

**AIA Sports Medicine Advisory Committee Meeting
Minutes
September 26th, 2024**

Introductions

- Crystal Fix
- Roger McCoy
- David Hines
- Tamara McLeod
- Jim Dean
- Lauren Walsh
- Bart Peterson
- Amy Jo Overlin
- Lindsey Loughran
- Randy Cohen
- Shelli Escamilla
- John Kearney
- Suzie Squires
- Jennifer Wethe
- Matt Fryberger
- Angela Shaba
- Erin Coy

NFHS Meeting Summary – David, Dean

- Device to measure air quality and when air quality hits a specific metric it triggers a response to make adjustments to play
- Every High school has this device
- Cost about \$600.00
- Used mostly with fires in the area
- Injury Surveillance (Rio): data managed by data list (used by NCAA as well). Can submit research inquiries to them to utilize the research
- Fall sports are going well: about half way through football. Starting to gear up towards play offs. Feels we have a more competitive season this year at all conference levels.

Air Quality Proposal Update -- Bart

- See attached proposal
- Can submit feedback to Bart after review

**AT Workload Subgroup Update – David, Suzie, Randy
No update**

Heat Issues Update – Pool Temp, Dry land training – Lauren, Erin, Randy

- Most guidance has been pulled over last 5 years except for those in place for open water
- No specific current data in regards to large overseeing bodies for aquatics.
- California and Florida also a place that swims outside that may be similar to Arizona
 - California swims in spring
 - Florida challenge is extreme humidity
 - Differing challenges for the 3 states, so hard to draw comparisons.
- ATs/Coaches/Schools have contacted Erin regarding swim water temps and what advice is out there
- Suggested providing some guidance despite having hard data to go off of
 - NFHS provides some recommendations
 - Tents around pool for shade? --- all pools are very different set ups
 - Need to continue communication with aquatics groups and continue with education despite turnover with personnel
 - Are there training modifications to recommend?
 - This is the data that is no longer published
 - Can we create our own based on other heat policies? -- Tamara and Erin and Matt Fryberger to work on this
- Check with Taylor to get editable version of heat policies to make proposed changes

Future Agenda Topics from the group

- Boys beach volleyball? Is this an emerging sport coming?
 - Yes this is an emerging sport: approx 20 schools playing beach VB. Playing about 10-12 matches, not AIA sanctioned. Will not become sanctioned until there is an appropriate number of teams playing (35-40 possibly) to make it an official sport
 - In club world indoor vs beach is played opposite seasons
 - Considered an individual sport in AIA terminology, which allows kids to play with a club team as long as they play unattached from a school team or group
 - Is there concerns regarding surface temperature for these athletes (sand in summer/fall)
 - Many facilities developed specifically for beach vb have water availability to help with this
 - Those playing in city parks do not have water
 - They can play in a sand sock
 - Also places that have snow during their seasons
 - Typically played/practiced in the evening to avoid heat
- Rio Database: needing individuals to help collect data especially with addition to flag fb
 - Provide EMR and monitory compensation
 - 105 schools doing Flag
 - How can we get schools to join Rio to provide data pool

- Sent this to Lauren to recruit through AzATA for schools to join --- must have an AT
- This can be linked to current EMRs
- Can we do a webinar on this to help teach what it provides and how to use it
- Updated recruitment email can be sent out to all AIA Athletic Trainers
- Currently AZ: 0 schools involved
- Flag Football: different rules
 - We play a kicking game
 - 7 on 7
 - No rush
 - Defense are 7 yds from kicker and there has been girls that take a ball to the face - no blockers (similar to soccer on a free kick)
 - Involving more kids that don't play other sports: this does bring in kids that are not necessarily trained athletes, teaching moment for many. Need a lot of fundamental activities/education
 - Will share with committee the AIA rule book. No NFHS rule book right now

Upcoming Symposia/Open Discussion (AZATA)

NA

2024 SMAC meetings

Oct 31st

Dec 5th

Jan 30th