



## Oregon School Activities Association

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### SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, February 6, 2019

### MINUTES

1. Present: Dr. Michael Koester (chairperson); Mark Boren; Dr. Preston Chadwick; Erin Cramer (OSPA); Dr. Robert Fan; Marlee Hansen (OATS); Sam Johnson (OATS); Shelly Jones (OATS); Dr. Sara Murdick; Marc Norcross; Dr. Robert Sandmeier; Dr. David Sarmiento; Rob Younger (OACA); Chris Knudsen (OACA); Craig Rothenberger (OADA), Brad Garrett, K.T. Emerson, Peter Weber (OSAA).
2. Welcome and Introductions.
3. Minutes of November 13, 2018 meeting reviewed and approved.
  - a. High School Today article – Suicide Prevention Campaign – Dr. Koester let the committee know that a series of articles in the current NFHS Today will have a distinct Oregon touch – staff will send out links to the entire committee.
  - b. Emergency Action Plan (EAP) Awareness - OSAA/ OACA / OADA / OATS Collaboration – Sam Johnson updated the committee on the progress of the EAP effort – focus is to raise awareness and tell the story of how an EAP can work to save lives at member schools through a series of articles.
  - c. HSS / NFHSLearn ACL Prevention Course – NFHS has just released online course – the committee discussed potentially requiring the course in the future. Getting the course out to the public is the challenge. Peter Weber asked for help from OADA and OACA to distribute the information. The course is also valuable to athletes below the high school level. Need to find ways to promote viewing for all youth coaches, possibly PE teachers too.
  - d. School Safety Officer – The committee continues to support having a point of contact at each school / school district that would be able to distribute relevant communications from the SMAC when necessary.
  - e. NFHSLearn.com – Protecting Students from Abuse Course – Peter Weber let the committee know that he is not aware of any state association planning to mandate the course. Oregon school employees are required to view abuse course by state law. Could serve as an additional resource for schools.
  - f. Consent to Treat Language – NATA is supporting athletes signing consent to treat paperwork – this creates potential conflicts with employers who already have their own forms and policies. Who treats who and when could be an issue. Peter Weber has contacted PACE representatives but has not heard back yet on whether they support the concept.
  - g. Concussion RTP Video – Sam Johnson has put together an initial script of what a Return-to-Play protocol looks like. The goal is to create a video that is driven by the script with the goal of educating coaches on correct steps. Video would target those schools who do not have access to an AT. Peter Weber thinks it is important to include AD's in any distribution – specifically at the smaller schools.
  - h. The Oregon Athletic Training Practice Act – Originated over 20 years ago but has not been updated on a regular basis. Many things have changed – primary issue is that the scope outlined in the Act is limiting – AT's working outside of athletics most likely do not meet the requirements outlined in the law. Goal is to remove reference to athlete and to define athletic training instead like similar ATs in other professions.
4. New Business
  - a. Heat Index Policy Review – Dr. Koester reviewed the current policy with the committee and reviewed a published study on climate regions and recommendations developed by Kory Stringer Institute. Dr. Koester is involved in a review of the current policy and will be meeting with a climatologist at Oregon State University to better understand our micro-climates and how the policy impacts different parts of the state. More to come on this moving forward
  - b. SMAC Membership – Peter Weber asked if adding a mental health professional to the committee has merit. The committee discussed potentially inviting a mental health professional to meetings as appropriate.
  - c. High School RIO Kick-off Data – Dr. Koester reviewed data from the RIO project on injuries that occur on kicking plays.

Preliminary data shows that kicking game injury rate per exposure is not significantly different. This should be published in the next six months.

- d. HS RIO Participation – Oregon is well represented in the High School RIO data per capita – more involvement than California and about the same as Pennsylvania.

5. Committee Member Topics / Discussion

- a. Craig Rothenberger mentioned the “vaping” epidemic occurring at member schools. AD’s are seeking help in educating students. Dr. Murdock mentioned providers have fact sheets for students and parents that could be distributed.

6. Winter State Championship Coverage

a. Cheerleading	Saturday, February 9	Veterans Memorial Coliseum, Portland
b. Swimming	Friday / Saturday, February 15-16	Tualatin Hills Aquatic Center, Beaverton
c. Wrestling	Friday / Saturday, February 22-23	Veterans Memorial Coliseum, Portland
d. 1A Basketball	Wednesday / Saturday, Feb 27-Mar 2	Baker HS, Baker City
e. 2A Basketball	Thursday / Saturday, Feb 28-Mar 2	Pendleton Convention Center / Pendleton HS, Pendleton
f. 3A Basketball	Thursday / Saturday, Feb 28-Mar 2	Marshfield HS, Coos Bay / North Bend HS, North Bend
g. 4A Basketball	Thursday / Saturday, March 7-9	Forest Grove HS / Pacific University, Forest Grove
h. 5A Basketball	Tuesday / Friday, March 6-9	Oregon State University, Gill Coliseum, Corvallis
i. 6A Basketball	Wednesday / Saturday, March 6-9	University of Portland, Chiles Center, Portland
j. Dance / Drill	Wednesday / Saturday, March 15-16	Veterans Memorial Coliseum, Portland

7. Future Meeting Dates – Wednesday, April 3