



Thursday, April 18, 2024 – 9:30 a.m.
SPORTS MEDICINE ADVISORY COMMITTEE
Video (ZOOM) Conferencing

Members Present:

Dr. Camy Chapin, Lansing
Candace Cox, Quincy
Judy Cox, Bay City
Dr. Corey Dean, Ypsilanti
Brian Gordon, Royal Oak
Dr. Dallas Lintner, Owosso
Jason Malloy, Westland
Brian Osborn, Howell
Kelly Salter, Birmingham

Mitch Smelis, Fenton
Dr. Alyssa Vermeulen, Lansing
Lauren Westmore, Gladwin

Members Absent:

Kelly Brown, Brighton
Dr. Edwin Kornoelje, Grand Rapids

MHSAA Staff

Dan Hutcheson
Cole Malatinsky
Kathy Vrugink Westdorp (Recorder)

WELCOME, 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 reviews the full picture of what the MHSAA does and is aware of the culture of what the MHSAA does in connection with 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 continues to be a priority.

INFORMATION RECEIVED FROM THE MEDICAL AND SCHOOL COMMUNITIES

Members of the medical community provided updates on current injuries and illnesses observed in clinics and hospitals. They reported typical incidences and types of injuries and illnesses, and it was noted that the flu season in Michigan this year was delayed compared to previous years and is still ongoing. No specific concerns were expressed regarding the current spread of viral infections such as influenza, COVID-19, and RSV. The emergence of measles cases in Detroit is being monitored closely.

Dr. Cory Dean provided a discussion summary of topics from the American Medical Society of Sports Medicine Conference. He highlighted resources available from the NFHS regarding a Physician Toolkit, Medical Timeouts, Emergency Action Plans, and Automated External Defibrillators.

Dr. Alyssa Vermeulen discussed HB 5527 and 5528, which would mandate all school buildings and events to have personnel trained in CPR and AED to respond to emergencies. These bills would work to ensure that all coaches receive training in these lifesaving techniques and that sufficient AEDs are available at all school facilities. The legislation is now advancing to the Michigan Senate for a final vote.

The committee discussed the ongoing issue of insufficient athletic trainer coverage at interscholastic events, noting a lack of available applicants for these positions. Several members strongly advocated for the presence of school athletic trainers. Dr. Lintner highlighted the shortage in high schools and, together with Brian Gordon, mentioned efforts to inform superintendents and school boards about the importance of onsite medical professionals at these events. They also discussed strategies for securing funding and creating attractive compensation packages to recruit athletic trainers.

Brian Osborn highlighted the need for effective communication between athletic directors and athletic trainers, particularly during the spring season with cancellations and rescheduling. He emphasized the importance of considering the athletic trainer's work/life balance to address burnout and retain athletic trainers in high schools.

UPDATES

The April 2024 Sports Medicine Advisory Committee approved the MHSAA Statement on Air Quality and Sport Participation. (12-0)

Kelly Salter provided insight regarding the recently released National Athletic Trainers' Association Bridge Statement on management of Sport-Related Concussion. The statement offers updated information and best practices on return-to-learn, return-to-play, and the role of athletic trainers in concussion management.

Representatives from the Michigan Association of Chiropractors presented to SMAC regarding the scope of practice. The Sports Medicine Advisory Committee did not recommend any changes to MHSAA policies and procedures regarding chiropractors' authority to perform preparticipation physical examinations for interscholastic athletic sponsored by MHSAA member schools.

Mitch Smelis and Kelly Salter provided updates from the Team Up for Sports Safety Meeting that had been held. This group in conjunction with the Secondary Schools Athletic Trainers Committee have focused on policies related to concussion, heat, emergency action planning and AEDs.

Dan Hutcheson provided information regarding weight allowances for female wrestlers during their menstrual cycle. The topic will be forwarded to the Wrestling Committee for further discussion.

CPR/AED/EMERGENCY ACTION PLANS

Further discussion included various topics and issues related to CPR, AED, and emergency action planning for interscholastic athletic practices and events. The committee expressed full support for two proposals that will be considered by the Representative Council related to CPR requirements for middle school and junior high school head coaches and a requirement for specific emergency action planning for all high school sports teams.

1. Starting with the 2024-25 school year, high schools must attest by each season's established deadline that their high school sports coaches have emergency action plans specific to the location, which are posted, dispersed, rehearsed, discussed, and documented within practice plans.
2. Starting with the 2024-25 school year, to host an MHSAA tournament event, a school is required to have an AED within visible distance of the event.

This is the first layer of planning in an emergency in athletic practices or games. This means emergency action plans specific to the venue and not just having a plan but dispersing it, rehearsing it, discussing it, and posting it. Schools should be developing emergency action plans specific to various emergency scenarios (cardiac, cervical, injury, heat-related, weather, active shooter, etc.). A basic template and other general resources to assist schools in starting their own emergency action planning process tailored to specific facilities and situations are instrumental. The committee also emphasized that these emergency action plans need to be written and available (both as a written document and digitally), communicated to coaches/staff and students, and practiced regularly.

2024-25 MEETING DATES

The 2024-25 meeting dates are Thursday, October 24, 2024, and Thursday, April 17, 2025.