

**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
OFFICIAL MINUTES OF THE SPORTS MEDICINE ADVISORY COMMITTEE**

The NSAA Sports Medicine Advisory Committee (SMAC) met February 11, 2009 at the Nebraska School Activities Association Office, Lincoln, Nebraska, with members present as follows:

Dr. Kody Moffatt, Chair
Scott Martens, ATC
Joe Kutlas, Grand Island High School Athletic Director
Doug Long, ATC
Dr. Thomas Heiser
Dr. Dennis Connolly
Dr. Jim Tenopir, Executive Director NSAA
Bud Dahlstrom, NSAA
Jennifer Schwartz, NSAA

The meeting was called to order at 1:10 p.m.

The committee discussed the subcommittee's work on concussions. The committee proposed that a survey of head coaches be done with the assistance of Madonna Rehabilitation Hospital to find out what protocols are in place for sideline assessment of athletes who have had traumas involving the head or a change in mental status. Based on the data collected from the survey and medical research, the committee will draft guidelines and recommendations for sideline assessment and return to play protocols.

The committee discussed the subcommittee's work on heat and hydration specifically during preseason football when temperatures and humidity can be extreme. The committee determined that additional information would need to be collected before any recommendations could be made. The committee also decided further research needed to be done on acclimatization.

The committee reviewed the NFHS Sports Medicine Handbook that was mailed to each member school. The committee felt it was an excellent resource for schools.

The committee discussed the frequency of pre-participation physicals and decided against recommending change in the current NSAA Bylaw that requires them yearly.

The next meeting will be on Wednesday, March 18, 2009 at the NSAA office at 9 a.m.

There being no further items, the SMAC adjourned the meeting at 4:20 p.m.

Jennifer Schwartz
Assistant Director