

Summary of
NMAA Sports Medicine Advisory Committee Meeting
June 4, 2016
9:00 a.m.
NMAA Offices, Albuquerque, NM

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, June 4, 2016 at the NMAA Offices in Albuquerque.

The following were in attendance:

Scott Owen, NMAA, Assistant Director
David Gallegos, AT, SW Sport and Spine (Conference Call)
Mike McMillan, AT, SW Bone and Joint Institute (Conference Call)
Leigh Reddinger, AD, APS
Allan Rickman, MD, Champion Orthopaedics
Aaron Stem, AT, Piedra Vista High School
Rod Williams, HC, Cibola High School

Welcome and Introductions

Collaborative Solutions for Safety in Sport Summit Report – Report provided by Mr. Owen.

- AEDs and sudden cardiac arrest encompassed the majority of the discussion at the summit. No state association requires AEDs statewide but there many states that have legislation in place requiring AEDs in educational institutions/venues as well as CPR certifications for coaches.
- Emergency Action Plans were also a main topic of discussion. The surveillance conducted by the Korey Stringer Institute showed that less than 25% of state associations had policy/resources referencing EAPs. Minnesota has created the “Anyone Can Save a Life” EAP program which functions as a kind of “cook book” for creating local EAPs. This program has been purchased by the NFHS foundation for dissemination to every state association.
- Heads up Football is currently being utilized by only two state associations nationwide but is gaining momentum. A research study conducted at the youth level showed that athletes with a Heads up Football certified coach had less incidents of injury.
- AT licensure has been repealed in New Hampshire and Colorado. There is none in California and Arizona is trying to repeal. It was discussed that the danger in repealing licensure is that individuals can practice as an AT without proper credentials or ongoing education leaving individuals in their care more vulnerable to negligence. There is also a federal bill in place which would allow ATs with licensure in at least one state to practice in another. Right now 50% of major medical malpractice insurers would not cover licensed individuals to practice in a state where they held no licensure.
- Discussed the lack of ATs in schools as well as the value of an AT to help encourage schools to fund more positions across the country.

NMAA Updates

- ***NMAA Member School Health/Safety Audit*** – The NMAA Board approved a health and safety “self-audit” to be conducted annually by school athletic directors. This form would be an annual review of NMAA policies as well as available resources to help insure the well-being of the student-athlete and to help minimize legal risk for staff and school/district. It will be in effect for the 2016-2017 school year.
- ***Anyone Can Save A Life*** – The NMAA will be providing schools with the Anyone Can Save a Life program, sponsored by the Minnesota State High School League, the Medtronics Foundation, and the NFHS foundation, to assist them in their emergency action plan needs. The program functions like a recipe book to help schools create site-specific and sport-specific emergency action plans utilizing staff and students to carry out the plan in a medical emergency. Program will be released to schools during the 2016 NMHSCA Summer Clinic.
- ***Project Heart Start*** – Continue to discuss PHS and its benefits to schools. While there are a variety of CPR/AED training/certification models available, the NMAA recommends PHS as an effective and affordable choice for its member schools.
- ***Identifying School-based Medical Personnel*** – Discussed how to better identify school-based medical personnel during state championships as well as policies surrounding emergency situations. Committee discussed a form to be sent out at the beginning of the school year affording schools the opportunity to identify their AT or team physician. These medical personnel would be identifiable by a “pass” at all state events assisting the hired NMAA medical personnel in making decisions to allow their intervention. Minus this “pass” the discretion to allow outside assistance would be left up to the hired NMAA medical personnel.
- ***EMS at Football Games*** – Discussed whether or not there should be a mandate for EMS at varsity football games. Currently EMS must be on site or on call for all school contests giving schools flexibility in how they assign medical personnel to varying contests. Arguments against such a proposal include cost as well as the minimal scope of such a mandate and the potential for the scope to broaden over time increasing costs. While the SMAC would recommend EMS on site for every contest they do realize district specific constraints and feel the current policy is the most practical and feasible at this time.
- ***Baseball Pitch Count Regulations*** – Both the NMAA Commission and Board have approved new baseball pitch count regulations. This rule will be approved for the 2017 season pending a referenda vote. The pitch count regulation would include a maximum of 10 innings pitched in any 72 hour period and a pitcher could not pitch any more than 120 pitches per day.
- ***HB 104*** – New legislation requires state curriculum to teach emergency lifesaving training to high school students.

- ***Athletic Training Challenge*** – Kim Brock of New Mexico State University will be the new sponsor for the Athletic Training Challenge. The event will also move to a Monday instead of Sunday to better accommodate participants during the hectic spring semester.

CONCUSSION UPDATE

- ***UNM Concussion Surveillance*** – The University of New Mexico will be conducting a voluntary concussion incidence rate study using NMAA member schools. There will be a link online via the NMAA SMAC site which athletic directors can follow anytime they have a student athlete sit due to the concussion legislation. The link would include a short ten question survey to be submitted by the AT, AD or other reporting personnel. This surveillance has the potential to benefit schools by producing state specific data which could provide additional insight and direction for addressing concussions in the state of New Mexico.
- ***SB137*** – New legislation went into effect May 18, 2016. As it relates to NMAA member schools the new legislation allows for physical therapists to make return-to-play decisions and also extends the sit out period from 7 days to 240 hours. The new legislation now also impacts non-scholastic groups. They will be responsible for following the same education and protocols and each group leader who uses school district facilities for their activity will have to certify that their parents, coaches and athletes are aware and will follow SB137 guidelines. The NMAA has created a sample certification form to assist schools who allow outside groups to use their facilities. It was recommended this form be included in any facility usage agreement.
- ***Pre-Season DVD*** – The NMAA will be creating their second version of the preseason DVD to be shown during preseason parent/coach meetings. Included in this DVD will be information on concussions and the new legislation and how it will affect schools and student-athletes.

OTHER ITEMS

- ***Meetings*** – Meeting attendance has been minimal for a number of the past meetings. In an attempt to increase participation the following schedule has been proposed:

November – State Volleyball Championships at SASC

March – State Basketball Championships at The Pit

May – Conference call after State Championships have concluded

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