

MINUTES
OF THE
MAINE PRINCIPALS' ASSOCIATION
SPORTS MEDICINE COMMITTEE

AUGUST 8, 2018

A meeting of the Sports Medicine Committee was held on Wednesday, August 8, 2018 at 8:00 a.m. at the MPA office.

MEMBERS PRESENT: Molly Bishop, Charles Brown, Tim Smith, and Tim Spear.

MEMBER ABSENT: Don Fournier.

LIAISONS PRESENT: Dr. William Heinz, Emily Poland, Chris Sementelli, and John Ryan.

LIAISON ABSENT: Dr. Chris Lutzykowski.

STAFF PRESENT: Michael Burnham.

APPROVAL OF MINUTES: On a MOTION by Heinz/Ryan, the minutes of the March 6, 2018 meeting were UNANIMOUSLY APPROVED.

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

- An e-mail from the NFHS asking about safety measures for after school events.
- A copy of the 2018 School Nurse Summer Institute agenda.
- An e-mail discussing a Public Safety: Crisis Management Institute at Unity College.
- An e-mail describing an injury that took place at a regular season baseball game.
- A series of e-mails describing an injury that took place at a playoff hockey game.
- An e-mail with a question about helmets in girls' lacrosse.
- An e-mail with a question about the wording in the football bulletin that cautions schools to avoid "the most intense heat of the day."
- A series of e-mails discussing the Got AED program that helps youth-related facilities raise money and awareness around the need to have AED devices available where kids are practicing and playing.
- An e-mail with a question about the acclimatization period.

FALL SPORT COMMITTEES: The following issues were raised from the fall sport committees:

Football: No issues raised.

Soccer – Mouthguards: The need for athletes to wear them during practices and during pregame warm-ups.

Field Hockey:

- a) **Goalie Acclimatization:** The goalie acclimatization that was adopted by the MPA membership has been well received with no push back.

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- b) Goggles: The need for athletes to wear goggles during practices and during the pregame warm-ups. There will be a new goggle rule go into effect for the 2019 season and the committee recommended that schools should follow the rule starting in 2018.

Cross Country: No issues raised.

Golf: No issues raised.

Volleyball: No issues raised.

OTHER SPORTS:

Baseball/Softball:

- a) Batting Helmets: The importance of wearing batting helmets during batting practice was discussed.
- b) Pitch Count: The Baseball Pitch Count Rule, which was modified slightly, was reviewed.
- c) Protective Screen in Dugout: There was discussion about the need for a fence or screen in front of dugouts. It was determined that this is a facility issue that schools should be aware of.

Wrestling:

- a) Skin Infections: Schools must continue to pay close attention to any rash that appears on a wrestler's body. The MPA Sports Medicine Committee, through Dr. Heinz and Dr. Lutrzykowski, will attempt to provide trained medical providers at the MPA Wrestling Championships.
- b) Head Gear: The need for athletes to wear their head gear during practice was discussed.

NFHS SPORTS MEDICINE SUMMIT: Dr. Heinz reported that the summit went very well and that the plan is to hold a similar event every other year.

NFHS RETURN TO PLAY/LEARN QUESTIONNAIRE: The results from a recent return-to-play questionnaire have not yet been made available.

MCMI UPDATE: The committee asked that Hannah Willitian be invited to the next meeting to discuss the MCMI.

AED'S IN SCHOOLS: After discussion, it was determined that an EMS representative be invited to the next meeting to discuss the need to have an AED available at events.

OTHER: The following topics were also discussed:

Preparticipation Physical Exam (PPE): There was discussion around the PPE Form that is available and the fact that schools are still receiving notes from a medical provider that reads "cleared to participate" with no supporting documentation. The committee suggested that a link to the form be included in the next *Apprise*.

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Emergency Action Plans: Schools need to be reminded that it is very important that they have EAP's in place for all venues used by teams and clubs.

NEXT MEETING DATE: The next meeting date of the Sports Medicine Committee will be on Monday, October 29, 2018 at 8:00 a.m. at the MPA office.

ADJOURNMENT: On a MOTION by Bishop/Smith, and VOTED UNANIMOUSLY, the meeting adjourned at 10:00 a.m.

Respectfully submitted,

Michael R. Burnham
Assistant Executive Director

/tjm
8/22/18

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