TO: MEDICAL ADVISORY COMMITTEE  
FROM: STEVEN J. TIMKO, EXECUTIVE DIRECTOR  
RE: MARCH 22, 2017 MINUTES  

I. Steve Timko, Executive Director  
   i. Introduction and Welcome  
   ii. November 16, 2016 Minutes – approved unanimously  
   iii. NJSIAA winter update  
   iv. Year round steroid testing - Update - Bill is waiting for Governor’s signature  
   v. Review of hydration and Paterson Eastside issues  

II. Larry White, Assistant Director  
   i. Pitch Count  
      Larry reviewed the pitch count procedure which will come into effect July 1 for the 2017-2018 school year.  

III. Bill Ashnault, R.Ph. – Twin City Pharmacy & Specialty Products  
   i. Review of presentation at DAANJ Convention. Bill reviewed the finer points of his presentation which included recognition, education, testing, outreach and where to go in the future, and stated that even though there wasn’t a large attendance at the presentation, he felt the presentation was well received.  

IV. Dave Csillan, Athletic Trainer  
   i. Dave reviewed the heat acclimatization and WBGT and proposed an addendum to the heat acclimatization guidelines that was presented to the committee at the November, 2016 meeting. The committee was receptive to the idea of WBGT utilization but had requested the breakdown of temperatures in New Jersey and how they correspond to practice accommodations. These temperatures were taken from evidence based research which was presented to the committee. After review of the data presented discussion revolved around the implementation of the WBGT devices, the cost, where to place the device and educating officials, coaches
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and administrators on its use and a motion was made to put a
recommendation on the NJSIAA website regarding the use of the WBGT.
Dave will submit a recommendation to the NJSIAA for approval and
posting. Dave also advised the committee that one device, the Kestrel
4400, can be used for cold weather analysis as well. It was suggested that
bulletin points be placed on the NJSIAA website covering cold weather use of
any device.

V. Kevin Briles, Athletic Trainer
i. Kevin addressed the issue of expanding the 1 ½ minute injury time in
wrestling to 5 minutes for head related injuries, citing the adoption of the
NCAA ruling that give unlimited time for head injury evaluation that came
into effect for the 2016-2017 season. The argument for the NCAA ruling was
that wrestling is one of the few sports where the standard of care SCAT 3
test cannot be performed in 1 ½ minutes. An email from Dr. Rob Franks,
who, along with the University of Iowa physician, got the rules change for
head injuries at the NCAA level, stated that it takes about 7 to 8 minutes to
do the test by an experienced clinician. The committee agreed that more
time to evaluate the possibility of a concussed athlete would be more
beneficial but was aware that the 1 ½ minute injury time for wrestling is an
NFHS rule not an NJSIAA rule. If the NJSIAA adopts any modification to a
NFHS that is not an administrative rule, the NJSIAA would not be
considered 100% state and would lose the ability to have a representative
seated on the NFHS Wrestling Rules Committee. It was also noted that the
injury rule hasn’t been reviewed by the NFHS since October, 2014 but is on
the NFHS SMAC meeting scheduled for April 22 -24, 2017. Kevin Briles has
been asked to submit something to NJSIAA for review and submission to
NFHS for discussion.

VI. Dr. Damion Martins
i. Damion gave a brief review of the webinar on skin checks and felt in general
it was well viewed and well received. He also reviewed the workshop “The
Overhead Athlete” which was held prior to today’s Medical Advisory
Meeting, Discussion about how to advertise seminars was discussed and the
benefit of having one half day seminar covering various topics as opposed to
one hour seminars prior to the Medical Advisory Committee Meeting held at
the NJSIAA. The next seminar will be at the Atlantic Health Sports Health
facilities, Ash Conference Room and simulcast in the Executive committee
Room at NJSIAA.
VII. Dr. Jack Kripsak, Chairperson

i. Jack updated the committee on the opioid policy. Jack updated the committee on, Assembly Resolution No. 156, urging schools districts and nonpublic schools to adopt a policy to address the abuse of prescription opioids by students and discussed a policy guide. The committee recommend that all school adopt a policy guide covering overdose recognition, instructions on how to perform rescue breathing and information on opioid antidote dosage and instruction on opioid antidote administration. Jim Baker stated that there is a New Jersey Core Curriculum there is a Drug Curriculum policy with penalties, which was circulated to the committee.

ii. Contact for football
Jack stated that there are rules in place for in season practice and play but nothing during the summer recess. The consensus among the committee was that the guidelines that are followed during the season should be followed during the summer recess. Jack DuBois, Assistant Director, was unable to attend meeting due to a scheduling conflict with ice hockey but will be present at the May meeting to address this issue.

iii. Body Fat Calculation – tanita scale issue – tabled until May meeting

VIII. Dr. Marshall Mintz

i. Dr. Mintz cited two articles, Mind 4 Athletes and Promoting Student Mental Health. Marshall stated that there is lots going on at the NCAA level and we should draw on what they have done to conduct webinars, seminars, etc. for secondary schools. Damion and Marshall both agree that educational training for coaches, administrators and parents to help with depression in children is essential. Providing access to links on the NJSIAA website and outreach workshops were also discussed. Marshall presented an introduction to the topic of mental health services for student athletes. The aim of the statement was to begin the Medical Advisory Committee’s discussion on how to present a position statement on student-athletes mental health and then set protocols similar to those outlined for opioid abuse. Marshall will work with Damion on seminar topics and submitting a mental health policy draft to the NJSIAA for review.
IX. Kim Cole, NJSIAA Assistant Director
   i. Kim received a call from an official regarding a device worn by athletes that will detect a concussion asking if this device is allowed to be worn during competition. The NFHS rules are clear as to what is permitted and not permitted to be worn during competition for safety reasons. The committee was asked if there was such a device and apparently there is something out there, a patch of some sort, and it was determined that if it was just a patch then it would be permitted to be worn during competition and not in violation of any NFHS rule.

X. Dr. Damion Martins

   Damion asked if Med Express was involved with NJSIAA. He stated that they are advertising free physicals and concussion screening and that Med Express is endorsed by the NJSIAA. Steve Timkeo will address this issue with Jack Dubois, Assistant Director, NJSIAA. Jack handles corporate sponsorship.

Meeting Adjourned