



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

October 7, 2019

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
Steve Zimmerman, ATC

KSHSAA staff in attendance:

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

1. Committee update items
 - a. April 2019 meeting minutes
 - **Approved 12-0**
 - b. Return to learn information
 - **The committee reviewed a few updates made to the document since the spring meeting. The document was approved 12-0.**
 - c. Coaching School
 - **Suggestions for future topics/speakers: Return to learn, overuse injuries/lower back injuries, general session on mental health.**
 - d. NFHS SMAC agenda and state reports
 - e. Spring 2020 Meeting: Monday, April 20
 - f. Organization reports
 - Bonnie Condit, KS School Nurse Organization
Bonnie reported that KSNO goal is to have a nurse in every building. She updated the committee on new immunization regulations and that the HPV immunization may be a requirement soon. The KSNO is in the early stages of working with the state Legislature on guidelines that would allow non-medical school personnel to administer emergency medications.
 - Jackie Hall, Kansas Coaches Association
Jackie reported the KCA membership is at 750. Their goal is for all KS coaches to be members. She reported positive feedback from coaches on the new CPR/AED certification/training requirement.
 - Will Burton, KIAAA
Will reported positive feedback from ADs regarding the new CPR/AED certification/training requirement. He also reported on feedback from ADs on recent initiatives – Pre-activity timeout, Cross Country host guidelines and the Wrestling weigh-in rule change.
 - Phillip Vardiman, Kansas Athletic Trainers Society
Phill reported the KATS Safety in Football campaign currently has 56 high schools and 14 colleges participating. The PA announcements at events have been very positive in the promotion of this campaign. He reported he is hearing from several athletic trainers that they've observed several locations where the Cross-Country host guidelines and/or the Pre-Activity Timeout guidelines are not being followed.



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2. Feedback on recent initiatives
 - a. Pre-activity timeout
 - **Challenges noted/observed this fall:** Visiting administration often doesn't arrive until just before event begins, many sub-varsity events don't have visiting admins present, the overall timing of the meeting can be a challenge with other responsibilities for a host administrator, some officials are confused as to why the meeting is taking place and if it is supposed to involve them.
 - **Will Burton's feedback from ADs** noted a lot of schools are adding this information to their Form D.
 - **Based on committee observations** they estimate these meetings are taking place at about 50% of varsity football contests.
 - **Committee suggestions:** Provide examples to schools on how this meeting can be implemented, remind visiting schools to designate someone to attend if an administrator cannot be present. Push the information out to schools earlier before a season begins, be sure officials understand the meeting is taking place and the purpose. Remind school leaders of the goal of this meeting – prevent chaos in an emergency.
 - b. CPR/AED certification/training coach requirement
 - **Committee members involved in this process** felt implementation has gone well so far.
 - c. Cross Country meet host guidelines
 - **Observations/challenges noted:** Some sites still don't have cold tubs; some cold tubs are located too far from the finish line. There is some concern about using cold water immersion without knowing the core body temperature and whether immersion is indicated. Dr. Smith noted they are working through some challenges with schools in his area to help their athletic trainers know when to use the immersion tank.
 - **If ice access is a concern for a host,** one solution could be to ask all participating schools to bring an extra cooler of ice to the race.
3. Committee recommendations
 - a. Daith piercing
 - **The committee voted to support the NFHS position** that there is no medical evidence to support daith piercing in the treatment of migraines. KSHSAA staff will no longer grant medical exceptions for this practice. (Motion: Hall / Second: Longhofer) 12-0.
 - b. Assistant coach – rules meeting requirement
 - **The committee indicated overall support** in requiring assistant coaches to fulfill an annual rules meeting requirement. It was noted that often assistant coaches are working with kids without a head coach around. There is a greater concern in higher risk activities. This item is on the Regional Administrator and Board of Education Meeting agenda, per the request of the Executive Board.
 - c. Public relations
 - **The committee discussed ways to better promote the positive aspects of sports and activity participation.** Bonnie noted that at her school kids that are involved in sports and activities have a much lower incidence of nurse visits. The committee suggested putting together some information highlighting the various KSHSAA safety policies and pushing that information out in August. This is also an opportunity to showcase the SMAC and their work as well as the overall positives of activity participation. The committee will continue discussions on this at their next meeting.



