meeting minutes
 - **Approved 13-0**
 - b. Anti-vaping language additions
 - **The committee was reminded of new language approved by the Executive Board to be voted on by the Board of Directors, adding vaping products to the language in Rule 14.**
 - c. Coaching School speakers
 - **Brent shared the lineup of sports medicine/student wellness speakers for the 2020 Coaching School.**
 - d. Fall 2020 Meeting: Monday, October 5, 2020
2. PPE items
 - a. One-year changes to PPE requirement
 - **The committee held extensive discussion regarding potential modifications to the annual PPE requirement due to coronavirus challenges. At this time the committee did not recommend a change to the annual requirement, but did note the need to continually monitor the situation and the potential need to consider a change later in the spring/summer.**
 - b. New PPE form items
 - **Distribution channels to the medical community involve the KS Academy of Family Physicians, Kansas Medical Society, KS Academy of Physicians Assistants, KS Chiropractic Association and the KS Athletic Trainers Society. SMAC members will also distribute through their specific employer channels.**
 - **A Spanish version is still needed. Brent will work with SMAC members to identify a source for translation.**



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3. COVID-19 considerations
 - a. Summer calendar/conditioning guidelines
 - **Open discussion was held on potential challenges going into the summer and into fall sport preseason practices. Since many students are currently unable to train at a normal level, the committee noted the importance of emphasizing a proper physical adaptation timeline for a return to summer activities.**
4. Mental health update & discussion
 - **Anne is currently working to put information together to help schools understand and differentiate between emergency, urgent and non-urgent mental health situations and how to approach each situation. She also noted there are good grief resources available that apply to the current coronavirus situation.**
 - **Dr. Machen noted the KSKidsMap pediatric mental health program through the University of Kansas School of Medicine-Wichita. This program is a resource for physicians and clinicians in connecting with mental health resources.**
5. Environmental issues
 - a. Cold water immersion guidelines update
 - **The KSHSAA will work to update resources to better identify when it is appropriate to use cold water immersion. It was noted that cold tub immersion is appropriate with suspected heatstroke even in the absence of a healthcare professional.**
 - **Dr. Smith shared an exertional heat illness algorithm he is working on in conjunction with the Johnson County EMS medical director and received feedback from the committee. The objective of this tool is to better identify when cold water immersion is indicated once a core body temperature is obtained.**
 - b. Cold weather guidelines
 - **Steve Zimmerman is working to put together cold weather guidelines to make available to schools to outline what changes to outdoor activity participation should be considered based on extreme temperature/windchill values.**
6. Korey Stringer Institute
 - **The committee supports a meeting with KSI if the KS Athletic Trainers Society chooses to move forward. The SMAC would be responsible for identifying the potential meeting topics. KSHSAA will assist in identifying stakeholders to be involved in a meeting should one occur.**
7. KIAAA proposal – change in wrestling weigh-in attire
 - **Mark Lentz provided information on the rules change proposal.**
8. Concussion items
 - a. New legislation update
 - **The committee provided feedback to Phill (KATS rep) regarding the proposed legislation. Phill noted the bill stalled in committee this year and will need to be reintroduced for next year's legislative session.**
 - b. 2019-2020 data
 - **The committee reviewed the concussion data collected. It was noted that only cases with a return date are included when calculating average days missed.**