TO:    MEDICAL ADVISORY COMMITTEE
FROM:  STEVEN J. TIMKO, EXECUTIVE DIRECTOR
RE:    MAY 20, 2015 MINUTES

Steve Timko:

a. Welcome

b. Review and Approval of October 22, 2014 minutes
   Motion to approved minutes: Unanimously approved

c. Steve reviewed the Model Legislation Protecting Medical Professionals from NFHS

d. King-Devick Test – Committee does not endorse the use of the King-Devick Test for sideline concussion testing stating that it is only one tool that should be used in detecting concussions.

e. Banned Substance

   Steve advised Committee that a member school voiced concerns regarding the Banned Substance list stating that the NJSIAA does not test for all the drugs on list and would like that list to be amended. Motion to committee to approved list as is – unanimously approved.

f. Review of NFHS SMAC Meeting

g. Baseball/softball – NFHS is looking at a pitch count for both baseball and softball.

h. Cheer leading

   Steve advised committee that pending legislation requiring the NJSIAA to govern cheerleading. Majority of member schools and the National Cheerleading Association is not in favor of falling under the NJSIAA banner.
i. Wrestling – skin lesion form

New rules language that will be added to the 2015-16 NFHS Wrestling Rules

**Rule 3-1-4a:**

ART. 4 . . . Before the dual meet begins, the referee shall:

a. perform skin checks or verify skin checks have been performed by a designated, on-site meet, appropriate health-care professional;

The NJSIAA has designated the following as appropriate health care professionals: DO, MD, PA and AP.

With the new wording the committee was asked if the athletic trainer should be added to the skin lesion form. The concern of the committee is that Athletic Trainers aren’t well versed on skin lesions and the comment was that it is also very difficult for a physician to diagnose lesions. It was suggested that a training session be held with Athletic Trainers to help identify lesions. Kevin Briles will bring this issue up with the governing body of the ATSNJ and report back to the committee his findings. At this time no action will be taken until report findings are reviewed.

Christene DeWitt-Parker

Christene discussed the changes to the PPE and some of the key issues of concern. The legal signature of the physician is still required but there is a box on form that can be used to stamp physician’s name or affiliation. School physician must sign off on form. Questions arose as to what happens if examining physician does not sign off that she/he has completed the Cardiac Assessment PD Module. These concerns are to be taken on an individual bases by the school or school/physician. The Cardiac Assessment PD module is required by law and all physicians are required to complete module or medical licenses will not be renewed. Once the module has been completed a certificate confirming compliance will be issued and can be retained at physician’s office. The module has been available for 2 months and notices have been sent out to all concerned.
The Committee voices concerns about difficulty with site it was suggested that the physicians take the course from home. It was stated that the course take 43 minutes to complete and once completed a certificate is issued.

Tony Maselli, AD, Montgomery H.S. NJSIAA Liaison to DOE thanked Christene for all her help in developing and implementing the PPE and Cardiac Assessment PD Module.

Joe Cramp, AD Haddon Heights

Joe presented a proposal for field hockey players to start with Heat Acclimatization process with lower gear the first 2 days of practice and then add the helmet. Joe felt that the present requirements do not adequately reflect the needs of field hockey athletes and were more geared to football athletes. Joe’s concerns focused on the inability of the field hockey goalie to properly practice with just a helmet and no lower gear, stating that a field hockey goalie can’t safely participate in a practice without goalie pads. Concerns: goalies participating in practices without helmets were sustainable to head injuries. Dave Csillan stated that the Heat Acclimatization was a NATA guideline which was adopted by the NJSIAA as a rule and any changes would have to be through the NATA to legally protect schools. It was suggested that coaches get creative, work with the goalie 2 days earlier with helmet which would satisfy the Heat Acclimatization requirement and then add pads. There was no motion to change Heat Acclimatization rule at this time.

Anson Smith, Men’s Soccer Coach – Hunterdon Central

Coach presented a proposal to mandate the number of varsity matches to 2 per week to protect the physical, mental and academic wellbeing of the athletes. Fatigue, injuries, overuse, not enough time for recovery and develop skills and mental stress was cited as the needs for change. The Committee addressed the concerns and stated that this is an epidemic across the board for all sports and Greg Mulford stated that the Committee should take a stand on limiting overuse and it needs to be a universal decision. As it stands now, schools have the option to not allow athletes to participate on club, rec, AAU teams, etc. if they are participating on the high school level. Steve Timko stated that the Athletic Directors should submit legislation prohibiting highs school athlete from participating on teams outside the high school which can be voted on at the NJSIAA Annual Meeting in December. No motion to change rule at this time.
Melissa Coyne – Director of Games Administration US Lacrosse – Head protection in Women’s Lacrosse

Melissa presented an update on ASTM (American Society for Testing and Materials) headgear standard development process in Women’s Lacrosse. It was stated inadvertent stick to head or ball to head contact was one of the concerns. To date there have been no reported catastrophic or skull fracture injuries in women’s lax and given that statistic the use of men’s lacrosse helmets that are not specifically designed to meet helmet performance standards for preventing such head injuries in women’s lacrosse is not supported by the data. US Lacrosse has been pursuing the development of an appropriate standard for women’s headgear and on May 22, 2015 the first women’s Lacrosse headgear standard will be available. Melissa emphasized the need for training and annual certification for all women’s lacrosse coaches and officials. Steve voiced concerns about not having the NOSCE seal on headgear that is required by NFHS. Melissa stated that the NFHS will be publishing the lacrosse rulebook but the rules come from US Lacrosse and as long as the headgear has been approved by ASTM there will not be a problem.

Jack Kripsak - Softball – metal spike

Jack asked that a sub-committee be formed to research metal cleat injuries in girls’ softball and report back to the committee in October. Jill Brooks will head this committee. Current data from NFHS, Dawn Comstock, state that the rate of laceration injuries has not changed significantly once rules allowing girls softball players to wear metal cleats went into effect.

Jill Brooks

Jill asked that committee review a statement regarding an incident last year involving Sayreville High School’s football team and hazing and bullying. Committee feels that a statement from the Committee should be sent to all schools and asked committee members to critique drafted statement and return to her for final read. Steve will present this to the DOE and NJSIAA attorney for review before distribution.
Jack DuBois – 90 Minutes Contact – Football

a. The NJSIAA has adopted a ruling limiting full contact during regular season to 90 minutes which will come into effect for the 2015-2016 school year.

b. Proposed agreement with Med Express

Jack discussed the potential of a corporate sponsorship with Med Express which is an urgent care provider. Committee voiced concerns regarding partnering with a medical facility and the possible confusion portrayed by NJSIAA endorsing a medical facility as the official medical facility of NJSIAA.

c. Ice Hockey

Jack reviewed the new NFHS penalty structure to minimize risk of jury.

Jack Kripsak/Jack DuBois

Jack and Jack gave a review of the 2015 Collaborative Solutions for Safety in Sport which was held at the NFL Headquarters in New York on March 27. Jack DuBois discussed Janet’s Law and how many member schools have full time athletic trainers and/or services of athletic trainers. Jack Kripsak discussed New Jersey Cardiac Assessment PD Module.