



## TSSAA Sports Medicine Advisory Committee Meeting

Wednesday, October 2, 2019

### Unofficial Minutes

#### **1. Introductions, Role and Make-up of the Committee, Review of Contact Information, Terms of Service, Governance of TSSAA**

Committee members present: David Long, Terry Love, Therese Sparn, Kim Walter, Brad Jackson, Jared Vowell, Alex Diamond, Josh Johnson, Scott Byrd, Justin Smith, Mark Reeves

Absent: Lori Paisley

The governance of the TSSAA was discussed. The committee will update the current language in the TNSMAC Objectives document to acknowledge that schools have varying degrees of resources and access to appropriate health care professionals.

#### **2. Approval of Minutes from the 2018 Meeting**

A motion to approve the minutes from the 2018 meeting was made by Scott Byrd with a second by Alex Diamond. The motion was approved unanimously.

#### **3. Date for Next Year (Wednesday, September 30, 2020)**

The committee agreed to meet on Wednesday, September 30, 2020.

#### **4. Administrative Support for Health and Safety Policies (TSSAA / TN State Law)**

The committee discussed the need for district and school level administrative support when implementing best practices for health and safety.

#### **5. Review Current TSSAA Policies**

##### **a. Heat Policy**

Motion made by Alex Diamond and seconded by Josh Johnson to recommend TSSAA incorporate Wet Bulb Globe Temperatures into their heat policy. Scott Byrd will work to draft recommended language. The committee discussed the need to revise the language in the Modifications for Competition in Tennis and Golf. There was some support in removing the requirement for cancelling competition in sports when the heat index or WGBT threshold is exceeded. TSSAA will work on a draft of

the revisions and will circulate via email to the committee for their consideration. The committee discussed the importance of heat illness prevention education for coaches. If this education became mandatory for coaches, there was some concern expressed for allowing individual schools or an LEA to conduct their own training versus requiring a standard course such as the NFHS Heat Illness Prevention course.

**b. Concussion Policy (Protocol for Officials, Protocol for Coaches)**

The committee did not see any need to add additional types of medical providers to the current TSSAA policy.

**2b. Return to Play Form**

The committee discussed what constitutes “supervision” of a health care provider. The committee discussed the need for an additional option that can be checked by a physician which will give more clarity to whether or not an athlete has been cleared for participation.

**c. Lightning Guidelines**

The committee discussed the current NFHS Guidelines and the additional paragraph found in the TSSAA guidelines. This addition stresses the importance of identifying the individuals responsible for monitoring for weather prior to the contest.

We took the NFHS policy and added the last paragraph to answer the question of “who is in charge?”

**d. Football Practice Regulations (Proposed)**

The committee did not see any issues with adding additional definitions for Football Practice Regulations that will further clarify activities that are not currently considered full contact for the purposes of contact limitations.

**6. Pre-Participation Physicals**

**a. New PPE Forms**

The committee discussed the need to emphasize the one page clearance form and the importance of keeping the health history confidential for the health care providers.

**b. TSSAA / TennCare Letter**

The committee discussed the letter that has been drafted with TennCare and will appear at the Pre-Participation Physical Link.

**c. Dragonfly, Arbiter Athlete, PrivIT, Final Forms**

The committee felt that most of these vendors have incorporated the new physical form into their software.

**7. Lacrosse**

The committee emphasized that should adjustments be made to the heat policy for the purposes of cancelling competition, lacrosse will need to be treated the same as girls soccer, soccer, football, and cross country. The committee discussed the fact that the

addition of lacrosse as a TSSAA sanctioned sport will create some logistical challenges for athletic trainers in the spring.

**8. TN Department of Health**

Terry Love gave an update on current Professional Development Initiatives for Coaches that the Department of Health is promoting.

**9. Opioid Abuse Education**

Alex Diamond and Terry Love updated the committee on a webinar that has been archived and available for use by schools and the general public on opioid education.

**10. NFHSLearn.com Courses (Recommendations for Revisions on PD sheet)**

The committee recommended that Understanding Vaping and E Cigarettes, ACL Injury Prevention, and Student Mental Health and Suicide Prevention be placed on the course listings for the NFHSLearn.com promotional flyer.

4 possibilities to replace 3 courses on our promotional flyer...we will eliminate Engaging Effectively with Parents, NCAA Eligibility, and Sportsmanship. Need to decide between Understanding Vaping and E Cigarettes, ACL Injury Prevention, Appearance and Performance Enhancing Drugs, and Student Mental Health and Suicide Prevention

**11. Girls Wrestling Skin Checks**

The committee discussed the current procedures for skin checks in Girls Wrestling.

**12. NFHS Sports Medicine Advisory Committee Meeting Agenda**

The committee briefly discussed how the NFHS SMAC agenda shapes the discussion for state association committees around the country. Alex Diamond was recently appointed to serve a four year term on the NFHS SMAC.

**13. For the Good of the Order**

With no further discussion, the meeting was adjourned at approximately 12:30.