



NSAA Sports Medicine Advisory Committee Meeting--

Tuesday, April 7, 2015--NSAA Office--1:00 pm

The NSAA Sports Medicine Advisory Committee (SMAC) met April 7, 2015 at the Nebraska School Activities Association office, Lincoln, Nebraska, with members present as follows: Dr. Kody Moffatt, Chair, Dr. Dennis Connolly, Rusty McKune (ATC), Doug Long (ATC), Scott Martens (ATC), Kyle Rohrig, (Athletic Director-Omaha Burke High School), Sheri Chittenden, (Activities Director at Paxton), Rhonda Blanford-Green (NSAA), Ron Higdon (NSAA), Bud Dahlstrom (NSAA). Attending through conference call were Dr. Thomas Heiser and Lindsay Struck, (ATC).

Ron Higdon opened the meeting and the minutes were reviewed and approved from the last meeting, January 12, 2015.

Rhonda Blanford-Green and Ron Higdon shared regarding attending the National NATA/AMSSM/KSI Safety in Sports Meeting in New York City in April.

Heat Acclimatization: Heat acclimatization recommendations became a mandate for football in February 2015. The question was raised, Should all fall outdoor sports be included in that mandate? After discussion, it was moved by Dr. Connolly and seconded by Scott Martens that the Heat acclimatization recommendations as stated in the “14-Day Heat-Acclimatization Period” handout, previously approved by the NSAA SMAC committee as recommendations, now be made mandatory for all fall outdoor NSAA activities. A vote was taken--all in favor, none opposed. (The “Heat Index Chart” will be used as a recommendation.)

The question was raised regarding spring activities in reference to soccer and baseball and it was concluded that there were fewer heat-related concerns at the beginning of the fourteen day acclimatization period of the spring season as **relating to the weather but that it is important to monitor at all times.**

Also discussed were environmental conditions regarding cold and wind chill and what recommendations should be made for outdoor activities when weather is a factor. It was concluded that no action would be taken at this time but it would be addressed at a later meeting.

SCA (Sudden Cardiac Arrest): The committee agreed that we need to continue to be proactive in this in providing information to member schools regarding this issue. The NSAA has purchased materials on SCA and Emergency Action Plans that will be provided to the member schools this summer.

Pre-Participation Examination form: It was the opinion of the committee that we should strongly recommend that all of the NSAA member schools use the NSAA Pre-Participation Exam forms for the 2015-2016 school year. **Making the NSAA Pre-Participation Exam forms mandatory for the 2016-2017 school year was recommended by the committee and Ron will present to the NSAA Board of Directors for their approval.** These forms are in alignment with the standard of care for determining if students can participate in activities. The forms consist of: Pre-participation Physical Evaluation-History form, the Athlete with Special Needs: Supplemental History form, the Physical Examination form and the Clearance form.

With no other business at this time the meeting was adjourned.