

October 19, 2016

Minutes of TSSAA Sports Medicine Advisory Committee

In attendance: Dara Trotter, Tripp Turner, Dr. Wade Denney, Brad Rohling, Mark Reeves, Emily Crowell, Dr. Andrew Gregory, Brett Burchwell

1. Role of Committee

The committee reiterated that a TSSAA registered official should be on this committee at all times in the future. The committee agreed that a physician should not be taken off of the committee, but will review the issue of whether or not to add a nurse practitioner or physician's assistant at next year's meeting. The committee should continue to seek physicians who are well versed in the area of high school sports, while also making an effort to maintain geographic representation of each part of the state.

2. Approval of minutes from 2015 meeting

A motion to approve the minutes from the 2015 meeting was made by Andrew Gregory, and a second by Tripp Turner. The motion was approved unanimously.

3. Old Business

The committee reviewed the information that is now being included in the registration information for TSSAA officials regarding the concussion, heat, and lightning policies and guidelines.

4. Date for Next Year's Meeting

The committee agreed to change the meeting date to the first week of October: Wednesday, October 4, 2017

5. Review Current TSSAA Policies

- a. Heat Policy – The committee agreed that language for best practices for rapid cooling of athletes during a heat emergency for schools. The committee indicated that one of the primary reservations of using cooling tubs is the fear of causing an athlete to go into shock when immersed in extremely cold water. The committee indicated that this is not a concern that should prevent schools from immersing students in a heat emergency. The committee discussed the potential need to mandate of the NFHS Heat Illness Prevention Course for football coaches. The committee noted that a lot of the practices for football take place in the summer when an athletic trainer is not present (especially 7 on 7). The committee feels that there needs to be an open line of communication between physicians who treat athletes and TSSAA if it is believed that the existing policies are not being followed. Dr. Denney and Dr. Gregory indicated that they would be willing to facilitate

with professional organizations in an effort to get the word out regarding TSSAA's willingness to talk about potential issues where it appears schools have violated policy.

b. Concussion Policy

1b. Physician Assistant has been added to the state concussion legislation. Therefore, the current TSSAA policy is more restrictive. The committee did not feel that it should add a Physician Assistant to the list of approved providers to the TSSAA policy at this time. The committee will re-visit this issue next year.

2b. CDC symptom checklist added to Concussion Return to Play Form. This symptoms checklist is part of the state law (required to be recorded) but the committee believes that this is not known and/or currently happening. The committee will work with TSSAA to develop a one page form that includes the components of the CDC checklist that is more user friendly and more likely to be used by the person who observes the athlete having signs and symptoms of a concussion.

c. Lightning Policy – The committee agreed that we should go with most restrictive policy when confronted with two interpretations. The committee clarified that if lightning is seen in the clouds and no thunder is heard, there is no need to implement the plan. The committee discussed the responsibilities of the game officials and game administrator as it pertains to their individual roles and responsibilities in a weather event.

d. Football Practice Regulations – The committee reviewed a draft of some potential changes to the football practice regulations. The changes, if adopted, would script the week prior to the first official day of football practice. The first two days would be helmet only days. The next 3 days would be helmet and shoulder pads only. The committee noted that many linemen are not participating in 7 on 7 activities and therefore may not be receiving an opportunity to gradually acclimate to the heat on the first days of football workouts. The committee believes that double practice days cannot be consecutive, regardless of what activity takes place.

The committee noted that it should be clarified by the state in regards to the requirements for forms with the concussion and sudden cardiac arrest legislation. The key question is whether or not schools can fill out the forms once per school year.

6. Anyone Can Save a Life: Emergency Action Plans

The committee was in favor of TSSAA requiring a date of completion for an EAP plan before unlocking eligibility and schedules for each sport.

7. NFHS Essentials Initiative

At the time of the meeting, a summary of this event had not been shared with TSSAA. TSSAA will share the results of this meeting with members of the TSSAA Sports Medicine Advisory Committee.

8. NFHS Sports Medicine Advisory Committee Meeting

At the time of the meeting, the minutes of the NFHS Sports Medicine Advisory Committee had not been shared with TSSAA. TSSAA will pass on the minutes to the committee as soon as they receive them from NFHS.

9. Pre-Participation Physical Evaluation Forms

Dr. Gregory indicated that there may be an updated or new form next year. If so, it may be good to add a place for a nurse practitioner or physician's assistant to sign. The current form does not have a place designated for NP or PA even though they are allowed to perform physicals per TSSAA Bylaws.

10. TSSAA Coaches Education Initiative

The TSSAA will reach out to ex-officio members of its Board of Control about getting on the agenda at the state superintendent's conference or TSBA conference.

11. TSSAA Wrestling Sports Calendar

Mark explained the adjustments to the wrestling sports calendar which remove restrictions on the number of individual tournaments allowed, while limiting the number of matches a kid can wrestle in the regular season to 55.

12. Wrestling Skin Check Procedures

Mark explained how having dermatologist on site at the state wrestling tournaments has drastically improved the process for skin checks.

13. Baseball Pitch Counts

Mark explained the NFHS rule mandated in July 2016. TSSAA will now have an administrative form to document the number pitches for each player.

14. For the Good of the Order

Recognition of Dara Trotter, Brett Burchwell, and Dr. Andrew Gregory as their term expires.

