



## Oregon School Activities Association

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### SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, April 29, 2025 | 6:30pm | McMenamins Thompson Brewery & Public House (Salem)

### MINUTES

#### 1. Welcome and Introductions

*Attending - Mark Boren, Rob Younger, Mick Koester, Sam Johnson, Shelly Jones, Marlee Hansen, Sarah Murdick, Brad Adams, Dave Hood, Dave Sarmiento, Brad Butler, Kelly Foster, and Peter Weber.*

#### 2. Committee Roster – Review and Update

#### 3. Review minutes of February 5, 2025, meeting

#### 4. Old Business

##### a. KSI/Team Up for Sports Safety Meeting Agenda

*The committee reviewed possible agenda items to discuss at the Team Up for Sport Safety meeting in October. There was an emphasis on including EMS agencies in the conversation.*

##### b. TBI & Youth Awareness Campaign Workgroup Update

*Sam Johnson shared that the workgroup is working on creating one-page resource sheets for school personnel centered around students returning to the classroom after suffering a brain injury. They are also advocating for concussion awareness resources for coaches. The committee recommends that the OSAA continue sharing mental wellness resources.*

##### c. Legislation Update

##### 1. HB 2529 – Requires AEDs and CERP for Schools

##### 2. HB 3007 – Requires Brain Injury Form

*Peter Weber provided the committee with an update on both House Bill 2529 and 3007. Our lobbyist is tracking both bills, and it appears that each is likely to pass.*

#### 5. New Business

##### a. Pregnancy Participation

*The committee discussed providing guidance to schools regarding participation in athletics if the athlete may be pregnant. Dr. Koester will reach out to NFHS for possible resources to share on the OSAA website.*

##### b. Wrestling Weight Monitoring Program

*Kelly Foster presented some possible revisions to the Oregon Weight Management Program based on procedures and protocols from other states. The committee agreed to further discuss these changes and gather feedback from coaches and other stakeholders. The timeline for implementing these changes was not finalized, but it was suggested that some could be introduced for the next wrestling season.*

c. Air Quality Index – Purple Air Monitors/Sensors

*The committee discussed ways for schools to increase the accuracy of Air Quality readings in their areas. Plan to look at other regional examples and reach out to the Oregon Department of Environmental Quality (DEQ) and the EPA for further guidance, including setting up a meeting with Oregon DEQ soon.*

d. NFHS Coaching Mental Wellness Course

*Peter Weber and Mick Koester presented the new NFHS Learn course, Coaching Mental Wellness. OSAA discussed this course at the Delegate Assembly meeting in April and the OADA Conference too. OSAA will be sending information out to member schools as a resource for coaches.*

e. NFHS SMAC Update

*Shelly Jones provided an update from the NFHS SMAC committee meeting. They discussed a study on the use of guardian caps in football that showed no statistical difference in concussion severity with or without the cap at time of injury. There is also a course in development regarding vocal health for choral students. Committee Member Topics / Discussion*

*The committee discussed an anecdotal increase in elbow and shoulder injuries in wrestling. The consensus is that better coaching education is needed in this area.*

6. Spring State Championships Coverage

Tennis	Thur.-Sat., May 22-24	Beaverton, Corvallis
Track & Field	Thur.-Sat., May 29-31	Hayward Field, Eugene
Softball	Fri.-Sat., June 6-7	Jane Sanders Stadium, Eugene
Baseball	Saturday, June 7	Eugene, Keizer, Portland, Corvallis

7. Future Meeting Dates

*The group plans to meet again in September, with a possible meeting over the summer to finalize plans for the Team Up for Sport Safety meeting in October.*