

MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING
April 23, 2014

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Wednesday, April 23, 2014, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett, Gregory Gaa, Dr. James Green, Liz Short, Rick Vicenzi, David Vieth, Mattoon; and Dr. Preston Wollin. Also in attendance was Associate Executive Director Kurt Gibson and guests Phil Dryer, Tinley Park (Andrew); Phil Hein and Ryan Mehl, PrivIT Healthcare. Not present was member Dr. Cynthia LaBella.

ADMINISTRATIVE RECOMMENDATIONS:

1. Continuation of the IHSA PES Testing Program

Recommendation: The committee recommends the continuation of the IHSA PES Testing Program.

Rationale: The committee believes the PES Testing Program is still an important initiative and continues to serve an important role in helping student-athletes make good decisions regarding their training for interscholastic sports.

Approved

ITEMS OF GENERAL DISCUSSION:

1. The committee reviewed the minutes of its December 2013 meeting.
2. The committee discussed the newly-approved IHSA By-law 3.157 regarding summer football participation by member schools. As a part of that discussion, the committee reflected on the importance of member schools having its coaching staff work together to coordinate summer schedules for all sports that keep the health and well-being of a student-athlete in mind. The committee is concerned about the increasing amounts of time students are spending on athletics in the summer without maintaining proper rest, nutrition, and hydration. The committee discussed developing a position statement to remind member schools of the importance of this issue.
3. The committee reviewed a draft of a policy that would outline specific guidelines IHSA member schools would follow for IHSA state series competitions that would occur in extreme heat conditions. The committee agreed to continue its review of the draft and revisit the topic at its December 2014 meeting.
4. The committee discussed the NFHS position statement on padded headgear and agreed that a link to the statement should also be made available through the IHSA Sports Medicine page.

5. The committee reviewed a sample consolidated sign-off form being considered by the IHSA that would create a one page document member schools could use to secure signatures for the association's PES testing consent, concussion information, and, if necessary, self-administration of asthma medicine. The committee expressed its opinion that creating such a form made sense and encouraged staff to continue working on the form with the hope it could be implemented as soon as possible.
6. The committee heard a presentation from Phil Hein and Ryan Mehl of PrivIT regarding an ePPE form that students and schools could use to meet the association's PPE requirement in the future. The ePPE presented to the committee is a cloud-based software being used in Ohio and Georgia that would replace the paper version of the PPE being used in many places and allow for greater ease for students and parents during a the years a student is in high school.