

SOUTH DAKOTA

HIGH SCHOOL ACTIVITIES ASSOCIATION



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Dr. Daniel Swartos
Executive Director

SPORTS MEDICINE ADVISORY MINUTES

Meeting: March 25, 2020; 1 PM
Via Teleconference (as opposed to in-person in Sioux Falls)
Host site - SDHSAA Office, Pierre

Meeting was called to order at 1:02 PM with all Odney, Valentine, Hunter, Anderson, Richter, Bass, Brown & Munce present; Rasmussen excused. Krogstrand and Swartos on the call representing the SDHSAA. Krogstrand was selected as the recording secretary for the meeting, and the agenda was approved as submitted.

Committee members then presented reports, including consideration of topics for recommendations for submission to the Athletic Directors/Board of Directors for further consideration.

- a. Medical Field Representatives
 - i. Angela Brown- Avera; physical forms/PPE forms and information was covered during Brown's report; SDHSAA is working to update the information for the upcoming year, further details coming later in the meeting
 - ii. Verle Valentine – Sanford; late April National SMAC meetings upcoming; will report to the committee following those meetings; in 2019, SMAC meetings were held in opposite order, wherein we had more information to consider for this specific meeting; should anything pressing or specific be needed for action for the 2020-21 school year, Dr. Valentine will coordinate with Krogstrand @ SDHSAA for consideration and passing information along to the membership for consideration/application/adoption
 - iii. Tryg Odney – Sanford; noted the case of a catastrophic injury situation within SD this past year where perhaps medical conditions were known but not spoken up for; Discussion among committee about ways to continue to promote and educate the 'see something, say something' programs to ensure safety of participants in future events
 - iv. Paul Richter – Black Hills Ortho & Thayne Munce – Sanford Research; No further items to report or submit at this time
- b. Member School Personnel Representatives
 - i. Eric Bass; Darin Hunter; Meretta Anderson – No specific items to report either of SDIAAA proposals forthcoming, nor items from the committee to give further consideration to other than those later on the agenda

c. SDHSAA Staff Representatives

- i. Review of Policies Adopted prior to 19-20 school year: Last year, the SMAC made two recommendations to the membership – implementation of the OPC in Wrestling and Mandating head coaches in wrestling watch a new video from the NFHS on Skin Conditions when it becomes available; NFHS Meeting has been delayed in production, but will become required viewing when it is online; OPC discussed in a later item
- ii. Review of NFHS SMAC Recommendations, Presentations & Topics; SDHSAA has provided reports to the NFHS; Meeting has become an online meeting for discussion of topics around the states; Again, if information of vital importance becomes an issue at the SMAC meeting, the committee will reconvene to discuss those proposals or implementations
- iii. Report on Wrestling Weight Management; SDHSAA Wrestling Advisory Committee heeded the recommendation from the SMAC and SDHSAA Board approved the use of the Optimal Performance Calculator for SDHSAA Wrestling for 2020-21 season; OPC involves a detailed process of body fat testing, hydration testing, and a calculation from National Wrestling Coaches Association' programming through TrackWrestling to determine a proper order of descent for an athlete to be able to compete; Committee discussed practical steps the SDHSAA will need to implement body fat testing assessors, school representatives authorized to supervise weigh-ins, qualifications for those that are able to do assessments, conversation about what others states do and do not allow and other iterations of the implementation; SDHSAA Staff will begin work on a detailed process to prepare for the implementation this coming November
- iv. Pre-Participation Forms & Physical form updates; SDHSAA and SD Legislature had conversations this year about the pre-season forms utilized for clearing athletes to participate; Discussion was held by committee about the frequency of requiring physicals – whether or not once every three years was enough; committee members noted that information published by the American Academy of Pediatrics in their Preparticipation manuscript noted that there is no evidence that any more frequent was an absolution to helping catch issues in athletes, however, those that do note challenges on their preparticipation form should be reviewed more thoroughly according to the published medical expert opinions and research; SDHSAA will coordinate with members of the committee to finalize the new updated from the PPE manuscript on the new physical and health history forms and distribute for use prior to the 2020-21 school year with some minor amendments and language changes as allowed for by the AAP.

Being no further information before the committee, the meeting was adjourned at 12:05 PM.

Respectfully submitted,

Dr. John Krogstrand
Asst. Executive Director
SDHSAA