TO: MEDICAL ADVISORY COMMITTEE
FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR
RE: MARCH 3, 2016 MINUTES

I. Steve Timko:
   a. Introductions were made and members welcomed
   b. Review annual business meeting held on December 7, 2015.
   c. October 21, 2015 Minutes – approved unanimously
   d. Expansion of steroid testing: Senator Codey presented a bill to expand steroid testing which was vetoed by Chris Christie, Governor. Bill has been put on the floor again and is awaiting the Governor’s signature. It was suggested that the steroid policy be expanded to include in season play, not just championship season.

II. Jack DuBois:
   a. First Aid Requirements for Coaches – update
   b. Change to: CPR/AED requirement would now include all coaches new or 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. Decision to table any decision until Jack can be present and be included in discussion.

III. Colleen Maguire:
   a. Reviewed the development of the comprehensive list of team physicians/athletic trainers. Damion Martins emphasized the urgent need for such a list citing a bill on the state floor to change the definition of health care professionals to include chiropractors stating that team physicians and athletics trainers are the last to know any rule changes pertaining to health care. A sub-committee, entitled Educational Outreach Committee, consisting of Rob Franks Damion Martins, Jim Baker, Colleen Maguire and Charles Gatt has been formed. The purpose of this committee is to facilitate communications and outreach programs with team physicians, athletic trainers and other medical personnel involved with sports medicine.
IV. Greg Mulford:
   a. Opioid Letter

   Greg presented a statement regarding the abuse of prescription medications, narcotics in particular, and asked that the committee tweak the statement and approve for distribution and/or posting on NJSIAA website. Most concerned about oral surgeons prescribing opioid meds after surgery. Another concern was the proper disposal of opioids meds. Screening for opioids is in the future.

V. Larry White:
   a. E-cig/vapor

   Motion to approve the NFHS statement that e-cig/vapors are to be treated as traditional cigarettes, which is identified as a tobacco and/or nicotine product, and any use of e-cig/vapor shall be enforced as a flagrant disqualification.

   Unanimously approved

VI. Dave Csillian:
   a. The new Ivy League ruling for football eliminating tacking during practice may trickle down to high school.

   b. Heat Acclimatization – addendum to guidelines

   A proposal to include in the guidelines requiring schools to be properly equipped to initiate cold water immersion of the athlete and in order to do so, schools are required to have on the sidelines for immediate access to an immersion tub, kiddie pool or similar method of whole body immersion. Many concerns were voiced regarding the process of determining core temperature which involves a rectal temperature and how that could be implemented on the sideline. Once the core temperature is 102 cooling must be stopped to prevent over cooling. Suggestions that the statement read highly recommended not required because of the process to determine core temperature. Dave will report back to the committee in May with his findings.
VII. Jill Brooks:

a. Discussed the movie “Concussion” and stated that it was more about NFL policy then about concussions.

b. Coaches/Bullying
   Jill will write up a proposal to be reviewed by the committee at the May meeting addressing this issue. The HIB policy does cover bullying by coaches and there is a procedure to be followed by schools if a coach is convicted of bullying.

VIII. Jack Kripsak:

a. Skin Checks
   Jack reviewed the concerns regarding issues over skin checks. Steve Timko stated that he was disappointed with the athletic trainers for their response to a directive sent out in the beginning of the wrestling season and a letter from the NJ Office of Attorney General, Division of Consumer Affairs, State Board of Medical Examiners, signed by Robert M. Petronglo, Assistant to the Executive Director, stating that they believe that the NJSIAA procedure for wrestling inappropriately expands the athletic trainers scope of practice. Kevin Briles will be attending an ATSNJ meeting on March 6 to discuss the skin check issue and will report back to the committee in May.

   Committee members stated that there is a need for a more educational position by the NJSIAA and MAC regarding these issues.

   Tanita Scale – Standard mode will be used for tanita scale reading.
   Notification to assessor will be sent.

   A subcommittee Rob Monaco and Kevin Briles will research wrestling issues.
   Jewel Sellers will assist.