



Oregon School Activities Association
Sports Medicine Advisory Committee
Minutes – September 12, 2017 Meeting



1. Present: Dr. Michael Koester (chairperson); Dr. Brent Andres; Mark Boren; Dr. Brad Butler; Dr. James Chesnutt; Erin Cramer (OSPA); Dr. Jonathan Crist; Dr. Robert Fan; Sam Johnson (OATS); Shelly Jones (OATS); Marc Norcross, Dr. Sean Rash; Dr. Robert Sandmeier; Dr. David Sarmiento; Dr. Jeff Tuman; Dr. Thayer White; Rob Younger (OACA); Brad Garrett, Kelly Foster and Peter Weber (OSAA).
2. Welcome and Introductions.
3. Minutes of April 12, 2017 meeting reviewed and approved.
4. Old Business
 - a. Senate Concussion Return to Play Workgroup Update – Legislation is being drafted to include Chiropractors, naturopaths, PT, and ATC added to the list for granting clearance for return to play for concussion. It appears all providers will have to go through additional training to clear concussions. There may be a malpractice insurance liability requirement also.
 - b. OHA Adolescent Well Care Visit/Pre-Participation Physical Exam Collaboration – Partnered with the OHA to produce this document and raise awareness of key issues in each exam.
 - c. Wrestling BIA Assessment – BodyMetrics Ultrasound Tool – Planning a comparison for the tool this season. Looking specifically at the accuracy and margin for error.
 - d. Wrestling – Skin Wipes Potential Pilot Study – Exploring potential funding for a study for the upcoming season. Looking at using skin wipes before and after entering the mat and impact on skin infection incidence. Need to identify ATs that can report through HS RIO.
 - e. CSSS Meeting – No meeting in 2018. NFHS exploring possibility of future meetings.
 - f. NFHS SMAC – April 2017 Section Reports – Report from SMAC's for all other states / sections. Good information to see what is occurring throughout the country.
 - g. High School Football Longitudinal Study – Study that looked at cognition of people that participated in youth football. No proven increase in long-term issues.
 - h. Reclassification and Football Memo – Letter from Dr. Koester addressing the potential of schools playing down without going independent in football only. The OSAA Executive Board instructed the staff to form an Ad hoc Football Committee to address issues (playing down, using "zones" to determine classification, playing 11/9/8/6-man football, looking at previous seasons success/participation, etc.).
5. New Business
 - a. KSI State Association Rankings – Dr. Koester reviewed the criteria and process used by the KSI to rank the states and the response by the NFHS / OSAA to the rankings. Oregon was ranked number 15 in the country by the KSI ranking.
 - b. NFHS Position Statements – APEDS, Concussion Management, Soft Headgear – Dr. Koester reviewed the updated position statements from the NFHS.
 - c. Football Protective Equipment – Soft-Shell Helmets – An inquiry was received about the use of soft-shell helmets during 7 on 7 (spring and summer practice and competitions for school sponsored events). The OSAA Executive Board asked the SMAC to review the request and current policy. A lengthy discussion ensued by members of the committee around protective equipment and soft-shell helmets. The Committee discussed pros and cons of allowing soft-shell helmets during specified contact periods, but does not see a need for change in current rules. The Committee firmly believes that soft-shell helmets should be classified as protective equipment and should only be allowed during specified contact periods under current policy. The committee also doubts the efficacy of soft-shell helmets in preventing concussion and is concerned about the potential for unintended consequences of football players wearing protective head gear.
 - d. Air Quality Guidelines – Potential OHA Collaboration – The committee discussed air quality guidelines distributed by OSAA following collaboration with OHA and DEQ. Guidelines were updated as conditions worsened. Staff plans to debrief with OHA and DEQ later this Fall to review best practices in this area. This could result in a policy for schools similar to the heat index policy.

The air quality discussion led to further discussion about the potential for each school to designate a “safety officer” as the point person for health and safety related issues, i.e. air quality, heat index, EAP, concussion return to play, etc. The goal wouldn’t be a new responsibility but empowering a person to make decisions. The Committee requested that OSAA staff explore this concept further.

e. Oregon Concussion and EAP Collaborative Conference – This item was not discussed.

6. Fall State Championship Coverage

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| a. Cross Country | Saturday, November 4 | Lane Community College, Eugene |
| b. Volleyball – All | Friday-Saturday, November 3-4 | Liberty HS / Forest Grove HS / Ridgeview HS |
| c. Soccer – All | Saturday, November 11 | Hillsboro Stadium / Liberty HS |
| d. Football | | |
| 5A, 4A, 3A, 2A, 1A Semifinals | Friday-Saturday, November 17-18 | TBD |
| 6A Semifinals | Friday-Saturday, November 24-25 | TBD |
| 5A, 4A, 3A, 2A, 1A Finals | Saturday, November 25 | TBD |
| 6A Finals | Saturday, December 2 | TBD |

7. Future Meeting Dates

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| a. Wednesday, November 15, 2017 | Amadeus Restaurant, Salem | 6:30pm |
| b. Wednesday, February 7, 2018 | Amadeus Restaurant, Salem | 6:30pm |
| c. Wednesday, April 11, 2018 | Amadeus Restaurant, Salem | 6:30pm |