



## **NSAA SMAC Meeting Minutes**

**May 4, 2020**

**1:00 PM – Zoom Meeting**

### **In attendance:**

Dr. Kody Moffatt, Chair; Dr. Dave Clare; Dr. Nathan Krug; Dr. Ross Mathiasen; Eric Smoyer PT; Tyler Oberlander, ATC; Corey Campbell, DC; Danielle Kleiber, ATC; Jamie Gorwill, Principal/AD; Crystal Kjar, ATC; Steve Throne, Asst. Principal/AD; Rene Pretorius-Parks, LIMHP; Dan Masters, NSAA; Ron Higdon, NSAA

### **Agenda items:**

1. Pre-Participation Exam: The requirements of the May 1st start date for the 2020-2021 school year were discussed.

Dr. Moffatt informed the group of several inquiries that he has received from health care providers in the metropolitan areas of the state (primarily Omaha and Lincoln) concerned with the ability to administer the number PPE's necessary for the coming season. Dr's Krug and Mathiasen agreed and stated that the clinics will likely not see non-essential wellness patients until at least July. Jamie Gorwill stated that the clinics in the rural part of the state take care of 10-12 schools each and would likely also be overwhelmed and are also being very cautious with who they allow in their clinics at this time. Steve Throne added that other ADs across the nation are having the same concerns and discussions. They both added that otherwise, it could be a tracking issue that could result in a school playing an ineligible athlete or an athlete not being able to participate due to not being able to get the PPE in the allowable time frame.

Dr. Moffatt gave the group the following information: Currently there are 39 states that require the PPE on an annual basis. (1) state that will accept the PPE within the last 18 months and (7) states that will accept the PPE within the last two years.

His recommendation to the committee was to recommend to the Board that for the 2020-2021 school year only that the NSAA allow the member schools to allow physicals from the 2019-2020 year to be accepted for the 2020-2021 school year. Student athletes are still encouraged to see their primary health care provider for a yearly health care visit.

By unanimous vote, the committee determined that the SMAC would send the recommendation to the NSAA board for action at their May 21st meeting. Due to the late date of that meeting, Dr. Moffatt will send an email to Executive Director, Jay Bellar, informing him of this recommendation so that they could likely discuss the issue and make a determination prior to the meeting and inform the membership in advance of the May meeting but take official action at the meeting.

2. Required NFHS classes for all coaches (Concussion Awareness, Sudden Cardiac Arrest, Heat Illness Prevention)

Currently the NSAA requires that all athletic coaches (head, assistants, and any volunteer) take the three NFHS classes a minimum of once every three years. Over the past year, we had a couple of issues during play production (one at a district site and one at the state championships) that put the spotlight on the fact that the NSAA does not currently have those same requirements for activity sponsors. Due to those incidents, the discussion was that the SMAC should recommend to the NSAA Board that the same three-class requirement include all NSAA activity sponsors. According to Steve Throne and Jamie Gorwill, several, if not most, schools already have this requirement locally. It was unanimous that the committee recommend to the NSAA board the requirement now include coaches/sponsors for ALL NSAA activities. Ron will take this to the board and request that this be an action item for the May meeting.

3. Mental Health

a. Rene Pretorius-Parks shared educational materials with members prior to the meeting about the increased frequency and severity of depression and anxiety symptoms among student-athletes. For those reasons, Rene Pretorius-Parks, as well as other members of the NSAA identified the need for increased training of high school athletic staff in the awareness and recognition of mental health symptoms across student-athletes. Rene Pretorius-Parks shared that high school athletic staff don't need to know how to treat mental illness, but if they can recognize the symptoms and know how to talk to their student-athletes about the symptoms they are seeing, they will play an important role in the referral of their student athletes to mental health providers so that the student-athlete can get the help they need.

b. The NCAA has identified Mental Health as one of the "Top 3" issues that need to be addressed at their level. Because of his connections with UNL, Dr. Claire is going to check with the NCAA to see if they have some educational opportunities that they provide for their member schools.

c. The state athletic director's association (NSIAAA) has their convention in late fall and Steve Throne was going to check into getting Rene Pretorius-Parks in as a speaker on education about signs and symptoms of potential mental health issues.

d. The committee was informed by Jamie and Steve that the NDE has a requirement for all school staff to take a suicide prevention course on an annual basis.

e. The topic was tabled until the committee could research the topic and see if that course is sufficient and would meet the needs to address mental health and not just suicide.

There was no further business and the meeting was adjourned.

Ron Higdon

Assistant Director

NSAA