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October 7, 2019

MINUTES

4. PPE review
 - a. PPE monograph, 5th edition review
 - **The committee began review of the recently released 5th edition PPE form from the American Academy of Pediatrics. The committee is in full support of the new content in this edition but would like to consider some format changes and customization for the KS form. KSHSAA staff will check with legal counsel regarding form modification and proper referencing and reproduction of the AAP components. A writing sub-group was identified to work on this over the next few months and bring a form for final review by the committee in April. This group consists of Dr. Cleland, Dr. Salazar, Dr. Smith, Dr. Machen, Dr. Gould and Mike Longhofer, ATC.**
 - b. Cappo Health feedback
 - **The committee reviewed information shared with the KSHSAA by this company. The committee does not recommend the KSHSAA support or enter into any type of arrangement with this company.**
5. Emerging topics/topics from the floor
 - a. Youth strength & conditioning training
 - **The committee discussed ways to better support and promote proper strength and conditioning methods/practices taking place in schools. The SMAC would like to consider developing some general guidelines and recommendations for schools in implementing their S&C programs. The committee will continue discussions on this at future meetings.**
 - b. EAP project update
 - **Dr. Salazar shared information on a project underway headed by Dr. Bryan Vopat with the University of Kansas Medical Center. It involves a state-wide EAP algorithm to educate medical personnel statewide on the proper emergency treatment and referral of emergency musculoskeletal injuries. This would help EMS personnel in determining which hospital to send what type of injury based on their location in the state and the resources available at that hospital. Dr. Salazar will continue to keep the committee informed of the progress of this initiative.**
6. Korey Stringer Institute
 - **Phill Vardiman, PhD, ATC reported to the committee on communications between the Kansas Athletic Trainers Society and the Korey Stringer Institute. KSI is proposing a constituent meeting in Kansas to discuss high school athlete health and safety issues. Phill will work with KSI to schedule a conference call between KSI personnel, SMAC members and KSHSAA staff to learn more of this potential meeting.**
7. Mental health update & discussion
 - **Brent shared a draft of a document he has been working on outlining the need for schools to have a recognition and referral plan for students dealing with a mental health challenge. He will continue to work to refine this information and share it with the committee in April.**
 - **The committee strongly supports adding a mental health professional to the SMAC. A few names were suggested, and KSHSAA staff will work to identify and extend an invitation for a mental health professional to join the committee.**
 - **Bill and Brent shared information from Blue Window, a group working to build a public/private partnership to create a program/technology platform schools and students could use to better identify those at risk of mental health challenges and help direct them to the support they may need. KSHSAA staff will keep the SMAC updated on any future KSHSAA involvement.**



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MINUTES

8. Anti-Vaping update
 - a. Handbook & manual language
 - **The SMAC voted to recommend adding “e-cigarettes” to language in the KSHSAA Handbook and activity manuals that references the use and/or advertising of tobacco, illegal drugs, alcoholic beverages, etc. (Motion: Vardiman / Second: Hudson) 11-0. This language proposal will go to the Executive Board for action (activity manuals) and for their approval to be placed on the Board of Director’s agenda to update the KSHSAA Handbook Rule 14-1-3.**

9. Wrestling rules update & discussion

Mark Lentz, KSHSAA Wrestling Administrator was present to update and answer questions from the SMAC on the following items.

 - a. Girls wrestling weight classes
 - **The 2019-2020 Girls Wrestling weight classes were determined based on female alpha weigh-ins last year and the distribution of participants at those weights.**
 - b. Shoulder to shoulder weigh-in
 - **Mark updated the committee on the recent rule change requiring on-site shoulder to shoulder weigh-ins for wrestlers. The morning home site weigh-in is no longer permitted. This change better ensures wrestlers are at their listed weight when competing. The change also brings the KSHSAA in compliance with NFHS wrestling rules.**
 - **The committee is supportive of implementing a 2-week certification window, ending on December 21, where wrestlers can certify at their home site under the direction of a school administrator or healthcare professional. The certification weigh-in will not have to be a competition weigh-in.**
 - c. Weight loss permit – Girls Wrestling
 - **The committee believes the current policy of not allowing more than an 8% weight loss without healthcare professional consent is still reasonable for female wrestlers.**
 - d. Concussion injury time
 - **Mark updated the committee on the new NFHS rule permitting up to 5 minutes of injury time for head/neck injuries. This new rule is only applicable when there is a designated meet physician or athletic trainer onsite.**

10. Environmental issues
 - a. Cold water immersion risk
 - **The committee recommends clearing up guidelines for when cold water immersion is indicated and when it should be discontinued if a core body temperature is not available. KSHSAA staff will work on language in the current heat illness prevention guidelines to be reviewed by the SMAC in April.**
 - **The committee notes there are still EMS and other healthcare providers that don’t know about best practices for rapid body cooling and cold-water immersion. This is leading to some challenges between onsite healthcare providers and EMS personnel who are working under a different protocol**
 - b. Cold weather guidelines
 - **The committee will work to put together a set of basic guidelines schools can use in the event of extreme cold weather.**
 - c. Heat index vs. wet bulb evaluation
 - **Brent shared comparisons between heat index guidelines and estimated wet bulb guidelines based on data from the first two weeks of fall practices in the state. The committee would like to begin to transition KSHSAA guidelines to be based on WBGT levels vs. heat index.**



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11. Concussion reporting

- **The committee discussed the 2018-19 data and noted how much it mirrored national trends. Some additional information of interest to the SMAC is if every school reported a concussion and data on whether academic modifications were implemented.**

Meeting Adjourn