



## Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1  
Wilsonville, OR 97070

503.682.6722 <http://www.osaa.org>



### SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, November 7, 2023 | 6:30pm | The Ram - Salem

### MINUTES

1. Welcome and Introductions
2. Committee Roster – Review and Update

*Attending – Mick Koester, Mark Boren, Preston Chadwick, Marlee Hansen, Sam Johnson, Shelly Jones, Sean Rash (Zoom), Ryan Rockwood, David Sarmiento (Zoom), Rob Younger, Chris Knudsen, Scott Gragg, Peter Weber, Kelly Foster.*

3. Review minutes of September 12, 2023, meeting
4. Old Business
  - a. Air Quality Guidelines Board Policy

*A SMAC subcommittee reviewed updates to the policy for clarity and consistency. The subcommittee recommends that we use only the AirNow website and app to direct everyone to one source. This site also calibrates all PurpleAir monitors appropriately. The SMAC is supportive of taking this to the Executive Board.*

- b. Heat Index Board Policy (*attachment*)

*A SMAC subcommittee continues to review the current policy, including adding verbiage regarding the use of Wet Bulb Globe Thermometers and language addressing heat variations between natural grass and turf fields. The group will investigate micro-climates of Oregon, review Arizona data on dry climate and use of WBGT, along with a review of information from the Korey Stringer Institute (KSI).*

- c. Emergency Action Planning (EAP) Campaign and OSBA Presentation (*attachment*)

*Kelly Foster presented the latest iteration of the current campaign and provided materials from communication to schools, including the Fall Emergency Action Day. The group discussed adding in a practice drill to be used during a contest. This collaborative effort is a priority for OSAA, OACA, and OADA this year in working with OATS. A group of SMAC members is presenting at the OSBA Conference later this week on the importance of EAPs in schools.*

- d. Wrestling Skin Check Education Update

*It has been determined that the NFHS Course on skin checks is best for educating coaches. Dr. Chadwick and Dr. Koester are working on developing a PowerPoint presentation for officials. OSAA will post a link to the online skin check course for coaches and officials as well.*

- e. TBI & Youth Awareness Campaign Workgroup Update

*It was reported that there has been a pause in the potential legislation and more of a focus on educational*

resources. Sam will keep the group updated on new developments with the Return-to-Learn form. Peter has a meeting with ODE's School Community Health Specialist in December and will explore collaboration opportunities.

5. New Business

a. Mental Health Education Resources

1. Be nice (notice, invoke, challenge, empower)
2. NFHS #WeSeeYou Campaign

*The above resources were shared with the committee. The committee would like a program or resource that would work for an entire athletic department. We will bring back more information to the next meeting, including additional resources suggested by Holly Vaughn-Edmonds.*

b. Concussion Return-to-Participation and Return-to-Learn Forms

*A subcommittee was formed to review both of the forms. Looking at ways to make the progression clearer to use at the school level.*

c. NFHS SMAC Update

*Shelly Jones reported out on the NFHS SMAC including the following:*

1. *A report has found that wrestling injury statistics have been presented incorrectly which makes the sport appear more dangerous.*
2. *There has been an increase in use of nicotine gym and smelling salts at interscholastic competitions across the country.*
3. *There is information coming out on traffic safety for runners.*

6. Committee Member Topics / Discussion

*It was reported by Dr. Koester that football participation is trending up nationally and specifically in Oregon.*

*Studies have shown that there is no evidence that introducing tackling before high school leads to less injury.*

7. Fall State Championships Coverage

6A, 5A Soccer	Saturday, Nov. 11	Sherwood HS
4A/3A/2A/1A Soccer	Saturday, Nov. 11	Liberty HS (Hillsboro)
Football	Friday-Saturday, Nov. 17-18	Various Sites
Football	Friday-Saturday, Nov. 24-25	Various Sites

8. Future Meeting Dates – Tuesday, February 6; Spring – TBD