

*Summary of*  
**NMAA Sports Medicine Advisory Committee Meeting**  
**October 9, 2013**  
**10:00 a.m.**  
**NMAA Offices**

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Wednesday, October 9, 2013 at the NMAA Offices in Albuquerque.

The following were in attendance:

Scott Owen, NMAA Assistant Director  
Leo Hise, DO, Las Cruces  
Missy Archibeck, AT, Eldorado High School  
Jeff Archuleta, AT, La Cueva High School  
Aaron Stem, AT, Piedra Vista High School  
Jose Barron, AT, NMMI (via Conference Call)  
Elizabeth Peterson, Executive Director, Brain Injury Advisory Council

### **Welcome and Introductions**

#### **Old Business**

- Website – The SMAC webpage is updated and running with all current information. Athletic Directors, Coaches and Parents are encouraged to use this link as a resource for sports medicine specific content. It will continue to be updated to bring our member schools the most up-to-date sports medicine related content.
- Physical Form – Physical Form has been updated to include a streamlined pre-physical form. There are talks about potentially moving to an automated physical form and the SMAC will continue to discuss these possibilities moving forward.
- Committee Additions – The SMAC has added three members to the committee. Dr. Leo Hise of Las Cruces who specializes in Orthopedic Surgery, Leigh Reddinger, Athletic Director at Del Norte High School and Shawna Bailey, School Nurse at Mayfield High School.

#### **Life Of an Athlete**

Mr. Owen gave a quick update on the new Life of an Athlete program. A renovated online program will be launching sometime in November and will include a newly developed middle school program aimed at earlier prevention and awareness. In addition to the online program, Mr. Owen and Rudy Aragon will be providing in-person Life of an Athlete presentations to any requesting schools or school districts. Contact Scott Owen at [sowen@nmact.org](mailto:sowen@nmact.org) if interested.

## **Emergency Action Plans**

Mr. Owen discussed the need to provide member schools with a template for developing emergency action plans for their home events. For the short term, the SMAC will utilize the NFHS standard EAP model. The SMAC will continue to look at ways to improve upon this model to create an NMAA specific EAP. Mr. Owen will post the NFHS model for use by member schools shortly.

## **NMAA Lighting Policy**

The committee discussed the need to revise the NMAA Lightning Policy. There are concerns that per the NMAA bylaws, only an official can interrupt game play. The SMAC feels that the official alone should not be the one to make the call to suspend play on account of lightning or severe weather and that a site administrator should be included in that call. Mr. Owen will meet with Ms. Sally Marquez to discuss potentially amending this bylaw to include a site administrator as an authorized official capable of suspending play due to lightning or severe weather.

## **Concussion Update**

- *AD Requirements* – The NMAA updated the AD requirement sheet to include four requirements:
  - Each coach must have an NFHS Concussion Course Certificate
  - Each coach must have signed the NMAA Concussion Information form
  - Each Parent/Athlete must have signed the NMAA Concussion Information form
  - ADs should be following their district’s specific Return-to-Play Guidelines
- *Return-to-Play Guidelines* – The NMAA will begin posting samples of RTP Guidelines on their SMAC page for use as a reference by school districts. APS has kindly offered their RTP program to the NMAA. This program mirrors the most recent Zurich Statement suggestions and is highly recommended.
- *imPACT Program* – Discussed the imPACT program that is being utilized in a handful of districts across the state. Decided that while beneficial it helping diagnose concussions, the fact that the Zurich Statement deems neuropsych baseline testing unnecessary coupled with the expense, imPACT is not a program that should be required. However, if districts can afford this program the SMAC would recommend it.
- *Brain Injury Advisory Council* – Elizabeth Peterson, Executive Director of the Brain Injury Advisory Council, stopped by to discuss some new plans for helping with concussion diagnosis. The BIAC is hoping to introduce a legislative memorial to begin gathering information on the need for a Concussion Diagnostic and Treatment Center. The purpose of this center would be to provide a central base for treatment but also teleconference capabilities for those individuals and schools in rural areas without easy access to medical resources. The NMAA and the BIAC will stay in close contact throughout this process and will discuss potential advantages to a partnership in the future.