



NSAA Sports Medicine Advisory Committee Meeting Minutes

Monday, January 12, 2015

NSAA Office

10:00 AM

The NSAA Sports Medicine Advisory Committee (SMAC) met January 12, 2015 at the Nebraska School Activities Association office, Lincoln, Nebraska, with members present as follows: Dr. Kody Moffatt, Chair, Rusty McKune (ATC), Dr. Thomas Heiser, Dr. Dennis Connolly, Doug Long (ATC), Rhonda Blanford-Green (NSAA), Ron Higdon (NSAA), Bud Dahlstrom (NSAA), Nate Neuhaus, (NSAA), Kyle Rohrig, (Athletic Director-Omaha Burke High School), Lindsey Struck, (ATC), and Sheri Chittenden, (Activities Director at Paxton)

After an opening greeting from Ron Higdon, minutes were reviewed and approved from the last meeting, April 16, 2014.

Association Lawsuits—There is currently a lawsuit against the Illinois High School Association by a former high school athlete who competed in football during high school and suffered concussions. Ronda Blanford-Green discussed being proactive in communication and coordination with other organizations to stay informed on issues regarding concussions and sudden cardiac arrest/sudden cardiac death (SCA/SCD) and to develop recommendations for our member schools in these areas.

NSAA will be sending a packet of material to NSAA member schools next summer for the coming school year, regarding Sudden Cardiac Arrest (SCA).

Cardiac Task Force Recommendations—A Task Force was developed by the NFHS (National Federation of High School Associations) to bring to the attention of the SMAC committee of the NSAA for recommendations regarding the issue of SCA/SCD as it relates to high school activities.

**Recommendations from the NFHS Task Force
to the NSAA Sports Medicine Advisory Committee and SMAC Responses**

1. NSAA recommend that each school have an AED, recommend that each school have an emergency action plan and rehearse it at least once a year. NSAA recommend that the location of the AED be in highly visible location, not in a locked office. Suggested locations: outside school gym, or just inside front lobby.

NSAA SMAC response: YES. Agree.

COMMENTS: Ron Higdon had followed up on schools regarding have AEDs available. Most schools are in compliance, about 99%.

2. The Task Force work with the NSAA to create and distribute educational materials on SCA/SCD in schools, and AED use on its website, and post the results of the Task Force data.

NSAA SMAC response: YES. Agree with one minor change.

*2. The Task Force work with the NSAA to **collaborate to** distribute educational materials on SCA/SCD in schools, and AED use on its website, and post the results of the Task Force data.*

3. NSAA support the creation of a state-wide registry of any sudden cardiac arrests or deaths occurring in schools among any populations: young athletes, student non-athletes, and other people working at the school or attending a school function. NSAA support a national system of reporting SCD in athletes. NOTE: We have determined there is a pilot NIH database, which was created in 2014. Nebraska is not a currently a contributing member to the database at this time. However, if and when the project expands to broader base, Nebraska will express its interest and re-apply. Nebraska Child Death Review Team will be meeting on December 10th, 2014. We propose that Task Force member Peg Ogea-Ginsburg act as liaison between the Child Review Team and the Task Force. David Lawton can attend with her, to present the data collected by the Task Force Research Team. Bryan Heart Research team can house the registry that pertains to school populations and athletes; working with CDRT can help to identify individual cases.

NSAA SMAC response: Agree with some changes. Kody Moffatt, SMAC Chair, to address.

4. NSAA recommend that any provider signing off on a NSAA PPE form complete a NSAA approved educational course on "How to conduct the PPE and how to clear an athlete for sport's participation.

NSAA SMAC response: Disagree. Deleted this recommendation since the Nebraska Attorney General's Office has already defined who as a health care provider can perform physicals for high school athletes.

5. NSAA recommend students and parents to sign a statement that they have read the NE brochure on Sudden Cardiac Death in the young athlete. (To be developed). This can be done at the time they return the NSAA PPE and parental consent forms to the school.

NSAA SMAC response: SMAC decided to table this recommendation until further communication with the Task Force.

Questions raised—Who is responsible to administrate this? Is this a new form or a revision of the physical form as an addendum for parents to sign off on. Should we require the NSAA membership to use the same physical form?

SMAC recommended that we work toward requiring schools to use the NSAA physical form that has only been recommended in the past but giving the schools enough time to comply with the new requirement.

6. NSAA support the taskforce recommendation that all high school students take a CPR / AED course prior to graduation.

SMAC is not opposed to this recommendation, however, they would defer to the Nebraska State Department of Education since this is an educational issue that affects not only student athletes but others as well that are beyond the scope of student athletes.

7. NSAA recommend that all coaches working at a NSAA member schools take CPR-AED training every two years.

SMAC recommended that this fall into line with NSAA ByLaws associated with Coach Accreditation under “Special Services Certification.” NSAA will draft a recommendation for the SMAC to review. This could also be incorporated into the Coach Rules meetings.

8. NSAA support the inclusion of the terms “state standard” in all educational materials and communications on athlete CV care.

NSAA SMAC response: SMAC will review and make recommendations so that materials distributed by the NSAA to member schools will be aligned with the terms of the “state standard.”

Wrestling Hydration

Ron brought up the issue that Nebraska is one of only three states who require that weight management be input weekly. This becomes a problem when wrestlers cannot pass the hydration test. Due to a chemical imbalance some wrestlers cannot pass the hydration tests administered with the test strip method vs. the refractometer method. This puts a hardship on a wrestler if they can’t pass the hydration test. If they are re-tested they must be tested at another location.

NFHS Position Statement—Recommendations and Guidelines for Minimizing Head Impact Exposure and Concussion Risk in Football

Nate Neuhaus presented to the SMAC committee the need to develop recommendations and guidelines for the Nebraska schools with respect to football practice and concussions. Nate will research other state association recommendations and provide information to the SMAC committee. The SMAC will then prepare some recommendations for the April meeting which can be implemented for the following pre-season practice period.

With no other business the meeting was concluded.

Signed

Date