



Oregon School Activities Association

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SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, February 2, 2021

MINUTES

1. Present: Dr. Michael Koester (chairperson); Dr. Brad Adams; Jeremy Ainsworth MS, ATC (OATS); Dr. Brett Andres; Mark Boren EMT-I (RET); Dr. Preston Chadwick; Dr. James Chesnutt; Erin Cramer, AT, Ret PA-C (OSPA); Dr. Jonathan Crist; Dr. Robert Fan; Marlee Hansen, MS, ATC (OATS); Sam Johnson PhD, ATC, CSCS (OATS); Shelly Jones, ATC (OATS); Dr. Sara Murdick; Marc Norcross, PhD, ATC; Dr. Sean Rash; Dr. Alana Ryan; Dr. David Sarmiento; Dr. Jamie Schlueter; Rob Younger and Chris Knudsen (OCA); Kelly Foster, K.T. Emerson, Kyle, Stanfield, Brad Garrett and Peter Weber (OSAA).
2. Welcome and Introductions. The meeting was conducted via Zoom.
3. Review minutes of September 22, 2020 meeting – The committee approved the minutes (Sarmiento/Cramer).
4. Old Business
 - A. OSAA Infographic – Peter Weber reviewed the latest OSAA infographic created by the staff to illustrate OHA and Governor’s Office requirements and mandates, along with OSAA activity information by season.
 - B. OHA Outdoor Recreation Guidance – Peter Weber reviewed the updated guidance from OHA. The Governor’s Office has indicated they have wanted to see how school reopenings proceed but are willing to entertain the conversation about changes to guidance. As of now, contact sports are a definitive no but OSAA and others are still advocating. Changes could be coming, hopefully in time for Season 2. Dr. Koester mentioned a CDC report on opening schools and cases that came from a wrestling tournament in Florida.
5. New Business
 - A. OSAA Cardiac COVID Guidance Update – Return to Sport – The committee discussed updating its guidance in this area. Dr. Koester indicated there’s not a huge risk of myocarditis post-COVID, similar to influenza. Settled on guidance but not mandates in this area. Marc Norcross stated that our verbiage should reflect JAMA. Shelly Jones indicated this is a huge policy shift. Dr. Murdick reviewed how things are being handled following a positive test, including isolation and quarantine for a household with follow up. Dr. Chadwick suggested distributing more widely, including community physicians. OSAA will distribute to membership once finalized and post to website.
 - B. Wisconsin Study – The Association of COVID-19 Incidence with Sport and Face Mask Use in US High School Athletes – Dr. Koester reviewed this study. In general, outdoor sports have lower infection rates than indoor, contact sports are higher than low contact sports, masks with indoor sports reduce risk to same as outdoor sports, low risk of transmitting the disease for athletes in sports, community spread is mirrored in athletes and risk shouldn’t be based on contact level of sports as the data doesn’t support it at this point.
 - C. NFHS SMAC Update – Dr. Koester briefly reviewed the latest information from the NFHS SMAC, including sport risk metric. There is an initiative to do more educating on Sudden Cardiac Arrest and Exertional Heat Illness. Gender and sport differences are drastic for sudden cardiac numbers and could lead to target screening; discussions taking place at NFHS. Seen an increase in car accidents nationally with MS/HS cross country; believe it can be mitigated with some safety protocols in place.
 - D. NFHS Guidance on 2021 Football Spring/Fall – An NFHS sub-committee was focused on flexibility for states playing Spring football and having a short turnaround to Fall football with best practices.
 - E. Sway Medical – OSAA has been approached by Sway regarding their dynamic cognitive and balance testing product for pre-assessment and post-concussion. Dr. Chesnutt has worked with this group, as have several ATCs around the state for pre- and post-concussion assessment (including sideline), using the Sway app. Portland State uses it. Discussion took place around the current IMPACT program and whether SMAC should review other concussion assessment options. An eBook from Sway was included with the SMAC’s meeting packet for review. OSAA will continue conversations with Sway and potentially bring them to a future meeting for a presentation/discussion.
6. Committee Member Topics / Discussion – Dr. Chesnutt brought up concerns around using an equity lens when looking at the pandemic. School facility closures have made it harder for teams/students without resources to play and work out.
7. Future Meeting Dates – Looking at later this Spring/early Summer for next meeting.