

**MINUTES**  
**OF THE**  
**MAINE PRINCIPALS' ASSOCIATION**  
**SPORTS MEDICINE COMMITTEE**

**MARCH 8, 2011**

A meeting of the Sports Medicine Committee was held on Tuesday, March 8, 2011 at the MPA office at 9:00 a.m.

**MEMBERS PRESENT:** Gary Hoyt (Chair), Colin Roy, Gwen Bacon, Robert Birmingham, and Jon Perry.

**LIAISONS PRESENT:** Dr. William Heinz, Nancy Dube, and Chris Sementelli.

**LIAISON ABSENT:** Richard Young.

**GUESTS PRESENT:** Gordie Salls, MPA Baseball Committee, Jim Leonard, MPA Softball Committee, Jon Bennett and Chris McLaughlin, Augusta Fire and Rescue, and Barbara Chisholm, School Nurse at Gardiner Area High School.

**STAFF PRESENT:** Michael Burnham.

**APPROVAL OF MINUTES:** On a MOTION by Roy/Bacon, the minutes of the October 21, 2010 meeting were UNANIMOUSLY APPROVED.

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

- An e-mail from a school asking about the use of heart monitors.
- A copy of a brochure provided by the Maine Concussion Management Initiative (MCMII).
- A copy of a *Wellness – Sport Injury Handbook* provided by Concentra Medical Centers.
- A copy of a memo sent by the Maine CDC informing schools about the availability of the guide, “*MRSA (Methicillin Resistant Staphylococcus aureus) Prevention & Control Information for Maine School Athletic Programs*”.
- An email asking the committee to address cold temperature and wind chill guidelines for schools to use during the ski season.
- An email recommending that the Sports Medicine Committee require all coaches to view the *NFHS Concussion in Sport* video.
- A copy of an article that appeared in the New York Times on February 17, 2011 discussing the use of helmets in girls’ lacrosse.
- A letter addressing the issue of sport physicals being administered by Doctors of Chiropractic.
- A list of ingredients that should be included in a school’s medical kit.

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**SAFETY CONCERNS – DRAMA:**

- This issue continues to be discussed by the MPA Drama Committee. Information will be shared with the committee once it has been completed.

**PRESEASON BASEBALL/SOFTBALL ARM CONDITIONING:**

- Gordie Salls, Chair of the MPA Baseball Committee, and Jim Leonard, Chair of the MPA Softball Committee, discussed the need for arm conditioning for all athletes involved in baseball and softball prior to the “official” start of the preseason. On a MOTION by Heinz/Roy, and UNANAMOUSLY APPROVED, it was VOTED to support the recommendation that all baseball and softball players be granted one additional week of arm conditioning. It was then recommended, on a MOTION by Perry/Birmingham (5-0-1), to send the recommendation back to the two committees for the development of a specific preseason conditioning program that would be presented to the committee at a later date. The conditioning program will be placed as a future agenda item.

**MAINE CONCUSSION INITIATIVE:**

- Dr. William Heinz and Chris Sementelli updated the committee on the work being done through the MCMI.

**CONCUSSION GUIDELINES:**

The committee reviewed the concussion guidelines that were developed and provided to all schools in the fall.

- Asked that each individual sport committee have a discussion regarding the role of the athletic trainer when an athlete from a visiting team sustains a head injury. The role of the athletic trainer at athletic events, when covering both home and visiting teams, will be added to the next agenda.
- Discussed the fact that the MCMI is currently looking at developing proposed legislation related to concussion management in order to take a leadership role in this area.

**EMS COVERAGE AT ATHLETIC EVENTS:**

Mr. Bennett and Mr. McLaughlin discussed the role of EMS coverage at athletic events. The following points were discussed:

- The role of EMS personnel varies greatly depending if they are present at an event or if they are called to an event because of an injury.
- It is the responsibility of EMS providers to treat signs and symptoms, not make a diagnosis of an injury. Their responsibilities are reactive in nature as compared to that of an athletic trainer that is quite often preventative in nature.

- When called to a scene, or summonsed onto a field where they are providing coverage, EMS providers have a duty to act when asked and must initiate patient care at that point.
- The EMS providers do not want to be involved in the return to play decisions. When they release an athlete to their parent or guardian it does not constitute return to play.
- The service that EMS people provide should not be done in place of the work of athletic trainers.
- EMS people work as a team with athletic trainers and that communication between the two should take place prior to the start of any event.

### **TRACKING STUDENT INJURIES AND COMMUNICATION WITH SCHOOL PERSONNEL:**

Barbara Chisholm, school nurse at Gardiner Area High School, shared the results of a survey that she had conducted with school nurses from across the state. She also shared a copy of the ACE Care Plan that is currently in use in many schools. The following items were discussed:

- The scope of work conducted by school nurses varies greatly from school to school with some schools having access to an athletic trainer while others do not.
- The return to play decision is one that should be left to the athletic trainer or other certified medical person and that there are currently school nurses that are being asked to make these decisions.
- The responsibility of communicating with school personnel after a student suffers a head injury often becomes the responsibility of the school nurse.
- The return to academics is often misunderstood by school staff. Dr. Heinz agreed to work with school nurses on the following issues:
  - Development of a program that can be used by schools throughout the state.
  - The importance of Impact Testing at all schools.
  - The development of a presentation, through the MCMI, that can be shared with school nurses and athletic trainers discussing the return to academics issue.

### **OTHER:**

**Mandatory Viewing of NFHS Concussion Video** – On a MOTION by Heinz/Sementelli, it was VOTED UNANAMOUSLY that the NFHS Concussion in Sport Video be a requirement of the coaches' education program. It was also recommended that the issue be shared with the MIAAA for input as to how this requirement could be implemented at the individual schools.

**Lacrosse Goalie Safety** – The issue of an additional week of goalie preparation in the sport of lacrosse is currently being researched by members of the Lacrosse Coaches' Association. It was requested that this item be placed on a future agenda.

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**ITEMS FOR FUTURE DISCUSSION:**

The committee recommended that the following items be placed on a future agenda:

- NFHS Concussion in Sport Video Requirement
- Preseason Baseball/Softball Conditioning Program
- Drama Safety
- Role of Athletic Trainer with Visiting Teams at Athletic Events
- Lacrosse Goalie Preparation

**NEXT MEETING DATE:** The next meeting of the Sports Medicine Committee was scheduled for Tuesday, October 18, 2011 at 8:00 a.m. at the MPA office.

**ADJOURNMENT:** On a MOTION by Roy/Sementelli, it was VOTED UNANIMOUSLY to adjourn at 12:12 p.m.

Respectfully submitted,

Michael R. Burnham  
Assistant Executive Director

/tjm  
3/29/11

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