



NSAA Sports Medicine Advisory Committee Meeting Minutes

Wednesday, August 15, 2018--NSAA Office—10:00 a.m.

The NSAA Sports Medicine Advisory Committee (SMAC) met August 15, 2018 at the Nebraska School Activities Association office, Lincoln, Nebraska, with members present as follows: Dr. Kody Moffatt, MD, Chair; Dr. Dennis Connolly, MD; Dr. David Clare, MD; Corey Campbell, DC; Rusty McKune, ATC; Danielle Kleber, ATC; Eric Smoyer, PT, DPT, ATC, CSCS; Tyler Oberlander, MS, LAT, ATC, NREMT; Steve Throne, Activities Director-Millard South; Jay Bellar Executive Director-NSAA; Ron Higdon, Assistant Director-NSAA; Dan Masters, Assistant Director-NSAA. Attending by conference call was: Sheri Chittenden, Principal-Paxton.

Introduction of New Members

The SMAC members are on a four-year rotation of service. New members were welcomed to the meeting: Dr. David Clare, MD; Eric Smoyer, PT, DPT, ATC, CSCS; Tyler Oberlander, MS, LAT, ATC, NREMT and Danielle Kleber, ATC.

The minutes from the last meeting, August 8, 2017 were reviewed and approved.

Emergency Action Plans (EAP)

Danielle Kleber, Nebraska State Athletic Trainers Association (NSATA), said that she would help with developing ideas to assist schools with EAP development. Some of the smaller schools don't have a full-time ATC to cover high school activities. The committee expressed the importance of having an EAP for every venue of a school.

Student/Parent Consent form

Two additional items (#5 and #6), were added to the NSAA Student and Parent Consent Form. The additions covered "Consent to Treat" when the student sustains an injury during an NSAA Activity and the obligation of the family to pay for any additional professional care.

The Parent and Student hereby:...

(5) Consent and agree to authorize licensed sports injury personnel to evaluate and treat any injury or illness that occurs during the student's participation in NSAA activities. This includes all reasonable and necessary preventive care, treatment and rehabilitation for these injuries. This would also include transportation of the student to a medical facility if necessary. Such licensed sports injury personnel are independent providers and are not employed by the NSAA.

(6) Acknowledge that Parents are obligated to pay for professional medical and/or related services; the NSAA shall not be liable for payment of such services. We give permission to any and all of the Student's health care providers and the NSAA and its employees, staff, agents, and consultants to release and discuss all records and information about the Student including otherwise confidential medical information and records. We understand that this release has been requested and may be used for the purpose of determining eligibility pertaining to activities participation, fitness, injury, injury status, or emergency.

NSAA Rule on tape for Swimming

NFHS (National Federation of State High School Associations) the wording on the Swimming Rule under Art. 4... "Tape may be used by a swimmer to treat a documented medical condition. The referee must be presented signed documentation from an appropriate **health-care professional** before permitting the athlete to compete."

The committee determined that a licensed Athletic Trainer should be considered an appropriate health care professional when determining an injury requiring tape.

Wrestling Weight Management

Tanita, has been supplying wrestling scales for the NSAA and for member schools. They will be replacing the current scale model with a new one. The cost of a new scale is \$2500/each. They would test for body fat as well as weight. With the NSAA using their scales exclusively for our events they would lower the cost to schools to \$1499/each. The NSAA would still accept the old Tanita or new Tanita Body Fat testing options.

"Herpes Gladiatorum"

Dr. Moffatt brought up the issue of herpes gladiatorum. According to the NFHS it is becoming more of a problem at the high school level with wrestling because of skin-to-skin contact but not exclusively to wrestling. The NFHS is looking into this issue.

RIO-Reporting Information Online

RIO is an online medical data gathering website that the NFHS uses when looking at injury statistics. There was discussion on the possibility of Nebraska schools getting more involved in reporting injuries to RIO. The discussion was to ask the NSATA to help promote involvement.

Mental Health

Dr. Moffatt also brought up the importance of looking at this area as a possible addition to the PPE (Pre-Participation Physical Exam) form for those participating in activities. The NFHS is working on educational materials for state associations to utilize.

NSAA PPE Date

Pre-Participation Physicals currently can be taken any time after May 1 for the following school year. The question was raised as to whether there was a benefit to changing this date for the purpose of giving parents/students more time to complete this. Ron Higdon said that he would survey the schools to see if they would be in favor of a possible change to this date. The options that will be given on the survey are:

- 1) Leave as May 1
- 2) Move to April 1
- 3) Move to March 15

With no further business, the meeting was adjourned.

Ron Higdon
NSAA Assistant Director