



## Oregon School Activities Association

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### **SPORTS MEDICINE ADVISORY COMMITTEE**

Tuesday, September 10, 2024 | 6:30pm | McMenamins Thompson Brewery & Public House (Salem)

### **MINUTES**

1. Welcome and Introductions

*Attending – Chris Knudsen, Rob Younger, Scott Gragg, Mick Koester, Mark Boren, Marlee Hansen, Sam Johnson, Shelly Jones, Kelly Foster, Peter Weber. Online - Rob Bents, Sarah Murdick, Dave Sarmiento, Marc Norcross, Ryan Rockwood*

2. Committee Roster – Review and Update (attachment)

3. Review minutes of April 3, 2024, meeting

4. Old Business

a. Pre-Event Safety Timeout (attachment)

*Kelly Foster presented the launch of the Pre-Event Safety Timeout that asks schools to gather the on-site administrator, coaches, officials, and any medical personnel prior to every contest to briefly cover a few set questions pertaining to the safety of participants and spectators. This is meant to be a quick check-in with the event stakeholders to help mitigate any confusion should an emergency arise.*

b. Traumatic Brain Injury & Youth Awareness Campaign Workgroup Update

*Sam Johnson reported on the working group that meets monthly to work on building an awareness campaign around “return to learn.” They are revisiting HB 4140 – legislation that outlines the process of how schools will implement the form and will hopefully be more user friendly and shorter.*

c. Mental Health Education Resources

*Kelly Foster presented an update on a project that the OSAA is working on with Dynamic Athlete Solutions to create mental health resources for coaches and schools.*

d. Wet Bulb Globe Thermometer Program

*This summer Wet Bulb Globe Thermometers were sent out to 19 schools to record readings from the Kestrel Units as well as the OSAA Heat Index. Their readings will include surface material and time of day. The collected data will be used to guide a future revision of the Heat Policy.*

5. New Business

a. 2024-25 OSAA SMAC Reminders (attachment),

*Along with SMAC reminders, the OSAA sent out updated Synthetic Field Turf Guidance. The committee will look at adding FAQ’s in the future to help schools with mitigation efforts.*

b. NFHS SMAC Update (attachment)

*The NFHS has reported that this fall has so far seen a high number of football-related deaths.*

c. KSI/Team Up for Sports Safety

*Grant to meet with stakeholders from all states – looking at sport safety and give guidance to states. Will look for a few participants from the OSAA SMAC. Likely will meet in Fall 2025.*

d. Football Guardian Cap (attachment)

*The committee reviewed the updated NFHS guidance on the use of guardian caps in football. It is important to note that what is commercially available for HS kids to buy is NOT what NFL/NCAA product is and will never be available based on the weight of the product. The use of the cap may also affect the helmet warranty. The SMAC will continue to review current studies related to efficacy in high school athletes.*

e. NATA Position Statement on EAPs (attachment)

*The committee reviewed the NATA Position Statement on EAPs which states that they should be not only venue specific, but team/group specific as well. OSA will continue to promote EAP practice days each season.*

6. Committee Member Topics / Discussion

*The committee discussed the unexpected lightning storm that hit schools during fall contests. Folks felt that schools may not have been prepared for it because they typically deal with it in the spring. OSAA will look at updating reminders for the fall to include lightning policy information and review a Lightning PA announcement – cite policy (students to school and spectators to their cars).*

*Oregon Athletic Coaches Association update: 0-week for football was positive. 75 teams chose to play a game in 0-week of the season. They also presented an update on their Tackle Fentanyl campaign*

7. Fall State Championships Coverage

|                    |                             |                                 |
|--------------------|-----------------------------|---------------------------------|
| Cross Country      | Saturday, Nov. 9            | Lane Community College (Eugene) |
| 6A, 5A Volleyball  | Friday-Saturday, Nov. 8-9   | Forest Grove HS                 |
| 4A Volleyball      | Friday-Saturday, Nov. 8-9   | North Bend HS                   |
| 3A Volleyball      | Friday-Saturday, Nov. 8-9   | Marshfield HS (Coos Bay)        |
| 2A, 1A Volleyball  | Friday-Saturday, Nov. 8-9   | Ridgeview HS (Redmond)          |
| 6A, 5A Soccer      | Saturday, Nov. 16           | Hillsboro Stadium               |
| 4A/3A/2A/1A Soccer | Saturday, Nov. 16           | Liberty HS (Hillsboro)          |
| Football           | Friday-Saturday, Nov. 22-23 | Various Sites                   |
| Football           | Friday-Saturday, Nov. 29-30 | Various Sites                   |

8. Future Meeting Dates – February 5, 2025