



TSSAA Sports Medicine Advisory Committee Meeting Minutes
Wednesday, October 3, 2018

1. Introduction, Role of the Committee, Review of Contact Information, Terms of Service
Committee Members Present: , Wade Denney, Tripp Turner, Scott Byrd, Therese Sparn, Brad Rohling, Brad Jackson, Alex Diamond, Terry Love, Emily Crowell, Mark Reeves
Guests Representing Tennessee Physical Therapists Association (TPTA): Justin Smith, Lou Allsbrooks, Alan Meade
2. Committee Make-up
The committee discussed the fact that a number of member schools are provided medical coverage by Physical Therapists. The committee agreed to explore the option of adding a Physical Therapist to the committee.
3. Approval of Minutes from the 2017 Meeting
A motion to approve the minutes from the 2017 meeting was made by Scott Byrd with a second by Tripp Turner. The motion was approved unanimously.
4. Date for Next Year (Wednesday, October 2, 2019)
The committee agreed to meet on Wednesday, October 2, 2019.
5. NFHS Sports Safety Summit
The committee discussed the recent NFHS Sports Safety Summit. Athlete mental health was a point of emphasis for the summit. The mental health of coaches was discussed due to the rising expectations for coaches.
6. NFHS Section III Meeting Discussion
Mark and Dr. Diamond recapped the Section III Meeting in Nashville. Dr. Diamond presented the Safe Stars program which was very well received by state associations.
7. TSSAA Health and Safety Membership Process
School administrators (principals) now must indicate during the annual TSSAA Membership process in the TSSAA Portal that they have reviewed the following health and safety policies and will share with their coaches:
 - Emergency Preparedness
 - Heat Illness Prevention
 - Concussion Requirements
 - Sudden Cardiac Arrest Requirements
 - Lightning/Severe Weather Guidelines

-Tobacco Use Policy

The committee discussed the possibility of adding information regarding the Pre-Participation Physicals to the list of health and safety policies that are expected to be shared with coaches.

8. Safe Stars Program/Philosophy/School Promotion

Dr. Diamond explains Safe Stars, the first youth sports safety standards program in the country. The philosophy behind the program is not to rank leagues, but to help provide resources for improving safety. TSSAA will consider adding Safe Stars to the landing page for Health and Safety Resources on the TSSAA Portal. Brad Rohling explained the process of getting Rutherford County Schools under the Safe Stars umbrella. The committee discussed the merits of sharing positive testimonials of Safe Stars schools on social media.

9. Review Current TSSAA Policies

a. Heat Policy

The committee discussed the current policy in Georgia which has no requirement of not playing a contest if the wet bulb globe temperature reading is too high. The committee was not in favor of eliminating such a requirement in Tennessee. The committee discussed the proper procedures for checking the heat index as well as educating the alternative methods of rapid cooling if an ice tub is not practical at the site of the practice or competition.

b. Concussion Policy - Proposed Revision for Official's Protocol

- Mark explained the proposed changes in the language for the TSSAA Officials' Protocol. The proposed change in wording is an effort to simplify the instructions for officials and is not intended to change any current procedures. The committee felt that the language should be vetted prior to the TSSAA Board of Control voting on the proposed changes.

1b. Update on TN State Law (Nurse Practitioners, Physician Assistants) (Supplement #8)

- The committee does not see the need to make a change to the current TSSAA Policy which does not allow Physician Assistants to make return to play decisions once a concussion has been diagnosed. Very few TSSAA member schools have inquired about the fact that the law was amended to add Physician Assistants to the list of providers who can make return to play decisions.

2b. Request from TSSAA Membership to add Physical Therapist as a Designated Health Care Provider)

- The committee felt there is a need to assess the number of TSSAA member schools who are currently being served by Physical Therapists. TPTA representatives agreed to try and survey their membership to find out. TPTA and the committee agreed that if Physical Therapists are added to the list of providers who could initially evaluate a student who is exhibiting symptoms of a concussion, they should have some type of concussion training. The TPTA will make recommendations to the committee regarding guidelines for appropriate training.

The committee discussed that there should not be any action taken which would discourage AT coverage in schools.

- c. Lightning Guidelines
 - Mark explained the new language from the NFHS and TSSAA.
- d. Football Practice Regulations
 - Mark highlighted the changes in language which prohibit multiple practices on consecutive days.
- e. TSSAA Pre-Game Contest Cards
 - Mark explained the new initiative for TSSAA and the Pre-Game Contest Cards.
10. Possible Exemptions for NFHS Sport First Aid Courses (Approved Medical Providers)
 - The committee did not discuss this item.
11. Wet-Bulb Globe Temperature Readings / Recommendations
 - The committee felt that TSSAA should move forward with developing guidelines for schools with access to wet-bulb globe thermometers.
12. AED Legislation
 - The committee briefly discussed the new AED legislation and TSSAA's efforts to help provide resources for schools to increase their inventory of AEDs
13. Pre-Participation Physicals (January 1st instead of April 15th)

The committee did not see the advantages of moving the date for Pre-Participation physicals to April 15th.
14. TN Department of Health Update/Injury Surveillance Survey
 - Terry Love briefly explained the collaborative efforts of the Tennessee Department of Health and the TSSAA in collecting data through a random survey of 500 TSSAA coaches.
15. Protecting Students from Abuse NFHSLearn course
 - Mark explained that the NFHS has developed a course for recognizing and protecting students from abuse.
16. TSSAA Wrestling Weight Management (DEXA Testing)
 - The committee did not discuss this item.
17. Recognition of Departing Committee Members
 - Brad Rohling, Tripp Turner and Dr. Wade Denney were recognized for their service on the TSSAA SMAC.
18. For the Good of the Order
 - Tripp Turner encouraged the group to pursue meaningful change of policy that will minimize risk of student athletes.