



NSAA Sports Medicine Advisory Committee Meeting Minutes

Friday, March 5, 2021 – via Zoom

The NSAA Sports Medicine Advisory Committee (SMAC) met Friday, March 5, 2021 via Zoom with members present as follows:

Dr. Kody Moffatt, MD, Chair; Dr. Janet Sellon, MD; Dr. Nathan Krug, MD; Dr. Ross Mathiasen, MD Corey Campbell, DC; Danielle Kleber, ATC; Eric Smoyer, PT, DPT, ATC, CSCS; Tyler Oberlander, MS, LAT, ATC, NREMT; Steve Throne, Activities Director-Millard South; Crystal Kjar, ATC; Ron Higdon, Assistant Director-NSAA; Dan Masters, Assistant Director-NSAA.

COVID RETURN TO PLAY

Dr. Moffatt presented some information and provided the group with the most recent documents regarding a return-to-play protocol for students that have had a positive COVID -19 test. The discussion touched on many points but one of the main concerns is athletes that are at potential risk of Myocarditis and the need to have these individuals cleared by a medical professional before returning to practice/competition. It was stated that the development of these documents was based on expert opinion and not necessarily medical science. Discussion was had on whether the document could be used as a resource for the public. It was clarified the document is for health care professionals.

NSAA PPP Date

Pre-Participation Physicals (PPP) dated May 1 or after can currently be accepted for the following school year. For the 2020-2021 the NSAA SMAC recommended to the Board of Directors that PPE's from 2019-2020 be valid for all returning high school students for the 2020-2021 school year. This included all 2020-2021 students in the 10, 11, 12 grades. All incoming 9th graders would still be required to provide a PPP dated May 1, 2020 or after for the 2020-2021 school year. This recommendation was approved by the Board of Directors.

Dr. Michelle Walsh, President of the Nebraska Medical Association (NMA), and other physicians of the Nebraska medical community, addressed the committee with two requests. The initial request for the 2021-2022 school year was to extend the first allowable date for the PPP to six months prior to the start of the school year. This request would be for one year and the rationale for the request is related to COVID and because the PPP might require additional cardiac work-up which would take additional time to complete.

The second request was to make this change on an ongoing basis. The NMA is aware the current NSAA bylaws state May 1 as the first allowable date for students to get the PPP for the following school year and would require a legislative change with the member schools voting. Therefore, the NMA is also proposing that the NSAA mirror current state guidelines for school physicals (required at school entry, kindergarten, and at 7th grade) and allow for 6 months prior to the start of the school year to complete these examinations.

After discussion, the SMAC determined they would make the recommendation to the NSAA Board to modify the May 1 date for the 2021-2022 school year to April 1, 2021.

The discussion went further to address the tracking of the number of students that attain their respective PPP in April for this year to get a comparison for future decisions. The NSAA will request the NMA to submit those findings to the NSAA SMAC prior to any legislative proposals in the future.

With no further business, the meeting was adjourned.

Ron Higdon
NSAA Assistant Director