



Oregon School Activities Association
Sports Medicine Advisory Committee
Minutes – November 14, 2017 Meeting



1. Present: Dr. Michael Koester (chairperson); Dr. Brent Andres; Mark Boren; Dr. James Chesnutt; Erin Cramer (OSPA); Dr. Jonathan Crist; Dr. Robert Fan; Marlee Hansen, ATC (OATS); Sam Johnson (OATS); Shelly Jones (OATS); Marc Norcross, Dr. Donald Pennington; Dr. David Sarmiento; Dr. Charles Webb; Dr. Thayer White; Rob Younger (OACA); Brad Garrett, Kelly Foster and Peter Weber (OSAA).
2. Welcome and Introductions.
3. Minutes of September 12, 2017 meeting reviewed and approved.
4. Old Business
 - a. SB 217 – Senate Concussion Return to Play Workgroup Update – The committee discussed SB 217 and the implications related to its potential enrollment. SB 217 changes Oregon concussion law to expand the list of health care professionals who can provide medical release to youth athlete who is suspected of having concussion and prescribes requirements for health care professionals to be qualified to provide medical release.

The committee discussed concerns with ATs being added to the list of appropriate health care professionals that could return an athlete to play because of the likely increase the cost of school insurance.

OHSU says can't educate competency with a course for naturopaths/chiropractors. Advise against creating a course.
 - b. Collaborative Solutions for Safety in Sports Update – Dr. Koester discussed his experience with the conference and some of the frustrations that state associations are having with the data and ranking systems used by the Korey Stringer Institute. The NFHS is considering sponsoring its own solutions conference with all state associations represented so the membership can guide future discussions and initiatives.
 - c. Wrestling – Skin Wipes Potential Pilot Study – Tabled and under consideration for the 2018-19 school year.
 - d. Air Quality Guidelines/Policy – Potential OHA/DEQ Collaboration – The staff updated the committee on the efforts towards creating an air quality policy for the member schools. Collaboration will be necessary from OHA/DEQ to effectively use available technology to help member schools make informed decisions as we move forward.
 - e. KSI State Association Rankings – Dr. Koester reviewed the KSI rankings and a letter that was submitted to the KSI staff regarding Oregon's ranking within their system.
 - f. School Safety Officer Concept – Continued discussion related to requiring a designated person in a building / district to act as a safety officer. Additional discussions with the Oregon School Board Association and PACE are needed as we move forward.
5. New Business
 - a. Senate Education Meeting – November Legislative Days – KSI Report Presentation – A group presented the KSI results to the Senate group and explained the role of ATC's in member schools. The Committee and the OSAA want to be proactive and not reactive to reports like this.
 - b. OHA/OSAA Continued Collaborations – Suicide Prevention – Rob Younger (OACA Executive Director) outlined a new initiative by the Oregon Athletic Coaches Association to address Suicide Prevention in member schools. The committee feels it is important that the OHA be a partner because of access to additional resources and logistics of school health centers.

The committee discussed the notion of less policy and more resources for schools – proactive versus reactive process, EAP specific to mental health and athletics participation, and post-prevention strategies.

The committee also discussed the SMAC's role in the effort including what's the scope and what they can do to help. Providing additional resources, information and what is working well. Dr. Koester informed the committee that the NFHS SMAC is looking to add a mental health consultant to their groups.
 - c. Cal State Fullerton Study – Wrestling BIA Assessment Devices Validation Study – Brad Garrett reviewed a new study by Cal State Fullerton related to a new BIA scale produced by InBody. Cal State's study indicates that the new scale has been validated to predict a safe minimum wrestling weight for participants.

For the last 11 years member schools have been limited to one model (Tanita TBF 300WA) as the tool to access body fat. The new InBody scale is being promoted by the NWCA – mostly because Tanita has informed states that the 300WA will be discontinued. After reviewing the study results the committee seemed supportive of allowing an additional scale to be an option within the Oregon Wrestling Weight Monitoring Program starting next year. More discussion to follow.

- d. OSAA Football Ad Hoc Committee – Brad Garrett gave a brief report on the committee’s progress.
 - e. NFHS SMAC Review – Dr. Koester reviewed the following topics with the committee:
 - 1) Effectiveness of the facemask in softball.
 - 2) More states putting out proposals / moving in directions with their SMACs.
 - 3) Pre-Contest Medical Preparedness (Arizona).
 - f. Overuse Injury Research – Dr. Koester discussed the recent NFHS efforts related to the impact of specialization. In short, researchers have found that children who specialize in a sport will most likely experience increased risk of injury. NFHS is producing media materials and committee suggested using social media as a method to get the message out.
 - g. Daith Piercings – Dr. Koester informed the committee about the results of working with a mediator on the daith piercing issue. The student had a doctor’s note that indicates it has helped subside migraines. The piercing is made of a flexible acrylic and after discussion the committee agreed that the OSAA should develop a metric/process for future requests.
6. Committee Member Topics / Discussion
- a. Current Physicals / Physical Forms – The committee discussed several potential changes to the current physical exam form that may need to be addressed moving forward (recognizing the form is approved by the State Board of Ed.).
 - 1) No place for phone number.
 - 2) Separate medicine and allergy in to their own boxes.
 - 3) It says to leave copy with the physician.
 - 4) PPE & Adolescent Wellness both taken care of at the same time.
 - 5) CCO’s will pay (bill for well child while taking care of sports physical).
 - b. Preventing sudden cardiac arrest in athletes
 - a) If screenings are done and test positive – should be student held out of play until cleared?
 - b) All screenings should be coordinated with their athletics programs – SMAC has position statement.
7. Fall State Championship Coverage
- a. Football
 - 1) Send out updates to the committee once we have locations for finals

5A, 4A, 3A, 2A, 1A Semifinals	Friday-Saturday, November 17-18	TBD
6A Semifinals	Friday, November 24	Hillsboro Stadium
5A, 4A, 3A, 2A, 1A Finals	Saturday, November 25	TBD
6A Finals	Saturday, December 2	TBD
 - b. Future Meeting Dates

Wednesday, February 7, 2018	Amadeus Restaurant, Salem	6:30pm
Wednesday, April 11, 2018	Amadeus Restaurant, Salem	6:30pm