



MINUTES
SPORTS MEDICIEN ADVISORY COMMITTEE MEETING
August 8, 2015

Members Attendance:

Dr. Javier Cardenas
Tamara McLeod, PhD
Kevin Turley, DC
Roger McCoy, MD
David Hayward, AT, ATC, M.Ed

AIA STAFF PRESENT:

Mark Mignella, Legal Council
Harold Slemmer, Ed.D, Executive Director
Tayler Coady, Executive Assistant

➤ **HEAT RELATED ILLNESS (David Hayward)**

- David looked over the AIA policy and believes that it's a strong policy. We meet the basic guidelines for the KSI guidelines.
- WBGT guidelines – we do not mention anything regarding these.
 - The committee recommends that in extreme environmental situations that changing work to rest ration is needed. Would need to increase the rest and would need to provide water at all times.
 - Breaks should to take place in shaded area.
- If educational opportunities are not being utilized people might give push back if they are not fully understanding the policy.
 - Suggest to communicate and educate coaches prior to pushing the policy on them so they understand.
- Heat accalimzation – is there are opportunity with communication on recommending when outdoor sports should practice.
- Dave asked about a cold tub policy and if there should be one in place.
 - Javier asked Dave to create recommendations with cooling to review and determine if a policy is necessary.

➤ **SURVEY UPDATE (Tamara McLeod)**

- The survey has been shared with the Executive Board and is on the agenda for the September 16th meeting for final approval.
 - Will be sent out after final board approval.

➤ **MENTAL HEALTH ISSUES (Dr. Cardenas)**

- Dr. Cardenas showed the committee a document from the NCAA regarding a mental health task force.
- This is an opportunity to address these topics with the membership.
- The committee discussed the possibility of adding a question regarding mental health to the PPE.

➤ **LIGHTING / WEATHER RELATED SCENARIO**

- The committee reviewed Article 14. Section 14.6 Weather Related Scenario.
- They recommended to include a medical personnel to make the call on cancelling/postponing the game.
 - They also suggested different phone applications that could be purchased to track the weather more closely.
 - Their recommendation would be – *“This decision can and should be made in consultation with school administrator, on-site health care professional and/or coaches.”*

➤ **SPINE INJURY RECOMMENDATIONS (Dr. Cardenas)**

- Dr. Cardenas showed the committee a revised recommendation from the NATA regarding spine injury protocol.

Meeting Adjourned 9:00 am

Next Meeting: September 24, 2015