



MINUTES
SPORTS MEDICIEN ADVISORY COMMITTEE MEETING
September 28, 2017

Members Attendance:

Dr. Javier Cardenas
Tamara McLeod, PhD
Hayley Root
Ashley Marshall
David Hayward, AT
John Kearney
Michael Lavoie, PhD
Kristina Wilson, MD
Steve Erickson, MD
Roger McCoy, MD*
Randy Cohen*
Anikar Chhabra*

AIA STAFF PRESENT:

David Hines, Executive Director
Joe Paddock, Asst. Executive Director
Mark Mignella, Legal Council
Jessica Garcia, Front Office Assistant

*Indicates Conference Call-In

➤ **AIA SMAC WEBSITE UPDATE (David Hines)**

- The AIA has worked with the web developer to add a SMAC tab/link to the AIA website. This tab includes; Head, Heart, Heat and SMAC Meetings (agendas & meetings).
- Policies will be added to the SMAC link; which will include the concussion protocol and policies.
- SMAC member Tamara McLeod suggests to also add the EAP and ATC information to this tab along with resources for schools.
- Mr. Hines suggests to add resources similar to the Sports Medicine resources from NFHS.

➤ **COACHES SMAC UPDATE (Kristina Wilson)**

- The next coaches meeting will be held at Pinnacle High School October 28, 2017 for all head winter coaches. Dr. Wilson will be speaking amongst those coaches on sports medicine and protocols/policies.

➤ **HEAT ACCLIMATIZATION POLICY REVIW (David Hayward)**

- Mr. Hayward discusses the Heat Acclimatization Protocol and Guidelines along with AIA Bylaw 14.17.
- The statement “Heat Acclimatization Protocol must be perform in the same county that the team will be practicing in during the season” was discussed amongst members. Does the statement need to be changed to local environment?

- AIA staff suggests to bring this statement to the conference committees and research. The bylaw needs to be revisited by both the conference committees and SMAC members.
 - The committee feels that the Bylaw should not only be revisited but more education is needed for the membership.
 - Tamara McLeod suggests creating a calendar or visual sample for the heat acclimatization period.
 - Committee members have asked Mr. Hayward to draft the language for a possible revised statement in the bylaw.
 - Heat exhaustion for the Cross Country practice was brought up as a possible situation.
 - Should there be a Heat Acclimatization Policy for Cross Country? SMAC members along with schools can do the research on Cross Country.
- **AIA CONCUSSION POLICY REVIEW (Tamara McLeod & Javier Cardenas)**
- Dr. Cardenas reviews the AIA Concussion Policy that was adopted in December 2010, specifically “Return to Play”.
 - Dr. Cardenas discusses an overview on Article 24.5.3 and Article 26.2.5.
 - What language in these two bylaws need to be modified?
 - On the “Return to Play” policy, Dr. Wilson moved that the word “should” be changed to “**SHALL**” and was seconded by Tamara McLeod.
 - After medical clearance, return to play ~~should~~ **shall** follow a step-wise protocol with provisions for delayed return to play based upon the return of any signs or symptoms.
 - Motion was passed unanimously by the committee.
 - Under the Appropriate Health-care Professionals for Return to Play, Tamara McLeod moved that the statement read “Physician Assistant” (plural not needed). The motion was seconded by Dr. Wilson.
 - Appropriate Health-care Professionals for Return to Play
 - An appropriate health-care professional is defined as the following:
 - Licensed Athletic Trainer
 - Physician (MD/DO)
 - Licensed Nurse Practitioner
 - ~~Physician’s~~ Physician Assistant
 - The last bulletin under “Return to Academics”, a motion was moved by Tamara McLeod to add “under the direction of a licensed healthcare professional.” This motion was seconded by Dr. Wilson.
 - Returning an athlete to the classroom following concussion should follow a return to learn progression ~~under the direction of a licensed healthcare professional.~~
- **OPIATE EDUCATION UPDATE (Javier Cardenas)**
- David Hines will be meeting with the Maricopa Health Director to discuss

Meeting Adjourned 9:00 am

Next Meeting: October 26, 2017