



**MINUTES**  
**AIA SPORTS MEDICINE ADVISORY COMMITTEE MEETING**  
**September 29, 2011**

Chairperson Dr. Javier Cardenas called the meeting to order at 7:30 a.m.

**Members Attendance:**

Dr. Javier Cardenas, MD (Chair)  
Dr. Steven Erickson, MD  
David Hayward, Licensed Athletic Trainer  
Dr. Mark Strom, ND  
Rich Beckman, Foothills Sports Physical Therapy

**Guest:**

Christine L. Girard, ND

**AIA Staff Present:**

Chuck Schmidt, AIA Assoc. Executive Director  
Mark Mignella, AIA Legal Counsel  
Scott Brown, AIA/Unified Sports Coordinator  
Gary Whelchel, AIA Commissioner of Officials  
Michele Staples, AIA Liaison

**NATUROPATHIC DOCTORS – Christine Girard, ND**

- The SMAC listened to Dr. Girard's presentation in regards to Naturopathic Doctors.
  - The committee will listen to a chiropractor at the next SMAC meeting.
  - The committee will then vote at the following SMAC meeting as to whether or not Naturopathic and Chiropractic physicians can assess the pre-participation physicals and concussion assessments on student athletes.
  - Link to Dr. Girard's presentation: [Naturopathic Doctors Power Point - Dr. Girard](#)

**UNIFIED SPORTS – Scott Brown**

- Scott Brown presented pre-participation forms that are used by Special Olympics Arizona for the SMAC to compare with the current pre-participation forms used to see what adjustments need to be made for Unified Sports.
- Special Olympics Arizona requested for the Unified Sports participants to have a physical every year.
- After discussion, it was recommended to use the SOAZ form for Unified Sports separately.
- Dr. Cardenas will revise the Special Olympics form for the next meeting.
  - Add a section on the first page to clarify what sport they are participating in.
  - Current Special Olympics physicals will be grandfathered in.

**HEAT EXHAUSTION – David Hayward**

- David Hayward discussed the current 7:00 p.m. start time for high school football games and said that this current time would be sufficient due to the drop in temperature by that time.
- Cross Country has issues due to the time of the meets.
- The committee will provide a Heat Index Chart for protocol based on the health of the athlete and standard of care.
- The committee discussed possible restrictions if it's found that it is not okay to play, for example, practicing without pads or after a certain time frame.
- Data would be retrieved from across the state from approx. (10) different devices.
- Recommended to have 14-15 days for acclimatization.
- The SMAC will have the proposal for the next meeting.

**BRAINBOOK – Dr. Cardenas**

- There have been over 25,000 who have completed the Brainbook Concussion Course to date.
- The Brainbook release was covered by media in (30) states and (11) countries.
- The Deer Valley Unified School District will be using Brainbook for their middle school education.
- The committee received a handout of the Arizona Statute and FAQ sheet in regards to the new concussion law. Click the link to view the handout: [FAQ - Concussion Education](#)

**HELMET RULE – Gary Whelchel**

- The committee reviewed the handouts pertaining to the new helmet rule. Click link to view the handout: [Helmet Dislodging Report 09-19-11](#)
- The committee felt that they needed to define the term “dislodged”.
  - Gary Whelchel will ask the AIA Football Sports Advisory Committee to work on the wording and forward it to the SMAC.
- The helmet rule will be assessed for one year in Arizona, collect data and forward the information to the NFHS to make a rule change in the football rules books for the 2012-13 school year.

Meeting Adjourned at 9:00 a.m.

Next Meeting: **November 17<sup>th</sup>, 2011**