



Oregon School Activities Association

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SPORTS MEDICINE ADVISORY COMMITTEE

Wednesday, February 8, 2023
6:30pm | The Ram - Salem

MINUTES

1. Welcome and Introductions
2. Committee Roster – Review and Update
 - a. *Mick Koester, Mark Boren, Erin Cramer, Robert Fan, Marlee Hansen, Sam Johnson, Shelly Jones, Marc Norcross, Don Pennington (Zoom), Sean Rash (Zoom), Holly Vaughn-Edmonds, Rob Younger, Chris Knudsen, Scott Gragg, Kelly Foster, Peter Weber*
3. Review minutes of September 13, 2022, meeting – approved.
4. Old Business
 - a. Pre-Participation Physical Exam Form Sub-Committee Update
 - 1) *The group wanted to add a component of mental health screening, decided on PHQ screen for depression. Adding mental health resources for local support – group. Community care that might be able to provide resources. Considering adding question about COVID infection. Added sub-headings to give context for questions. Changed cardiac family health history to 35 from 50 yrs.*
 - 2) *Change to physical portion as well – BMI and #6 Marfan screen*
 - 3) *QR code pointing to OSAA website for resources*
 - 4) *Concerns: (Shelley) never fill our medicine/allergies correctly - change to two boxes. (Kelly) Add link with QR code (for people on their phones). Clear up date requests. Add provider should keep **a copy**, so school gets copy too.*
 - 5) *Issues from other states – asking sex and gender, menstrual questions. Clarify with header to remove “Females Only” incorporate into section above, 30-32 sub questions under “have you had menstrual period” question.*
 - 6) *ODE to emphasize that this is an educational document and should be protected privately (FERPA).*
 - 7) *Peter and Mick to present to State Board of Education in March/April for approval.*
 - b. Heat Index Policy – Procedure if school uses WBGT? Is forecasted humidity better? (attachment)
 - 1) *More accurate for certain climates – distribute to certain areas in the state to collect data.*
 - 2) *Consider adding a warning or reminder regarding turf conditions – committee to review possible changes.*
 - 3) *Add verbiage to address if a school has a WBGT.*
 - 4) *Follow up with NFHS/KSI on training resources.*
 - c. AT Shortage – SMAC Statement on importance of AT position?
 - 1) *Secondary Schools Committee is asking for a position statement from committee.*
 - 2) *March is Nation AT month – statement about support and importance. OATS to create an “ideal” job description. Talk about it from EAP standpoint. Point schools to OATS for resources. OSAA to “shout out” / thank AT’s at all events. QR code to link to OATS at championships.*
5. New Business
 - 1) NFHS SMAC Update

- 1) *NFHS SMAC to look at match limits for wrestling – considering adopting increase to 6 matches in a day. Concern wrestlers are using makeup to cover communicable diseases.*
 - 2) *OSAA SMAC recommends a protocol for skin checks – asking NFHS to create.*
 - 3) *Possible use of MatDoc to create skin check protocol.*
 - 4) *Consider adding MatDoc to wrestling official registration.*
- 2) Football Ad Hoc Committee
- 1) First Contest Day Request
 1. *Explore first contest move to Wednesday of Week 2 – committee seems supportive.*
 2. *Asking for first jamboree/first contest to be same week – SMAC supports exploring at OADA for possible implementation in 2023-24. Does not support starting entire season a week earlier.*
 - 2) Jamboree Language Request
 1. *SMAC supports removing language to limit # of jamborees in a day/week and only focus on physical participation.*
 2. *OACA – asking to allow 5A & 6A to match the 6 quarters in a week. Will survey at OADA and come back to Executive Board.*
- 3) TBI & Youth Awareness Campaign – HB 4140
- 1) *OHA Pilot Program – Return to Learn*
 - 2) *OHA to create a TBI committee - connect school personnel with health care professionals.*
- 4) Shriners Children’s Sports Medicine
- 1) *Dr. Koester contacted about promotion of access to sports medicine through Shriners.*
 - 2) *OSAA to review partnership with Moda Health.*

6. Committee Member Topics / Discussion

- a. *Presentation from OACA on EAP Campaign refresh. Proceed with campaign in late summer.*
 - i. *AD should reach out to local EMS (create relationships)*
 - ii. *Note to please share with Risk Managers*
 - iii. *Add mental health crisis*
 - iv. *Update checklist*

7. Winter State Championships Coverage

Cheerleading	Sat., Feb. 11	Oregon City HS
Swimming	Fri.-Sat., Feb. 17-18	Tualatin Hill Aquatic Center (Beaverton)
Wrestling	Thur.-Sat., Feb. 23-25	Veterans Memorial Coliseum (Portland)
1A, 2A, 3A Basketball	Wed.-Sat., Mar. 1-4	Baker City, Pendleton, Coos Bay
4A, 5A, 6A Basketball	Tue.-Sat., Mar. 7-11	Forest Grove, Corvallis, Portland
Dance/Drill	Fri.-Sat., Mar. 17-18	Salem Pavilion

8. Future Meeting Dates – Late April/Early May

- a. *May 2nd at The Ram*