

MINUTES
OF THE
MAINE PRINCIPALS' ASSOCIATION
SPORTS MEDICINE COMMITTEE

AUGUST 10, 2017

A meeting of the Sports Medicine Committee was held on Thursday, August 10, 2017 at 8:00 a.m. at the MPA office.

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

MEMBERS ABSENT: Charles Brown and Tim Smith.

LIAISONS PRESENT: Emily Poland and Dr. William Heinz.

LIAISONS ABSENT: Dr. Chris Lutrzykowski, Audrey McKenzie, and Chris Sementelli.

GUESTS PRESENT: Paula Callan, Chair, MPA Field Hockey Committee.

STAFF PRESENT: Michael Burnham.

APPROVAL OF MINUTES: On a MOTION by Heinz/Fournier, the minutes of the March 7, 2017 meeting were UNANIMOUSLY APPROVED.

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

- A news release from the NFHS responding to a recent report released from the Korey Stringer Institute.
- An e-mail discussing the proposed legislation regarding Sudden Cardiac Arrest.
- An e-mail with a question about who officials should communicate with if an athletic trainer is not present at a game.
- An e-mail detailing many of the health and safety issues that the MPA Sports Medicine Committee has dealt with over the years.
- An e-mail discussing the Heat Acclimatization and Heat Illness video available through NFHSLearn, as well as providing many other resources regarding heat, heart, and head issues.
- A memo from the NFHS announcing that the "Fundamentals of Coaching" course has been revised.
- A series of articles discussing research on football helmets, concussions, and injury risk.
- An e-mail with a question about mandating the reconditioning of football helmets.
- An e-mail discussing Chiropractors conducting pre-participation physical exams.
- An e-mail discussing air quality issues in different parts of the United States.

INDIVIDUAL SPORT COMMITTEES:

Baseball - Pitch Count Review: The new Pitch Count Rule was discussed.

Cheer Safety: Tabled to the next meeting.

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Football – Helmet Safety: There was discussion about football helmet safety, the reconditioning, and replacement of helmets.

Field Hockey – Acclimatization of Goalies: After discussion, there was a recommendation made to the MPA Field Hockey Committee that an acclimatization period, similar to what is in place for football, be developed for field hockey goalies. This would include a progression to full pads for the goalies.

COLLABORATIVE SOLUTIONS FOR SAFETY IN SPORT: This year’s conference was held this past March in Kansas City, Missouri. Both Dr. Heinz and Mr. Spear attended the conference and reported out to the committee on the details of the conference.

PROTOCOL FOR DEALING WITH WELL MEANING FANS AT CHAMPIONSHIP EVENTS: After discussion, it was determined that this topic be placed on the next agenda.

OTHER:

Return to Play (Learn) Protocol: Tabled to the next meeting.

Reporting of Concussions: There is currently no method in place to report concussions. The MCMI has developed the “Hit App” that provides some data but is not currently being used by all schools.

Appearance and Performance Enhancing Drugs: After discussion, it was determined that a recommendation be made to all schools that coaches view the new NFHS video dealing with this issue. The video is available at no charge through NFHS Learn.

Emergency Action Plans: After discussion, it was recommended that an article encouraging schools to review and update their emergency action plans be placed in the next *Apprise*.

MPA Apprise: After discussion, it was recommended that a portion of the Chalk Talk section of the *Apprise* be dedicated to the MPA Sports Medicine Committee to highlight sport health and safety topics.

NEXT MEETING DATE: The next meeting date of the Sports Medicine Committee will be Monday, October 30, 2017 at 8:00 a.m. at the MPA office.

ADJOURNMENT: On a MOTION by Heinz/Fournier, and VOTED UNANIMOUSLY, the meeting adjourned at 10:17 a.m.

Respectfully submitted,

Michael R. Burnham
Assistant Executive Director

/tjm
10/3/17