

*Summary of*  
**NMAA Sports Medicine Advisory Committee Meeting**  
**November 18, 2023**  
**10:00 a.m.**  
**Zoom Meeting**

A regular meeting of the NMAA Sports Medicine Advisory Committee was held Saturday, November 18, 2023.

The following committee members were in attendance:

Reagan Dunnahoo, PA, Ben Archer Health Center  
Kelsey Fredericks, AT, Clovis High School  
Monique Garcia, MD, Presbyterian Medical Group  
Chad Jones, AT, Albuquerque High School  
David Maldonado, AT, Alamogordo High School  
Joel Sievers, MD, Siever's Sports Medicine  
Cathy Walters, AT, Sandia Prep School  
Scott Owen, Director of Sports Medicine, NMAA

**Welcome and Introductions**

**NMAA Review/Update Items** – Committee reviewed new CPR Law for coaches as well as updated Pre-Participation Examination form. Mental health resources were also discussed. NMAA is currently awaiting further direction from the NFHS on mental health resources and initiatives.

**NMAA Discussion Items**

- ***Emergency Action Plan Template*** – Committee discussed the creation of an EAP template for school use and recommended a gradual “phase in” of a regulation requiring all schools to submit EAP’s for each of their athletic facilities as part of the annual NMAA Health and Safety Audit.
- ***Pre-Game Medical Timeout*** – “Pre-game” medical timeout guidelines were discussed to provide additional medical emergency direction to school administrators, coaches and game officials prior to each event.
- ***Heat Illness Prevention Protocol*** – Committee recommended an update to the current NMAA Heat Illness Prevention protocol which would include specific graduated requirements based on heat index or WBGT thresholds.
- ***Air Quality Policy*** – Various state air quality policies were discussed and reviewed. Committee was in favor of creating recommended participation guidance in cases of poor air quality.
- ***Concussions*** – NM state law and recent consensus statement were discussed and reviewed. Recommendations from the discussion included 1) emphasizing that athletes should be returned to light activity as soon as possible, 2) creating recommended return to play guidance for schools, and 3) providing more simplified interpretations of the law to ensure consistency amongst schools.
- ***Athletic Trainer Authority*** – The medical authority of the Athletic Trainer was discussed and reviewed. The committee recommended creating an NMAA position statement with references to the most recent athletic training consensus statement and NATA position statement which recommend that the designated Athletic Trainer retain medical authority on return to play to decisions.

***Next Meeting***

- ***State Basketball Tournament*** – Saturday, March 16, 2024

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