



Oregon School Activities Association

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SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, September 22, 2020

MINUTES

1. Present: Dr. Michael Koester (chairperson); Dr. Brett Andres; Dr. Murtaza Batla; Mark Boren; Dr. James Chesnutt; Erin Cramer, AT, Ret PA-C (OSPA); Marlee Hansen, MS, ATC (OATS); Sam Johnson PhD, ATC, CSCS (OATS); Shelly Jones, ATC (OATS); Dr. Sara Murdick; Marc Norcross, PhD, ATC; Dr. Alana Ryan; Dr. David Sarmiento; Dr. Jamie Schlueter; Dr. Charles Webb; Dave Hood (OADA); Rob Younger and Chris Knudsen (OACA); Kelly Foster, K.T. Emerson, Brad Garrett and Peter Weber (OSAA).
2. Welcome and Introductions – new member Alana Ryan.
3. Review minutes of May 26, 2020 meeting – The committee approved the minutes.
4. Old Business
 - A. OSAA Activities Calendar Changes for 2020-21 – Peter Weber reviewed the Board adopted calendar for this school year and the rationale for making the calendar changes. Season 1 is an “open” season – wrestling, football, basketball, cheerleading (contact) and dance / drill (contact) are prohibited. Seasons 2, 3 and 4 follow as traditional winter, fall and spring seasons. Recent survey indicates that approximately 140 schools will be participating in some sort of sport with almost 50 planning on competitions.
 - B. OSAA Policy Changes – Practice Model, Participation Limitations, etc. – Peter outlined several policy modifications to allow maximum opportunity for sports allowed by the current guidelines. Removing these barriers was important to the Board during Season 1. Requiring nine practice days prior to the first contest (all sports). Eliminating multiple practice sessions on a day, maximum three hours in a day. Changes to the number of contests allowed, reduced to reflect the shorter season. Eliminated out of season coaching policy for Season 1. Participation Limitations, and Participation Limitations (6A, 5A Pilot) will be reinstated for Season 2, 3 and 4.
 - C. Governor’s Office / OHS K-12 School Sports Guidance – Peter reviewed how the OHA K-12 School Sport Guidance has impacted the schools. The OSAA staff broke it down based on the learning model and activity. Many schools continue to stay in the Comprehensive Distance Learning Model and are not currently allowing coaches and students to have contact. Others are in school and have started participating.
 - D. Pre-Participation Physical Exam Update – No new information on needing an extension on the current two-year rule. It would take a special session of the legislature to make this change.
5. New Business
 - A. COVID Cardiac Issues – Dr. Sara Murdick reviewed a spreadsheet she created that compared various institution’s COVID recommendations related to return-to-play. Comparisons were made in the following areas – Standard Screening by Primary Care Physician (PCP) (No Additional Testing); Standard Screening by PCP and ECG; Standard Screening by PCP and Peds Cards (Echo, ECG, Troponin, further testing TBD); Quarantine / Rest Period and RTP Criteria.

The Committee discussed the pros and cons of developing return-to-play protocol. Some discussion about developing consensus on length of time and disseminating the information to providers. The Committee already recommends that a student who tests positive for COVID-19 should be evaluated by their PCP before returning to play. No cardiac recommendations at this time. A sub-committee will meet to discuss some more specific recommendations.
 - B. Wisconsin Study – Impact of School Closures and Sport Cancellations – Dr. Koester provided a brief review of the Wisconsin Study.
 - C. Football – Season 3 and Fall 2021 – The Committee was presented a proposal to reduce the number of practices to participate in a jamboree from nine to six. The Committee did not support changing the current policy.

The Committee discussed concerns related to the length of time between Season 3 and the start of the 2021 football season. More guidance this summer, especially with regard to football and contact. The NFHS may put out guidance document for best practices.

- D. Cross Country and Traffic Safety – Increase in pedestrian deaths recently – including Cross Country athletes while training. Several groups are looking at developing information, suggested policies and / or other training to help address this issue.
 - E. Softball Pitching Injuries – NFHS will be taking a closer look at Softball injury data – specific implications related to implementation of pitching limitations.
 - F. NFHS SMAC Update – Dr. Koester briefly reviewed the latest information from the NFHS.
6. Committee Member Topics / Discussion – The committee discussed the recent air quality issues due to the wildfires. Suggest we should take time to learn from the situation so that it is easier to make decisions related to closures and cancellations. Portable air quality units have become more affordable. Perhaps the OSAA Foundation can purchase a few for remote locations.
7. Future Meeting Dates – TBD