



KSHSAA SPORTS MEDICINE ADVISORY COMMITTEE

October 4, 2021, 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 (remote atten.)
Steven Gould, DC
Jackie Hall (Coach rep)
Jennifer Hudson, ATC
Michael Longhofer, ATC
Michael Machen, MD
Madison Silva, ATC (remote atten.)
David Smith, MD
Anne Weese, PhD

KSHSAA staff in attendance:

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

Minutes from April 2021 were approved unanimously

1. Committee Membership

Two new members have joined the committee:

Dr. Abbey Rupe; Pediatrician with the Salina Family Healthcare Center
Madison Silva, ATC; Garden City High School

2. Committee Update

- KSHSAA staff is waiting on feedback from the KS Board of Healing Arts for clarification between the PA/PA-C designations.
- Dr. Smith shared a draft of the electronic PPE currently being developed by KUHS.
- Jennifer Koontz, MD, former KSHSAA SMAC Chairperson has joined the NFHS SMAC.

3. COVID-19 Items

- Committee members provided updates from their specific areas/settings. Dr. Machen shared Quinter High School's testing protocol and noted it has been very positive for their school. Dr. Weese noted she is dealing with a lot of student-athlete burnout right now at the collegiate level.
- Dr. Salazar and Brent shared updates from the recent webinar hosted by the NFHS which included representatives from the AMSSM, CDC, U.S. Department of Education, and other sport organizations. This webinar promoted mandatory vaccination for activity participation.
- The committee provided feedback on the current KSHSAA return to play guidelines and noted there are still some challenges. Many schools treat these guidelines as a mandate and don't allow flexibility for certain cases. With little comparative data from other viruses to use, it is hard to know what the correct protocol should always be. The group still fully supports the current guidelines and noted they are based on the most recent AMSSM guidance.

4. TUFSS Meeting Debrief

- Justin Clark noted the overall goal of this meeting was to begin to develop consistency between different groups that all have a role in player safety (EMS, physicians, athletic trainers, state associations) and learn what has worked well in other states. A lot of grass roots efforts are needed to improve consistency between these groups in carrying out best practices.



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- Committee members noted the following areas where they believe the KSHSAA/SMAC should focus on improving:
 - 1) Coaching Education – making resources more KS specific
 - 2) Making KSHSAA information easier to find – all in one place
 - 3) Standardizing the CPR/AED requirement and consider requiring formal certification for all coaches/sponsors
 - 4) Implementing web bulb globe temperature rather than heat index value as the measure to determine activity modification in the heat.
- The committee noted using WBGT values to determine activity status is the best practice standard and recommends the KSHSAA make this change. They did discuss potential logistical challenges with WBGT readings and noted the need to make the language specific, including language setting a threshold for when it is necessary to have a cold tub onsite. Current policies from other states were shared with the committee and it was decided that staff would work on drafting a policy for the SMAC to review at their spring meeting. Grant opportunities to help provide WBGT monitors to schools will also be investigated.

5. Mental Health Initiatives

- Dr. Weese shared the updated information in the Mental Health Toolbox document. She also noted she has recently recorded an interview with Traci Nigg a social worker and coach at Wichita-North, which will be a good resource to share with schools once it's ready. Dr. Weese also shared the Jed Foundation website which will be added to our resource list for schools.
- Dr. Weese and Brent will continue efforts to produce a coaching education video resource.
- A mental health support resources poster has been made available online for schools. Hard copies will be mailed to schools later this fall.
- Brent shared feedback from the Student Advisory Team when they met in September.

6. 6th Grade Football Participation

- Marvin Gebhard, Head Football Coach at Almena-Northern Valley High School and Principal at Long Island-Northern Valley Junior High joined the committee for discussion on this topic. Committee members shared their rationale with Mr. Gebhard as to why this group does not support allowing 6th graders to play tackle football at the middle school level.

7. Concussion Update

- Dr. Rich Bomgardner joined the committee (remote) to share his most recent information regarding return to learn and school policies. This information will continue to be reviewed and used to update KSHSAA resources on this topic.
- Brent shared the final 2020-21 concussion reporting data. The committee noted the importance of continuing to collect this data and improve compliance in reporting.
- The committee reviewed a challenge reported by a school in not receiving documentation/direction from urgent care physicians who evaluate a concussion case. Brent will follow-up with KSCP to share the concern and get an update on the status of this group.

8. On-Field Spine Injury Management

- The committee was asked to review a statement on the KSHSAA website related to on field care of spine injuries. The committee recommended keeping an updated statement in place which indicates that the management of these injuries is a local EMS decision and should be based on available trained medical personnel.



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9. Emergency Action Plan Rehearsal Days

- Staff shared the concept of adding EAP rehearsal days to the KSHSAA calendar. The committee is in full support of this concept to raise awareness of the need to have and rehearse EAPs. The committee suggested these days should be during the second week of preseason practices and each sport should have their own day on the calendar. These rehearsal sessions should be focused on what role the coaches and students may play in the response, as there may not be an athletic trainer or other medical personnel present.

10. Strength Coaches in High Schools

- The committee will devote more time at their next meeting to determine what resources could be provided to better prepare sport coaches who also serve in the role of a strength and conditioning coach.

11. U.S. Council for Athlete's Health Review

- This group has reached out to the KSHSAA with the desire to support the implementation of student health/safety programming. Dr. Salazar provided some background information about this organization. Brent and Bill will be meeting with this group and bring back details at the spring SMAC meeting.

The next regularly scheduled meeting is April 25, 2002