MINUTES
OF THE
MAINE PRINCIPALS' ASSOCIATION
SPORTS MEDICINE COMMITTEE
AUGUST 14, 2019

A meeting of the Sports Medicine Committee was held on Monday, March 4, 2019 at 10:00 a.m. at the MPA office.

MEMBERS PRESENT: Reg Ruhlin, Gordie Salls, and Tim Smith.

MEMBERS ABSENT: Molly Bishop and John Keene.

LIAISONS PRESENT: Dr. William Heinz, Dan O’Connell, John Ryan, and Chris Sementelli.

LIAISONS ABSENT: Dr. Chris Lutrzykowski and Emily Poland.

STAFF PRESENT: Michael Burnham.

ELECTION OF CHAIR: On a MOTION by Sementelli/Smith, and supported (6-0-1), Dr. Heinz was selected as the CHAIR of the committee.

APPROVAL OF MINUTES: On a MOTION by Smith/Salls, the minutes of the March 4, 2019 meeting were UNANIMOUSLY APPROVED.

CORRESPONDENCE: The Sports Medicine correspondence was reviewed and placed on file.

INDIVIDUAL SPORT COMMITTEE DISCUSSION: The following individual sport topics were discussed:

- Football – No concerns raised.
- Soccer – The committee discussed the possibility of developing a preseason acclimatization program like what is in place for football. After discussion it was determined that there was not a need for such guidelines.
- Field Hockey – Discussion centered around the new goggle rule and that following the 2019 season sun glass type goggles were not going to be allowed. The committee asked that schools be encouraged not to wear the sunglass goggles during this season.
- Cross Country – The committee discussed a request from a school to allow a wheelchair athlete to participate in the regional cross-country championships. After discussion the committee expressed a safety concern for the athlete in the wheelchair as well as for the other competitors that would be competing in the race.
- Golf – No concerns raised.
- Volleyball – No concerns raised.
- Baseball/Softball – There was discussion about requiring schools to have a protective screen in front of their dugout. After discussion it was determined that a statement encouraging schools to have a protective screen be added to each bulletin.
- Wrestling – Once the sites for the regional and state meets have been determined there will be an effort to secure trained medical providers to perform skin checks at each site.
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- Outdoor Track – The committee discussed the possibility of allowing throwers in outdoor track an additional week of conditioning prior to the start of the season. The topic was sent back to the committee asking for more input from the schools.

KSI MEETING: The committee is scheduled to meet with KSI on Friday, November 1, 2019 at the MPA office.

OVERUSE INJURIES: Tabled to next meeting.

DOE CONCUSSION WORKGROUPS: The DOE has developed a draft of a revised concussion policy; more information will be provided at the next meeting.

LD 711 UPDATE: The DOE will convene a work group to look at LD 711, an act to determine an appropriate age to start tackle football. The date of the hearing has not yet been announced.

MEDICAL TIME-OUT: After discussion it was decided that this item will remain on the agenda for the next meeting.

OFFICIAL TIME-OUT: With the possibility of hot weather in the early fall the committee asked that each individual sport committee communicate with the officials to remind them that the use of an official’s time-out, giving the teams a chance to rest and rehydrate, was recommended in all sports.

OTHER: The following topic was discussed:

- AED’s at Championship Events – With the MPA having several available AED’s at the office there should be communication with trainers working championship events that there should be an AED available at all sites.

AGENDA ITEMS FOR NEXT MEETING:

- DOE Update
- LD 711 Update
- NFHS Sports Medicine Report
- Overuse Injuries

NEXT MEETING DATE: The next meeting date of the Sports Medicine Committee will be on Friday, November 1, 2019 at 8:30 a.m. at the MPA office.

ADJOURNMENT: On a MOTION by Smith/Ruhlin, and VOTED UNANIMOUSLY, the meeting adjourned at 11:23 a.m.

Respectfully submitted,

Michael R. Burnham
Assistant Executive Director