TO: MEDICAL ADVISORY COMMITTEE
FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR
RE: MAY 18, 2016 MINUTES

I. Steve Timko:

a. Members welcomed

b. March 3, 2016 Minutes – approved unanimously

c. Review of football and wrestling proposals

d. EpiPen delegate:

It was reported that some schools have school nurses who train staff in the use of EpiPens. It will be a recommendation by the NJSIAA to have all school staff trained in the use of the EpiPen.

e. Steve would like to see year around steroid testing, citing schools that do not enter our end of year tournaments never get tested. Bill requiring year around testing still pending on floor of senate.

f. The committee was informed that the NJSIAA was hiring a new assistant director to oversee our Unified Sports Program with the aid of Special Olympics.

g. Replacement for Deb Morante

Motion was made to approve the appointment of Cali Whedon, Athletic Trainer, Point Pleasant Beach High School, to the Medical Advisory Committee. Cali will replace Deb Morante who has retired.

Unanimously approved
II. Joe Martucci, Executive Director NJFCA

Joe discussed the 90 minute contact/thud. Thud is described as follows:

*Drill is run at assigned speed to competitive speed through the movement of contact, no pre-determined “winner.” Contact remains above the waist and players stay on their feet.*

Concerns were voiced regarding the statement “contact remains above the waist…..” regarding possibility for concussions.

*Motion to approve thud statement with the following revision: “contact remains above the waist, no head-to-head contact”*

Unanimously approved

Greg Mulford to forward a revised statement to Jack Kripsak stating same

III. Skin Checks:

Jack Kripsak advised the Committee that the NJSIAA is the only state trying to require Athletic Trainers to perform skin checks noting that all other states follow NFHS Rule 3-1.5:

*Before an individual, combination or team advancement tournament begins each day, the referee shall:*
  
  a. *perform skin checks or certify that skin checks have been performed by a designated, on-site meet, appropriate health-care professional;*

Greg Mulford stated if a wrestler exhibits any skin lesion that is not identified on a skin lesion form that wrestler does not wrestle, thus putting the responsibility directly on the parent/athlete. Kevin Briles, ATSNJ Liaison stated that Athletic Trainers that were doing skin checks in the past will most likely continue to do so. It was agreed by the committee to adopt NFHS Rule 3-1.5.

IV. Heat Acclimatization:

A presentation from the Kory Stringer Institute located in Connecticut was viewed by all. The presenter was Rebecca Earp and the focus of the presentation was the treatment of heat stroke. Core temperature must be determined by a rectal thermometer and best form of treatment for heat stroke is water immersion. Discussions concerning the difficulties of implementing the diagnosis and treatment on the sidelines of competitive activities was the main concern. All were in agreement that this is the best way to treat heat stroke and time was essential in
recovery. Educating EMTs and Athletic Trainers and the possibility of setting up a seminar regarding treatment/procedure was discussed. A sub-committee consisting of Dave Csillan, Kevin Briles, Jill Brooks, Rob Frank, Damion Martins and Jack Kripsak will research and report back to the committee. Something to be set up prior to the start of the fall sports this coming year.

V. Jack DuBois - First Aid Requirements for Coaches – update

Motion to approve first aid requirement which would now include all coaches new and grandfathered; ensuring that all coaches would hold current first aid certification with a two (2) year renewal cycle which is the same as the CPR/AED renewal cycle.

Unanimously approved

VI. Jill Brooks

Dr. Brooks advised committee that a neurophysiologist is not permitted to sign off on a return to learn or return to gym following a concussion because PhDs are not considered appropriate health care professionals by the State of New Jersey. Jill will follow up with this and report back to the committee in October.

VII. General discussion regarding various topics for the Education Outreach Program

1. Workshop for coaches and Athletic Directors to identify possible drug use
2. Workshop for officials helping identify skin lesions
3. Bullying by coaches
4. Treatment of heat stroke - workshop for EMTs and Athletic Trainers
5. Concussion workshop

Meeting was adjourned at 12:15.