

Summary of
NMAA Sports Medicine Advisory Committee Meeting
April 2, 2014
10:00 a.m.
NMAA Offices

A regular meeting of the NMAA Sports Medicine Advisory Committee was held on Wednesday, April 2, 2014 at the NMAA Offices in Albuquerque.

The following were in attendance:

Scott Owen, NMAA Assistant Director
Dusty Young, NMAA Associate Director
Missy Archibeck, AT, Eldorado High School
Leigh Reddinger, AD, Del Norte High School
Aaron Stem, AT, Piedra Vista High School
Rod Williams, HC FB, Cibola High School

Attendance via teleconference:

David Gallegos, AT, SW Sport & Spine
Mike McMillan, AT, SW Bone Institute
Allan Rickman, MD, Alamogordo Orthopaedics and Sports Medicine

Welcome and Introductions

Committee Additions

Introduced Rod Williams, Head Football Coach at Cibola HS. Also reintroduced Leigh Reddinger, AD at Del Norte, who was unable to attend the fall meeting due to a surgical procedure.

Old Business

None at this time

Football Practice Regulations

Mr. Owen introduced Dusty Young, NMAA Associate Director and director in charge of Football, to help discuss football practice contact regulations. This policy was adopted using existing policies in Texas and Alabama as guidelines. The NMAA policy provides specific contact regulations and definitions throughout the football season helping promote safer participation in the sport of football. This policy was brought to the commission and board as a discussion item during the February meetings and was recommended the policy be brought for a review by SMAC. After review, the SMAC endorses this policy moving forward and feels it will help better ensure safer participation for its athletes.

Cold Weather Policy

Dusty Young also discussed the need to have a cold weather policy in place to help our game administrators when such an occasion arises. Current policies in New York and Minnesota were discussed in which each policy provides specific instructions for game management depending on the wind chill. It was noted that during this year's 2A football championships in Clayton, NM the wind chill dipped to -9 degrees and the average threshold for suspending play in NY and MN was about -11. The committee suggested that if a cold weather policy were implemented those temperature thresholds may need to be adjusted upward based on our lack of cold weather acclimatization.

Coaches Licensure Update

Mr. Owen discussed the new level one licensure that will be required as of July 1, 2014 for all new coaches. The NFHS Learn course "First Aid, Health and Safety for Coaches" will now be required for level one licensure in New Mexico. Course topics will include the critical areas in regional and national standards (e.g. sudden cardiac arrest, lightning, environmental conditions, diabetes, asthma, sickle cell train, head/neck injuries, etc.). NMAA Assistant Director and NMADA Executive Director Scott Evans along with NMHSCA Executive Director Buster Mabrey were instrumental in working with the PED to get this approved. Prior first aid, health and safety training was required only at level three licensure.

Project Heart Start

With help again from Scott Evans, Project Heart Start will help begin training metro area coaches and administrators in compression only CPR during the month of April. This self-sustaining model will provide a free, 1.5 hour training to two instructors per school in which those instructors will return to their respective schools to train the rest of their coaches and administrators. The coach training consists of a 12-minute video followed by a 15-minute instruction session with manikins followed by a short demo on AED use. Cost to the school would be \$300 for 12 manikins and the AED training unit would be provided by the NMAA. This training will not provide a certification but the SMAC sees this as an affordable and practical approach in helping our coaches become more CPR prepared in the event of sudden cardiac arrest.

Brain Injury Advisory Council

Missy Archibeck provided a quick update on the BIAC. Currently the BIAC received a grant from the state and is working with UNM to conduct research on sports related concussion incidence. The research hopes to show the necessity for a concussion diagnostic and treatment center with rural outreach via telemed technology. Athletic directors will soon be receiving an email from the team at UNM with a survey on concussion incidence rates at their respective schools to help begin building data.

Currently APS trainers use a survey monkey to tally concussion information that is pooled at the end of the year. It was discussed that this would be a good survey to provide to every high school with an athletic trainer to help generate further data. It was discussed by Ms. Archibeck that differences in concussion protocols between districts could skew the data and it was suggested that the NMAA provide a stream-lined, recommended return-to-play guideline in

accordance with SB1 to help keep everyone on the same page and to reduce confusion and potentially increase the pool of consistent data.

Aaron Stem also suggested that public education need be a priority to help ensure greater understanding and knowledge of the concussion law. It was discussed that many physicians across the state are unaware of SB1 and this can be problematic when clearing an athlete to return to play.

ATC Policies at State Events

- *Return to Play* – A return to play policy was discussed with the suggestion that the NMAA assigned trainer have authority on all return to play situations. If a team has a trainer on site RTP decisions will be made in conjunction with the NMAA assigned trainer. A written physician's note would be the only manner which would overrule the acting ATC.

It was also suggested that teams begin identifying their respective team physicians to help identify them at state events. Schools should be required to signify who their team physician is and register them in a manner similar to trainer's registration at state events.

- *Emergency Action Plans* – The NMATA will begin developing EAP's for all state sites to help acting trainers have a thorough knowledge of each site's emergency plans. These sites will include the Santa Ana Star Center, all UNM competition facilities as well as Isotopes Park.

NMAA Lighting Policy

The committee continued to recommend a change to the current NMAA lightning policy and asked for a lighting/severe weather policy document with specific instructions for all entities involved in game management. This document should be posted on the SMAC site, the AD's site and the coach's site. It should also be provided in each outdoor championship coach's packet as well as provided to the outdoor officials. Ms. Archibeck will work on drafting up a policy for review by the NMAA and then it will be decided whether or not it should be taken to the commission for consideration.

Standing Meeting Dates

To help insure greater input and participation in meetings it was suggested that the SMAC meet twice a year, once in December after football championships but before winter break and once in the spring during the annual NMATA summit. These would be standing dates made in advance so that all committee members could make prior arrangements to attend.

Next Meeting Date

NMATA Summit, Aztec, NM, May 29 – June 1