

Summary of
NMAA Sports Medicine Advisory Committee Meeting
November 21, 2020
9:00 a.m.
Zoom Meeting

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Saturday, November 21, 2020 via Zoom.

The following were in attendance:

Tim Acklin, AT, Independent
Missy Archibeck, AT, Eldorado High School
Monique Garcia, MD, Presbyterian Medical Group
Chad Jones, AT, Albuquerque High School
Michael McMillan, AT, SW Bone & Joint Institute
Brian Moore, MD, University of New Mexico
Alan Rickman, MD, Champion Orthopaedics
Aaron Stem, AT, Piedra Vista High School
Jessica Stem, AT, Piedra Vista High School
Rod Williams, HC, Cibola High School
Scott Owen, NMAA, SMAC Chair

Welcome and Introductions

NMAA Discussion Items

- ***Covid-19*** – Discussed the impact of Covid-19 on NMAA sports. While the committee consensus is that participation in athletic activity poses minimal risk to the athletes themselves, the committee felt realistic expectations about the prospects of participating in a pandemic need to be conveyed so students are more adequately prepared for the potential loss of athletic seasons.

Mental health concerns were discussed by the committee and the need for resources to assist coaches/students struggling with mental health issues during the pandemic. Committee felt it was important to continue to emphasize all the benefits of athletic participation and not just the competitive benefits that sports offer.

The committee reviewed the alternative pre-participation evaluation which was approved in response to the uncertain access to health care providers at the beginning of the school year. While access has been better than anticipated, the committee felt it best to leave the alternative form in place and revert back to original policy beginning on April 1, 2021. The committee will continue to evaluate Covid-19 implications as they relate to pre-participation evaluations in the future (cardiac concerns, etc.).

The committee also cautioned against returning to competition without an adequate acclimation period and are concerned that due to a long period of inactivity, students will need time to recondition to the point where they can safely return to competition.

- ***Committee Make-Up & Communication*** – Reviewed the committee's make-up and discussed specialty areas to include on the committee.

NMAA Update – Report provided by Scott Owen

- ***KSI – InnovATe Program*** – The Korey Stringer Institute’s InnovATe program is helping rural/underfunded school districts across the country by providing grants to help fund ATs in their schools. The NMAA has provided all member schools information on applying for InnovATe funding.
- ***Mental Health Resources/Initiatives*** – The NMAA has partnered with Breaking the Silence (BTS) in coordination with the NMAA’s Student Leadership Advisory Council (SLAC). BTS is a nonprofit organization that offers programs that focus on changing the conversation around mental illness and suicide for youth, teens and adults by aiming to end the stigma and secrecy surrounding mental illness and suicide. The NMAA SLAC will be taking the lead to communicate the benefits of BTS to NMAA member schools and the resources available to students who may be struggling with mental illness. <https://www.breakingthesilencenm.org/>
- ***Online Student Record Platforms*** – Due to the pandemic, discussions on utilizing an online school data base for athletic participation are temporarily postponed.
- ***Powerlifting*** – The NMAA, in response to the pandemic and with approval from the Board of Directors, has decided to offer virtual powerlifting during the 2020-2021 school year to help students remain competitively engaged while sports and activities are postponed. The committee did emphasize the need to ensure coaches and sponsors are properly trained to help minimize risk if powerlifting becomes officially sanctioned in the future.

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