



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

April 25, 2022, 9:30 a.m.

MEETING SUMMARY

Committee members in attendance:

Luis Salazar, MD (Committee Chairperson)
Will Burton, CAA (AD rep)
Justin Clark, ATC
Paul Cleland, MD
Bonne Condit, RN (School Nurse rep)
Steven Gould, DC (Remote atten.)
Jackie Hall (Coach rep)
Jennifer Hudson, ATC
Michael Longhofer, ATC
Michael Machen, MD
Abbey Rupe, MD
Madison Silva, ATC
David Smith, MD
Anne Weese, PhD

KSHSAA staff in attendance:

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

Minutes from October 2021 were approved unanimously

1. Committee Update Items

- State Legislative update
The committee reviewed the status of the School Sports Head Injury Prevention Act, Sudden Cardiac Arrest Prevention Act, and the Fairness in Women's Sports Act. Justin Clark provided the perspective from the Kansas Athletic Trainers Society. Versions of these bills are expected to be reintroduced during the 2023 session.
- On-Field spine injury management statement
The committee unanimously endorsed an updated statement that will be provided on the KSHSAA website.
- Committee service terms
The KSHSAA sincerely appreciates the outstanding service of the following committee members whose service terms expire at the end of the school year:
Luis Salazar, MD (Lawrence)
Steven Gould, DC (Cheney)
Jackie Hall, Coach Rep (Uniontown)
Michael Longhofer, ATC (Topeka)
Michael Machen, MD (Quinter)

All committee members were encouraged to provide recommendations for these open positions.

2. Updated Recommended Heat Policy

The committee unanimously recommended to the KSHSAA Executive Board an updated recommended activity modification policy during periods of excessive heat and humidity. This updated policy applies web bulb globe thermometer values instead of heat index values in making activity modification decisions. This updated policy is based on current best-practice recommendations from sports medicine and environmental stress experts.

3. Updated Heat & Hydration Guidelines

The committee reviewed updated guidelines and information for schools in the prevention, recognition, and management of heat illness. After additional updates, these updated guidelines were unanimously approved by the group and will be available on the KSHSAA website for start of the 2022-23 activities year.



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4. Individual Practice Days Requirement – Fall Sports

An update was provided to the group regarding the proposal to the Board of Directors to change the minimum number of required pre-season individual practices in football and cross country to 12 from 9. The committee was asked to provide guidance on other fall sports, specifically boys soccer. The group indicated they would like to see more heat illness data associated with soccer and other fall sports before making any additional recommendations.

5. Mental Health Initiatives

A rough cut of a coaching education video hosted by Dr. Weese was shared with the committee. Dr. Weese and Brent will continue to work with the group producing the video with the goal of an August 2022 distribution to schools.

6. Baseball Pitch Count Rule Change Proposal

Jeremy Holaday presented information to the committee regarding a proposal from the KIAA to change the baseball pitch count rule in classes 3A, 2A, and 1A. The committee reviewed the proposal and the rule currently in place and is not in support of any changes. The group noted a student safety rule should be consistent across all classes and believes the current rule is appropriate and is based on expert consensus in the baseball sports medicine community.

7. Coaching Education

- KSHSAA staff requested this committee review current student health/safety coaching education requirements and determine if changes should be considered. At this time, the committee does not recommend any changes.
- Brent shared new information from the United States Council for Athletes Health (USCAH). This group specializes in providing customized sports health/safety education for organizations and schools.
- The committee had a discussion regarding strength and conditioning training at the high school and middle school level. It was noted that oftentimes due to staffing limitations and lack of instructor training, there is not the opportunity for a lot of diversification in the training of different types of student-athletes. Committee members noted they continue to see injuries resulting from improper strength and conditioning practices. The committee would like to begin providing more information and resources to schools to better support those teachers and coaches providing this training.

8. Supplemental Oxygen

- KSHSAA staff asked the committee to review the use of supplemental oxygen by student-athletes. It was noted that over the counter supplemental oxygen can currently be obtained. There is no NFHS rule prohibiting the use of supplemental oxygen. At this time, the committee does not believe there is anything that needs addressed on this issue at the Association level.

9. Topics from the floor

- Committee members shared newly passed legislation that increases the scope of practice for Kansas APRNs.
- Discussion took place regarding physician licensure and how it is impacted when covering high school teams traveling to another state for a contest.

The next scheduled meeting is Monday, October 10, 2022