TO:    MEDICAL ADVISORY COMMITTEE  
FROM: LARRY WHITE, EXECUTIVE DIRECTOR  
RE:    MAY 16, 2018  

I. Larry White, Executive Director  
   i. Motion to approve minutes of March 7, 2018  
      Unanimously approved  
   
   ii. Review of Winter Sports  
      Larry touched briefly on the difficult winter weather and the affect it had on the  
      NJSIAA winter sports. He praised all involved for their assistance and  
      cooperation in helping get us through a difficult season.  
   
   iii. Emergency Action Plan Worksheet – Student Response Team  
      Larry distributed the Emergency Action Plan Worksheet – Student Response Team  
      form and advised the Committee that the Minnesota State Association has  
      mandated that there be a Student Response Team for each sport for each season.  
      This mandate requires that students are designated specific responsibilities if there  
      is an emergency at one of their sporting events, i.e., a student designee to call 911, a  
      student designee to get the AED, etc. The wording “Student Response Team” was  
      discussed and a suggestion was made to change “Student” to “Coaches” The form  
      will be presented to our attorney, Steve Goodell, for editing if necessary. The MAC  
      enthusiastically endorsed this form and after review by Mr. Goodell it will be  
      placed on the NJSIAA website and used as a resource for student/coaches. Larry  
      will also contact Bob Colgate, NFHS, to see how many states have mandated this  
      worksheet.  
   
   iv. A review of the presentation by Dr. Yvette Rooks, Chief Medical Officer  
      RWJBarnabas Health Sports Medicine at Rutgers, Hale Center  
      was given to the Committee. The presentation was given at the NFHS Sports  
      Medicine Summit, April 20 and 21, 2018, and the topic was “Mental Health Issue in  
      High School Sports.” Dr. Rooks couldn’t be present at today’s meeting because she  
      is giving a presentation at Columbia University – NCAA High School and College  
      Student Athlete Mental Health Forum starting at 6:00 PM.
II. Jack DuBois, Assistant Director

Jack presented the ice hockey rules committee proposal to retain the 15 minute overtime period with the addition of 4 x 4 7½ minute periods if the championship game is not decided in the 15 minute overtime period. There will be a minimum of a 10 minute rest period between overtime periods. This change came as a result of the newly formed Student Athlete Advisory Council (see Colleen Maguire and Tony Maselli’s presentation below) where the Student Ambassadors advised the NJSIAA directors that they would rather have a single champion than a co-champion.

Motion to approve the addition of 4 x 4 7½ minute periods to determine champion in ice hockey.

Approved unanimously.

III. Dave Csillan, MS, ATC, LAT

i. As per Dave’s suggestion all NJSIAA Guidelines will be placed on NJSIAA letterhead and have a reference.

ii. NJSIAA Heat Participation Policy

There were numerous questions regarding the wording in the policy which refers to practices/contests. Concerns that schools will apply the practice guidelines to contests was discussed especially when the risk for heat illness is high. The policy states modifications to the guidelines of the American College of Sports Medicine will be followed which include:

a. scheduling of practices during time of various WBGT levels
b. the ratio of workout time to time allotted for rest and hydration during time of various WBGT levels
c. WBGT levels which will result in practices or contest being modified or terminated

Dave stated that Senator Pat Diegnan has dropped the bill regarding the WBGT becoming a state law when passed, and strongly suggested that the NJSIAA get on board before it becomes state law.

A motion was made to approve the NJSIAA Heat Participation Policy with the word “contests” removed as Best Practice. Dave will submit a revised policy for posting on the NJSIAA website.

A new policy will be submitted to address contests.

Motion to approve NJSIAA Heat Participation Policy practices as Best Practice

Approved unanimously
iii. Motion made to mandate the following policies:
   NJSIAA Cold Water Immersion Policy and Strength and Conditioning Policy

   Approved unanimously.

iv. Collaborative Solutions for Safety in New Jersey Sports Traumatic Head Injuries

v. Motion made to mandate the above policy with the following revision:
   Change “Traumatic Head Injuries” to “Concussions and add after “….vision and
exertional therapy, i.e., sub maximum aerobic strength training activity….” Once
revisions are made and submitted to the NJSIAA it will be posted as Best Practice
under the Medical Topics link on the NJSIAA website.

   Approved unanimously

vi. SMAC Policies and Procedures
   Because of time constraints the Policies and Procedures outline was tabled until the
next meeting in October.

IV. Dr. Jill Brooks

  Dr. Brooks asked that the Committee review four bills:

  i. Sponsored by Assemblywoman Pamela R. Lampitt, District 6
     Would allow other licensed healthcare providers trained in evaluation and
management of concussions in addition to physicians to prove written clearance for
student-athlete return to play.

  ii. Sponsored by Senator Patrick Diegnan, District 18
     Provides that student-athlete who sustains concussion must return to regular school
activities prior to return to competition; requires school district to implement give
step return to competition process.

  iii. Sponsored by Assemblywomen Valerie Vainieri Huttle – District 37 and Carol A.
       Murphy – District 7
     Requires DOE To develop registry of high school student-athletes who sustain
concussions or other head injuries.

  iv. Sponsored by Assemblywoman Valerie Vainter Huttle – District 37
     Prohibits children under age 12 from participating in tackle football
V. Dr. Jack Kripsak
   a. Evaluating body fat in wrestlers for 2018-2019 season
      Dr. K advised the committee that results of testing would be submitted by the end of June

VI. Colleen Maguire/Tony Maselli, Assistant Directors
   a. Colleen and Tony advised the committee of a new program, Student Athlete Advisory Council (SAAC) with the first meeting of the Council held this past April. This program will give the student athletes a voice within the NJSIAA. The Council will work to represent the perspective of all NJSIAA student athletes by presenting their feedback to the NJSIAA Executive Committee which will assist in decision making and development of initiatives for future improvement that will benefit all NJSIAA member schools. Five meetings will be held throughout the year beginning in August and the last one in May.

      The Council will discuss topics relevant to high school student athletes as well as develop ways to maintain a positive experience. The student-athlete representatives are to promote and share the information learned at the Council meeting within his or her schools community and solicit feedback from their peers.

      NJSIAA Student Ambassadors – This group will be comprised of 24 members, approximately 8 members from each of three geographic sections, North, Central and South. Ambassadors will be assigned as NJSIAA SAAC Advisor that will oversee the communications between the NJSIAA and SAAC representatives.

VII. Upcoming Meeting

      October 17, 2018, March 13, 2019, May 15, 2019, October 16, 2019