



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

October 5, 2020

MINUTES

Committee members in attendance:

Luis Salazar, MD (Committee Chairperson)
Will Burton, CAA (AD rep)
Paul Cleland, MD
Bonne Condit, RN
Steven Gould, DC
Jackie Hall (Coach rep)
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 the coronavirus pandemic.

1. Committee update

- Dr. Salazar called the meeting to order and meeting minutes from April 20, May 20, July 20, August 13 and September 9 were approved unanimously.
- Brent provided an update on fall postseason format modifications related to mitigating risk of COVID-19 infection.
- The committee reviewed the 2019-20 concussion reporting data.
- The committee reviewed Dr. Rich Bomgardner's most up-to-date data collection of return to learn awareness in Kansas schools. Brent will reach out to Dr. Bomgardner to invite him to share his data and analysis with the committee at the spring meeting.

2. COVID related items

- Winter activities: The committee discussed the start of winter activities and whether a delay to the competitive portion of the winter season should be considered. The group acknowledged significant challenges may lie ahead with winter activities, but at this time feel it is reasonable to move forward with the schedule as is. The importance of doing the right things away from school was expressed as well as the need for the Association to remain flexible and ready with contingency plans if necessary. The committee also expressed the need for the Association to more aggressively message the return to participation guidelines to the member schools and athletic trainers.
- The committee discussed whether the PPE should be updated with COVID-19 specific questions for next year. At this time the committee is not in favor of adding this to the PPE.

3. Cold Weather Guidelines

- Steve Zimmerman, ATC, presented a draft of cold weather guidelines for review by the committee. After minor updates, the guidelines were unanimously approved by the committee and will be shared with member schools.



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4. Mental Health Items

- Dr. Anne Weese shared information she compiled into a Mental Health Toolbox document to support school personnel in working with students experiencing mental health issues. The committee fully supports this information to be made available to member school personnel. The committee suggested this information also be shared through organizations such as KSNO, KIAAAA, KCA and KATS.
- Other messaging methods proposed were producing posters for schools listing the mental health support resources and creating a recorded webinar schools could access anytime to watch and listen to Dr. Weese speak on this topic.

5. Coaching Education/Training

- The committee was asked to consider the current coaching education/training requirements related to student safety and whether a change in format would be beneficial. The proposed change involves the KSHSAA creating the required online safety courses for categories such as concussion recognition/management, environmental conditions, mental health awareness, emergency action planning/management and first aid. SMAC members would be asked to assist in creating and delivering the courses. This would give the KSHSAA the ability to better control the content and ensure all coaches were receiving a consistent message. The committee was supportive of the concept. KSHSAA staff will seek more feedback from membership before any final decision is made.
- The committee was asked to review the current CPR/AED training requirement and make a recommendation as to whether there is a need for more specificity as to what types of training programs should be accepted. The committee recommends no changes to the language of the current requirement.

6. Korey Stringer Institute Meeting

- As the KATS representative on the SMAC, Dr. Vardiman has been working with KSI to schedule a meeting with Kansas stakeholders related to student-athlete safety. Dr. Vardiman will continue discussions with KSI to determine the appropriate size of the group and work with KSHSAA staff to identify appropriate stakeholders to attend the meeting. A potential summer 2021 date was discussed.

7. Topics from the Floor

- Dr. Vardiman will be rotating off the committee this spring as KATS identifies a new President-Elect. The KSHSAA is extremely appreciative of Dr. Vardiman's service on this committee the past three years.
- Dr. Smith noted that the KU Medical Center expects to have an electronic KSHSAA PPE available soon through their electronic records system.

The next regularly scheduled meeting is Monday, April 19, 2021