

**MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING**  
**November 29, 2012**

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Thursday, November 29, 2012, beginning at 10:00 a.m. Committee members present were Dr. Richard Everett, Gregory Gaa, Dr. James Green, Dr. Cynthia LaBella, Adam Tarr, Rick Vicenzi, and Dr. Preston Wollin. Also in attendance was Associate Executive Director Kurt Gibson. Not present were members Darcie Kubinski, Minooka; and Dr. Bill Marcuzzo.

**ADMINISTRATIVE RECOMMENDATIONS:**

**1. Revision of the IHSA Skin Condition Form**

**Recommendation:** The committee recommends revising the IHSA Skin Condition Form by removing section 4, the note to schools, and including a line for physician's phone number.

**Rationale:** The committee believes that by removing the portion of the form that currently establishes a date when a communicable skin condition will no longer be communicable, it will make administration of the form easier and more consistent. Currently, there is a great deal of uncertainty if the prescribed treatment for the skin condition has been followed by the student-athlete, and the best person to make the determination whether or not a skin condition is no longer contagious is a licensed physician. While this change may require an additional visit to a physician by a student-athlete, the committee believes the change will strengthen the form and make it more difficult for forgeries to occur.

**ITEMS OF GENERAL DISCUSSION:**

1. The committee reviewed the minutes of its April 2012 meeting.
2. The committee reviewed and discussed the special reports concerning head injury that have been submitted to date by contest officials for the 2012-13 school year. While the committee is appreciative of the work by contest officials to submit this information, they expressed a concern that there seems to be a possibly disproportionate number of student-athletes who are returning to contests where they have been removed for a possible head injury. The committee expressed a desire to have the IHSA follow up with member schools in situations where a student-athlete returns to a contest or the report fails to mention whether or not he/she returned to that contest. The committee strongly believes, "When in doubt, sit them out."

So far this year, 97 reports have been submitted by contest officials. Of those, 17 student-athletes have returned to the contest from which they were removed and another 9 were listed as 'uncertain' in regards to their status. These 2 categories represent almost 25% of the reported situations, and this large percentage is of concern to the committee.

3. The committee reviewed a request from a member school concerning the use of EKG/ECG as a part of Pre-Participation Physical Exam. The committee recognizes this is a controversial issue within the medical/athletic communities. At present, there is no fool proof test to detect heart conditions in individuals. These tests are also costly, and, if required, could become discriminatory with respect to those not in a financial position to have such a screening. The IHSA SMAC supports the position of the NFHS SMAC, who, in their 4<sup>th</sup> Edition of the NFHS Sports Medicine Handbook states, "At this time, there are no laboratory tests that are recommended routinely as a part of the PPE. Certain persons may benefit from testing and follow-up based on their medical and family history (for example: cholesterol screening in a student with a family history of elevated cholesterol). According to American Heart Association standards, a complete, careful personal and family history with a physical examination designed to identify or raise the suspicion of cardiovascular problems is the most practical and best available approach to identifying possible cardiac disease."
4. At the request of a member school, the committee reviewed the IHSA Skin Condition Form. The committee's recommendation on this topic can be seen above under 'Administrative Recommendations.'
5. The committee reviewed a previous policy proposal concerning pre-season football acclimatization. The reviewed proposal came from an Ad-Hoc Committee formed during the 2010-11 school term whose charge was to review the current practice model in place for IHSA member schools. After review, the SMAC took no action on the proposal at this time. However, the committee did set this topic as its only agenda item for the April 2013 meeting. At this meeting, the committee will invite representatives from the Korey Stringer Institute to present current acclimatization/practice models to the IHSA SMAC and Football Advisory Committee, who shall also be invited to this meeting. It is expected this presentation will lead to fruitful dialogue on how to best establish a pre-season practice model in Illinois.
6. The committee discussed any connection between quad contusions in football players and the type of padding increasingly worn by high school football players. The committee expressed concern that given the lack of quad pads worn at the professional level, more high school athletes will try to use fewer and fewer pads in the future.
7. The committee discussed the potential increase in use of energy drinks and other supplements by student-athletes. The committee continues to be concerned about the use of these 'toxins' by high school student-athletes.