

2019-20 SPORTS MEDICINE ADVISORY COMMITTEE MEETING
Video (Zoom) Conferencing
9:30 a.m. May 11, 2020

Members Present:

Nicole Carter, Novi
Candace Cox, Quincy
Dr. John Evans, Ann Arbor
Dr. Monica Goble, East Lansing
Dr. Edwin Kornoelje, Grand Rapids
Dr. Dallas Lintner, Owosso
Jevon Moore, Ann Arbor
Sandra Noto, Wyoming
Kristi Nowka, East Jordan
Meaghan Rourke, Allen Park

Meg Seng, Ann Arbor
Mitch Smelis, Fenton
Pat Watson, Bloomfield Hills
Dr. Neal Weinberg, Ypsilanti
J.D. Wheeler, Hartland

Members Absent:

Dr. Michael Shingles

MHSAA Staff:

Tony Bihn
Cody Inglis
Cole Malatinsky
Kathy Vruggink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The MHSAA Sports Medicine Advisory Committee (SMAC) exists to serve the MHSAA membership while emphasizing the health and safety of students in interscholastic sports. The goals of this committee include:

1. To advise and work cooperatively with the Representative Council, Executive Committee, staff and sport committees on medical and safety issues as they relate to interscholastic sport's rules writing, regulations and guidelines.
2. Monitor, evaluate and disseminate current sports medicine information to the MHSAA and its member schools.
3. Evaluate existing resources while developing new educational measures provided through the MHSAA for member schools.
4. Work cooperatively with MHSAA sport committees to address sports medicine issues and the impact on the health and risk management of its participating students.
5. Assist the MHSAA in identifying, prioritizing and researching sport medicine issues.

The Sports Medicine Advisory Committee continues to be cognizant and looks at the full picture of what the MHSAA does, as well as to be aware of the culture of what the MHSAA does in connection to schools and students in grades 6 – 12. The process in which the Representative Council considers proposals and how the proposals relate to the educational mission of member schools was reiterated and continues to be a priority. This committee was charged with the review and discussion of four specific topics. These included: MHSAA pre-participation physicals adjustment for COVID-19, COVID-19 return to sport guidelines, mental health initiatives and resources and a medical time out action plan.

INFORMATION PROVIDED

Provided for the committee were prior meeting minutes as well as a sample MHSAA Annual Sports Health Questionnaire which was intended to be used for students who received a valid sports physical during the 2019-20 school year. This form was examined and members of the committee provided additional recommendations. Support documentation for the use of the Health Questionnaire was also received from the NFHS whose SMAC also recommended a one-year extension. Also evaluated were NFHS State Associations responses on physical examinations prior to participation. Thirty-five out of the 36 states which responded indicated that they required a physical evaluation prior to participation and 17 of the states also indicated that they were in discussion of granting an exemption to the physical exam for the 2020-21 school year.

In preparation for the return to sport guidance, the committee reviewed two additional documents entitled: "Core Principles of Resocialization of Collegiate Sport" and "Considerations for sports federations/sports event organizers when planning mass gatherings in the context of COVID-19".

SPORTS HEALTH QUESTIONNAIRE

The committee reviewed and provided input regarding the MHSAA Sports Health Questionnaire. Per Representative Council action and in response to the COVID-19 pandemic, as well as concerns regarding access to medical professionals for pre-participation sports physicals prior to the 2020-21 school year, the pre-participation sports physical requirement will be waived for students in any grade who received a valid physical for athletics during the 2019-20 school year (one which was completed on or after April 15, 2019). Students and parents/guardians will be required to complete the two-page MHSAA Sports Health Questionnaire. The Sports Health Questionnaire and FAQ are posted at mhsaa.com and attached.

Electronic signatures are acceptable on the Health Questionnaire and schools and parents may still require selected students or all students to receive a complete physical examination. The Health Questionnaire needs to be on file in the school prior to practicing (same as physical). If a school cannot confirm that a valid sports physical exam exists from the 2019-20 school year, the student needs to have a new sports physical exam for 2020-21.

PRE-PARTICIPATION PHYSICAL

The "Pre-participation Physical" SMAC sub-committee provided a report from their meeting in which they explored alternative options to the MHSAA annual physical requirement, specifically regarding the firm April 15th date (i.e., a pre-participation physical is only current and valid if it is performed on or after April 15th of the previous school year). Cody Inglis and Meg Seng reported on the sub-committee's research and the communications that they had with other Athletic Association administrators from other states who had other models.

This SMAC sub-committee's initial recommendation was to move to a model that requires a pre-participation physical exam to be completed once every 24 months, and in alternating years, students submit an annual questionnaire (developed by the MHSAA), signed by the student and parent/guardian and submitted to the school administration. If the student answers "yes" to any questions, a new physical or physician's clearance will be required prior to participation. This sub-committee will meet again prior to August to develop a plan that can be shared with SMAC prior to going to Representative Council. In addition, following the start of winter season, a survey will be done with member schools requesting additional information regarding future use and viability of the Sport Health Questionnaire.

