TO: MEDICAL ADVISORY COMMITTEE  
FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR  
RE: NOVEMBER 16, 2016 MINUTES

1. Steve Timko  
   a. Introduction and Welcome  
   b. May 18, 2016 Minutes – approved unanimously  
   c. NJSIAA Update – Review of Opiate Pain Medication if the Athlete roundtable scheduled for December 1 at 10:30 at the NJSIAA  
   d. EpiPen  
      Concerns about cost purchasing multiple pens and training multiple people to use the EpiPen for all students, not just athletes.
      Diastat and glucagon were also discussed. Glucagon has to be mixed and anyone can become a delegate to administer it. Diastat has to be administrated through the rectum and only certified medical personnel can administer it. Training on both the glucagon and diastat was discussed and the practicality of administrating medications rectally was also discussed. It was stated that coaches can deny to be delegate for diastat. Dr. Mulford stated that it should be a school policy and a letter to the county nurse from the team physician describing the concerns should be sent and have legislation regarding the training and administration of any device.  
   f. Expansion of steroid testing update  
   g. Infectious Disease is now posted on NJSIAA website

2. Michael Cherenson – Success Communications  
   Mike reviewed some of the workshops/seminars that are in the works for the future.
3. **Larry White, Assistant Director** – baseball pitch count  
Larry informed the committee a meeting is scheduled for November 17 and a committee of coaches and officials will discuss the following:  
- Innings pitched limit  
- Pitch count and days rest  
Once committee makes a decision it will be distributed to the Baseball Rules Committee for review and approval. Once approved a meeting of the officials and coaches will be scheduled in December to determine how to enforce rule. It was stated that education guidelines should be established along with whatever recommendation is approved.

4. **Jack DuBois, Assistant Director** – Update on coaches first aid. Many schools have implemented bundling and it has been received favorably.

5. **Dave Csillan, Athletic Trainer**  
Heat Acclimatization and determining when a temperature become dangerous for athletes to participate was discussed. It was pointed out that the heat index only measures temperature and humidity in the shade and is mostly a guide for the elderly and children. The WBGT device is a measurement tool that uses ambient temperature, relative humidity, wind and solar radiation from the sun to get a measurement that can be used to monitor environmental conditions during exercise. Heat on turf fields and grass field can be very different; question as to where this device should be place on playing field was discussed and the cost to the schools. It was state that these devices can be purchased at a reasonable cost. The Medical Advisory Committee will submit a recommendation to be placed on our website with the NJSIAA statement that it supports the use of the Wet Blub Globe to accurately measure heat index as it pertains to athletic participation.

6. **Kevin Briles, Athletic Trainer**  
A letter from the NJ Office of the Attorney General was received on October 31, 2016 in response to an enquiry from Eric Schwartz, ATSNJ president regarding an athletic trainer’s recommendation for an athlete to wear a brace. The Athletic Trainers Advisory Committee reviewed the submission and found that a Licenses Athletic Trainer can provide a brace as part of the conditioning program for prevention and management of injuries. If a brace is used, a note will be provided to the official. The color of the brace is not an issue.
7. **Dr. Damion Martins**  
Damion reviewed the 9:00 workshop “Avoiding Misuse of Opiate Pain Medication in the Athlete” and advised committee that it was well attended and very productive. Upcoming workshops were also discussed, especially a workshop on Depression.

8. **Dr. Jill Brooks**  
Updated on concussion detection

9. **Dr. Jack Krispak**  
   a. Skin checks – an educational link will be placed on the NJISAA website and on the arbiter for easy access for officials to review skin check procedures.  
   b. Girls LX headgear – not mandatory but is acceptable to use  
   c. Tanita Scale – Model 300W is no longer manufactured. Committee will look into alternative ways to measure body fat  
   d. Contact time for football  
   e. Survey for schools for policies and procedures – Mike Cherenson will send survey to all schools regarding policies and procedures.  
   f. James Thompson, Ph.D., co-founder of CSO/CTO – Evoke EEG Testing  
   Dr. Thompson showed a slide show about detection of concussions. His contact information is as follows:  
      jthompson@evokeneuroscience.com  
      www.evokeneuroscience.com

10. **Dr. Marshall Mintz, Clinical and Sport Psychologist**  
Dr. Mintz discussed the problem of depression in student athletes. Dr. Mintz stated that there isn’t a lot of data out there but felt strongly that more information should be put on websites, including the NJSIAA. The committee agreed and it was suggested that there be different links geared towards parents. Dr. Mintz advised that there will be a seminar on December 2 at the Marriott in West Orange on depression.

11. **Review of Upcoming Committee Dates**  
The date for the March 15, 2017 has to be changed. Jack Kripsak will check with committee for new date.

Meeting was adjourned at 12:15