



NSAA Sports Medicine Advisory Committee Meeting--

Tuesday, August 8, 2017--NSAA Office--9:00 a.m.

The NSAA Sports Medicine Advisory Committee (SMAC) met August 8, 2017, at the Nebraska School Activities Association office, Lincoln, Nebraska, with members present as follows: Dr. Kody Moffatt, (Chair), Dr. Dennis Connolly, Dr. Thomas Heiser, Scott Martens (ATC), Rusty McKune (ATC), Lindsey Struck (ATC), Doug Long, (ATC), Sheri Chittenden (Activities Director-Paxton), Steve Throne, (Assistant Principal/Activities Director-Millard South), Corey Campbell, DC, Ron Higdon (Assistant Director-NSAA), Dan Masters (Assistant Director-NSAA). Attending by conference call was Dr. David Priebe.

Ron Higdon opened the meeting and introduced the two new members of the SMAC committee, Steve Throne and Corey Campbell. The minutes from the last meeting, March 29, 2016 were reviewed and approved with the following addition to the section under Football Contact Limitation Change, where some information was inadvertently omitted. This section now reads:

Football Contact Limitation Change

After discussion, the recommendation of the SMAC members regarding football was to adopt the Contact Limitation change to the Heat-Acclimatization Period:

#4. During days 1 & 2 of the heat-acclimatization period, helmets are the only protective equipment permitted.

During days 3 & 4, only helmets and shoulder pads permitted.
Beginning on day 5, all protective equipment may be worn.

Golf Heat Acclimatization request

Jon Dolliver (Assistant Director-NSAA) and director for golf joined the meeting to present the concern some of the golf coaches had on the time restrictions on the Sports specific heat acclimatization requirements for golf.

After discussion it was mutually agreed upon to take out the language of “double practice” and allow golf to have a five hour practice after day five so that the golfers can be better prepared for a full round of golf when competition starts. An updated recommendation will be made to the board for approval for the coming fall season 2018.

Emergency Action Plans

The NSAA sent out the “Anyone Can Save a Life” Emergency Action Planning Guide (for after-school practices and events) in the fall of 2015. There was discussion on Emergency Action Plans (EAPs) and how to encourage schools to have effective, specific plans in place to cover their needs and how to follow up with schools regarding this issue. Ron Higdon will develop a survey to send out to all schools regarding (EAPs). He will send it out to the committee for feedback first.

NFHS Online Classes Mandated for all Activities

Currently the NSAA requires that all athletic coaches view three online NFHS courses--NFHS Concussion in Sports, NFHS Heat Illness & Prevention and NFHS Sudden Cardiac Arrest. The question was raised to the SMAC members if the online Sports Medicine classes should also be required of all non-athletic activity coaches.

After discussion by the committee they would recommend to the NSAA Board of Directors that they strongly encourage all non-athletic activities coaches to view the Sudden Cardiac Arrest online class but not require that they view all three classes at this time.

Wrestling Weight Management

Some wrestlers on weight descent plans are required to make scratch weight before they can participate in districts. However, they are allowed a two-pound growth allowance on December 25. Some of these wrestlers are put in a position where on their descent plans they are in essence cutting weight to get to scratch weight and then gaining weight with the two-pound allowance. Ron asked the Sports Medicine Committee to make a recommendation to the Board of Directors for the 2017-18 wrestling season to allow everyone the two-pound growth allowance on December 25 regardless of whether they made scratch weight or not. Each wrestler will still follow their respective weight loss plan for each competition. If the weight loss plan indicates that they are able to compete at a certain weight, they will now be allowed to compete.

Pre-Participation Exam form-update

Dr. Moffatt reported that he is currently on the writing committee for the new version of the Pre-Participation Examination (PPE) that is developed by the American Academy of Pediatrics (AAP). The scheduled release date for the new version is fall of 2018. There was also discussion on the subject of an electronic version of the PPE and the fact that it would likely migrate to electronic but no timeline has been set by the AAP. There are currently companies, such as Privit, that have electronic versions and there are a few states that are utilizing it. The discussion was that we would wait to see how it worked in other states before we look at it as a possibility for the NSAA.

NFHS Information

The following NFHS publication guidelines were handed out for review by the committee: Suggested Guidelines for Management of Concussion in Sports, Position Statement on Appearance and Performance Enhancing Drugs and Substances, and Soft Headgear in Non-Helmeted Sports Position Statement. They will be posted on the NSAA Sports Medicine page.

NSAA Sports Medicine Website Page

Ron asked for the committee to give feedback on the NSAA Sports Medicine online information with the following assignments for members to review:

General Information—All

Heat Acclimatization—Scott Martens

Concussions—Rusty McKune

Lightning—Lindsay Struck

Nutrition—Doug Long

Links to Pertinent Information—Dr. Kody Moffatt

NSAA SMAC Representation

It was agreed that there should be a four-year rotation of committee members on the Sports Medicine Advisory Committee. Each committee member would serve a four-year term and then allow other representatives with corresponding expertise in sports medicine and/or representatives of NSAA member schools a chance to serve. It was also determined that the chair of the committee should always be a physician.

Ron Higdon,



Assistant Director, NSAA