RETURN TO SPORT GUIDANCE/COVID-19

The committee was provided information from the NCAA and WHO regarding resocialization and return to sport guidelines amid the COVID-19 pandemic. A "Return to Sport Sub-Committee" was developed to provide a guidance for the return to sport. In addition, the NFHS SMAC also developed a document that was to be reviewed by this sub-committee. This group further met on May 21 and adopted and endorsed the NFHS document and provided further adjustments that were pertinent to Michigan. Conversation included that there will be more real data and information emerging regarding vulnerable populations, as well as data and information on recovery of individuals who contract the disease, which will provide better direction on how to move forward with return to activity. This document was further reviewed by MHSAA staff as well as the MHSAA Representative Council and additional revisions were made. On Friday, May 29, that document was sent to all school personnel and posted on the MHSAA website for viewing. This document, entitled MHSAA/NFHS Guidance for Re-Opening School Sports is known as the "how" to re-open, and includes points of emphasis, administrative areas to address, summer conditioning and practice sessions and contests, games and competition. In the area of summer conditioning and practice, there are three steps for the conduct of the conditioning and practice could be done. These included: Pre-Work-out/Contest Screening, Limitations on Gatherings, Facilities Cleaning and Physical Activity and Athletic Equipment.

On June 2, 2020, after the Governor's address and re-opening of Michigan (including the option for 100 students to work-out on school property), a new Summer Guidance Update #1 was adopted and posted. Given the Governor's June 1 order allowed outdoor groups of 100 or fewer with physical distancing, the initial guidance was moved to a "modified step 2" in the MHSAA/NFHS Re-Opening of School Sports guidance. This new document addressed current conditions as defined by the June 1 Executive Order. This new document included key points regarding outdoor activity with the focus on physical distancing, masks and all athletic equipment, including what should be cleaned intermittently during practices and workouts. Additional updates occurred in conjunction with any additional Executive Orders and have been posted on the MHSAA website.

UPDATES ON MENTAL HEALTH INITIATIVES

Dr. John Evans and Kristi Nowka, ATC provided a brief report on student and athlete mental health issues resulting from the isolation of COVID-19. Committee members will continue to pull together resources to assist athletes, parents, coaches and administrators to better deal with the challenges and opportunities.

Several resources are already listed on the MHSAA website including a speaker's bureau. Currently all MHSAA rules meetings include a short video in which coaches from both Michigan State and Michigan are represented speaking about the need to "be nice", which includes an action plan in noticing signs and symptoms of depression and anxiety, inviting and reaching out in making a connection, challenging yourself or the individual to get help, and empowering others and yourself by identifying your protective factors.

MEDICAL TIME OUT

SMAC received information and documents regarding Medical Time Out (MTO), originally created by the Kyle Group and co-branded by the Korey Stringer Institute. This document provides a template for organizations to follow to prepare a medical timeout. The 2019-20 Medical Time Out Sports Medicine Advisory Committee met on July 1, 2020 regarding the Medical Time Out form.

This group, reviewed the definition and purpose of Medical Time-Outs (MTOs) which included that the Medical Time Out is a purposeful and brief meeting of available and key personnel responsible for the administration of any aspect of an emergency response plan at a predetermined time, but prior to the start of an athletic competition. The purpose is to educate and inform key personnel of emergency preparedness and response in order to maximize the effectiveness of the plan in protecting student safety.

The recommendations made were:

1. *The MTO should take place no later than 30 minutes prior to the start of an athletic event when possible.*
2. *The MTO meeting time and location should be shared between schools prior to the day of the event.*
3. *The MTO should be used and/or modified when necessary for all sports and at all venues.*

MHSAA staff drafted the first version of the updated documentation which included:

1. Providing additional hand signals to communicate needs.
2. Replacing the language for the multi-person lift to reflect MHSAA guidelines.
3. Replacing the SCAT 5 likert scale system to a checklist of TBI symptoms.
4. Removing statement #13 on the MTO procedure list regarding the location of a landing zone for aeromedical support vehicles.

This Task Force provided three drafts of a Medical Time Out. The selected Medical Time Out document is attached and includes a Medical Time Out Procedure List, a Medical Time Out Checklist, and Medical Time Out Extras. It will be useful for all individuals, inclusive of school administrators and those without a medical background.

PLAN OF ACTION

The committee determined that additional discussion would need to occur on several of the noted issues. In some cases, a small task force was created and in other areas, situations will be developed for review by a small group of committee members. The meeting adjourned at 11:30 a.m. and the next meeting is scheduled for Monday, October 19, 2020 – 9:30 a.m. A Zoom invitation will be sent to SMAC members.