

MINUTES
OF THE
MAINE PRINCIPALS' ASSOCIATION
SPORTS MEDICINE COMMITTEE
NOVEMBER 10, 2016

A meeting of the Sports Medicine Committee was held on Thursday, November 10, 2016 at 8:00 a.m. at the MPA office.

MEMBERS PRESENT: Molly Bishop, Don Fournier, and Tim Spear (Chair).

MEMBERS ABSENT: Charles Brown and John Morin.

LIAISONS PRESENT: Nancy Dube, Dr. William Heinz, Dr. Chris Lutrzykowski, Audrey McKenzie, and Chris Sementelli.

LIAISONS ABSENT: None.

GUESTS PRESENT: Phil St. Onge (Chair, MPA Baseball Committee) and Carl Gartley (RSU #18).

STAFF PRESENT: Michael Burnham.

APPROVAL OF MINUTES: On a MOTION by Heinz/Fournier, the minutes of the August 10, 2016 meeting were UNANIMOUSLY APPROVED.

APPEARANCE AND PERFORMANCE ENHANCING DRUGS: Mr. Gartley shared with the committee that at a recent policy review committee meeting in RSU #18 that a discussion about the use of appearance and performance enhancing drugs, and what the consequence would be for use of these drugs would be, took place. After discussion it was determined that there is a great deal of information discussing the use of supplements available to schools and that this is a topic that should be included in each school's drug and alcohol policy.

INDIVIDUAL SPORT COMMITTEE DISCUSSION: Starting with the fall Sports Medicine Committee meeting, representatives from each individual sport committee are invited to discuss any health and safety issues that the sport committee may be addressing. Other committees may also be in attendance to discuss issues that they are facing.

Baseball – Mr. St. Onge presented the draft of the pitch count proposal that was recently developed. After discussion about the rule as it applied to playing multiple games in one day, on a MOTION by Heinz/Fournier, the proposal, as amended, was UNANIMOUSLY APPROVED.

Football: It was reported that a proposal with possible revisions to the practice guidelines and the acclimatization will be presented at the next meeting.

Ski: The committee supports providing material discussing cold related illnesses to all ski schools prior to the start of the season. It was also discussed that all Nordic races should always include a sweeper.

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Wrestling: The committee reviewed the language in the MPA Wrestling Bulletin outlining the recommended procedures to be followed regarding hygiene for the upcoming season. There was support for the recommendations that were developed, adding that a shower should be taken immediately after every practice or each individual match during all day tournaments. Also asked that the MPA Wrestling Committee send the dates of the league, regional, state, and New England qualifier to Dr. Heinz or Dr. Lutzykowski, so that doctors may be secured to assist at those meets. Ms. Dube also shared that there is a document developed by the CDC that discusses MRSA in a school setting that may be helpful to wrestling schools.

Indoor Track: Confirmed that the use of helmets in pole vault would continue.

CORRESPONDENCE: The following correspondence was reviewed and placed on file:

- A series of emails discussing transgender athletes.
- An email describing the process for reporting a catastrophic injury.
- An email with a question about the use of an inhaler during a cross country meet.
- An email with a link to the 2015-2016 NFHS Injury Surveillance Report, along with a link to the copy of the summary report.
- A copy of the agenda for the October NFHS Sports Medicine Committee meeting.
- An email with a question about the MPA Lightning Policy.
- An email describing communication that should take place prior to and during a game between an official and an athletic trainer.
- An email with a question about the proposed baseball pitch count proposal and arm fatigue.
- A copy of a brief prepared by the American Medical Association attempting to clarify the education and training of chiropractors as compared to physicians (medical doctors and osteopathic medicine).

EMERGENCY ACTION PLANS: The committee was informed that a presentation was done at the MIAAA Fall Conference on the development of emergency action plans and that those schools in attendance asked very good questions. Ms. MacKenzie reminded the committee that she is willing to travel to any school in Maine to assist them in the development of their plans.

EPINEPHRINE TOOLKIT: Ms. Dube reported that there have been 13 training sessions on this topic provided to school nurses in Maine.

OFF-SEASON CONDITIONING PROGRAM: Work continues on the development of a program and once it has been completed it will be presented to the committee.

ATHLETIC TRAINER LIABILITY COVERAGE: There was a recent conversation with the president of the Maine Athletic Trainers' Association regarding individual liability coverage for those trainers working at MPA events. The topic was going to be included on the agenda for the next meeting of the MATA.

TELEMEDICINE: There is no additional information available at this time.

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OTHER:

Nancy Dube, DOE School Nurse Consultant: Ms. Dube reported that after an adjustment in the pay scale of the position that there were a number of applicants for the position. The position should be filled soon. The committee once again thanked Nancy for her work with the MPA Sports Medicine Committee and wished her well in her retirement. There was also discussion about inviting the person that is hired to replace Ms. Dube to become a part of the committee.

NEXT MEETING DATE: The next meeting date of the Sports Medicine Committee will be Tuesday, March 7, 2017 at 8:00 a.m. at the MPA office.

ADJOURNMENT: On a MOTION by MacKenzie/Sementelli, and UNANIMOUSLY APPROVED, the meeting adjourned at 10:34 a.m.

Respectfully submitted,

Michael R. Burnham
Assistant Executive Director

/tjm
12/19/16

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