

SPORTS MEDICINE ADVISORY AGENDA

Meeting: May 7, 2018, 10:00 AM
SDHSAA Office, Pierre

Sports Medicine Advisory Committee Members:

Tryg Odney, Sanford Sports Medicine
Dr. Verle Valentine, Sanford Health
Darin Hunter, Miller High School
Merretta Anderson, Dupree High School
Paul Richter, BH Orthopedic & Spine Center
Dr. Jerry Rasmussen, Dakota Valley Schools
Eric Bass, Deuel High School

John Krogstrand of the SDHSAA called the meeting to order at 10:02 AM, with Hunter, Anderson, Bass in attendance in person, Odney, Richter and Rasmussen via teleconference; Valentine excused. Krogstrand, Jo Auch and Dr. Daniel Swartos from the SDHSAA Office present.

Krogstrand was selected as the recording secretary, and the agenda was approved as submitted.

The first items of business were to receive reports from Committee Members; and from those reports make proposals of recommendations for submission to the Board of Directors for further consideration

SDHSAA Staff Representatives

Review of Policies Adopted prior to 17-18 school year; General satisfaction with the changes that were made, initial feedback from many was concern over limitations that were placed on programs, but majority felt that the end result was a positive change.

Discussion regarding Heat Acclimatization for additional fall sports; Options for volleyball, etc., with climate controlled facilities or not; difficulties in consistency between facilities; discussion about exercise acclimatization as opposed to simply heat; after going through it one year in other sports, coaches, others adjusted, is there an opportunity for advancement; Issues may arise as teams travel to non-controlled facilities if not acclimatized properly; Options for policy change to regulate across all individuals in all situations; have an opportunity to acclimate kids in the summer, can it be addressed there?; Options for discussions on practice times in other sports and opportunities for protection of athletes across the board; Survey membership on what their pre-season practice structure looks like; **Motion Anderson, Second Hunter to require all Fall Sports Coaches to take the NFHS Heat Illness Prevention Course (Free of Charge) prior to assuming their fall coaching duties on an annual basis, matching the Concussion in Sport protocol. Motion passed 6-0.**

Football Summer Contact Limitations do we need to re-visit the conversation on what we allow during the summer on padded allowances, etc.; changing to a fewer number of days; Committee continued to express concern over the lack of limitations placed on individual athletes & concern that is shared by many state associations of NCAA/NAIA programs exposing HS kids to contact/heat/etc that those programs could not do with their own college-age kids. No formal action taken, but noted discussion.

Wrestling Weight Management Programs & Options The committee held an extensive discussion on wrestling weight management and South Dakota's lack of use of a reliable program for ensuring the safety of athletes choosing to cut weight in the sport of wrestling. Krogstrand noted the advent of TrackWrestling is likely coming on an unlimited basis for coaches and teams alike, which would include free access to the "Optimal Performance Calculator" system authored by the National Wrestling Coaches Association and in use by the majority of state associations and college programs. **The committee unanimously agreed to pursue the OPC as an option as soon as readily available for implementation, potentially as soon as the 2019-20 school year. SMAC advises wrestling advisory to consider changes of rules/regulations toward the adoption of the OPC process.**

Review of Indianapolis/NFHS SMAC Presentations & Topics A brief review of topics from the NFHS SMAC presentations was given.

NCAA Mandate for 2018 – Mental Health review Krogstrand noted to the committee that the NCAA has continued to make Mental Health a focus of athletic training initiatives, including the recent hiring of mental health professionals to specifically work with athletes. More information in future years about options for high schools will be a focus of many.

Heads Up Football The committee felt that no new changes have been made to the Heads-Up football program to make it more attractive to date, especially given the sales-pitch and cost requirements.

NFL Helmet Study Schools purchasing monitoring system with Riddell helmets and issues at schools being able to truly use the items/devices; NFL study marked some helmets as non-compliant for NFL use; NFHS continues to use NOCSAE testing, and will abide by those results to ensure player safety.

Medical Field Representatives

Tryg Odney – Sanford Health; Discussion on Pre-Contest Medical Time-out; 4-questions: Is there a qualified medical practitioner on site? Is there an Emergency Action Plan in Place? Is there an AED Available? Where is the Emergency Entrance for this Facility?; Used in Arizona as a model state, others also have implemented; effectiveness – felt that time to transport was decreased by the implementation; Appropriateness of coach/AD to respond to the questions when prompted; Formalization of the process that may already be happening; **Motion by Odney, Second by Hunter to adopt a "Pre-Contest Medical Timeout" for all interscholastic contests officiated by registered or certified officials, beginning with the 2018-**

9 school year. On-Site officials should find answers to the following five questions before beginning a contest:

- 1- Who is the game administrator for each team?**
- 2- Is there a qualified medical professional on site?**
- 3- Is there an Emergency Action Plan for this venue?**
- 4- Is there an AED Available?**
- 5- Where is the emergency entrance/exit for this facility?**

Failure to answer these questions with a positive answer should result in a report from the officials to the State Association to develop a corrective action plan for the school/site in question. Motion passed 6-0.

Option to expand committee to have a sport scientist/researcher on the group; SDATA chairperson also perhaps being involved on the group? No formal action by committee – but the group did recommend to the Board of Directors adopting these additional positions on the Board

School Personnel Representatives – No reports beyond what was previously discussed.

With no further business being before the committee, it was moved by Bass, seconded by Anderson to adjourn at 12:45 PM. Motion passed unanimously.

Respectfully submitted,

John Krogstrand
Asst. Executive Director
SDHSAA