

VPA SPORTS MEDICINE COMMITTEE
Wednesday, August 26, 2015
Orthopedic Specialty Clinic, South Burlington, VT

Members Present: Matt Gammons, Dave Lisle, Mahlon Bradley, Denise Alosa, Sarah Johnstone, Jason Thomas, Bob Johnson

Minutes:

- motion by Matt, second by Dave, to approve minutes of 10/23/14. Vote - approved unanimously.

- update on AED/CPR training. Materials for "Anyone Can Save A Life" program was sent to all schools over the summer. Denise will be coordinating the training on CPR/AED's for the Vermont Association of Athletic Trainers (VAAT). Schools without AT's should contact Denise to set up a time. Schools should be told not to wait until the last minute (Fall 2016) to arrange for training. Bob J. will let schools know about this.

Heads Up football training went well at Rutland. Approx. 20 schools participated. Overall feeling was that it was very good. Training on cardiac arrest, equipment fitting, AED/CPR and heat/hydration was very good.

Discussion on heat policy. With the hot weather last week, many questions were raised concerning the new mandatory heat policy. Policy was reviewed by the Korey Stringer Institute and is based on a regional threshold. Denise worked with KSI to fine tune the policy and threshold. This is reflected in the current version. Policy meets requirements from NATA and KSI (New York's does not).

Many questions last week concerning the implementation of the policy and what, if any, modifications could be made. Denise fielded many questions from AT's and her feeling is that overall things went well.

Concerns from coaches around AT's familiarity with the policy and how to implement it. Also concerned that because of the heat, a number of practices and some scrimmages were missed and that impacts a teams preparation for their first regular season game this weekend. Discussion. AD's and AT's will have to monitor this situation during the regular season.

- Bob informed the committee of the NFHS pilot program in Mississippi on teleconference medicine. Program is focusing on concussions. No further information available at this time.

- Question as to whether the committee knew anything about a new app that is available called Virtual Athletic Trainer. No opinion at this time as the committee is not familiar with it.

- Update on new preseason training procedures. Soccer and Field Hockey have a different system than football. Based on committee discussions. They allow double practices immediately as long as a) total practice time per day cannot exceed 3 1/2 hours per day (2 hour maximum, then 1 1/2 hour practice) and b) mandatory 3 hour rest between practices for hydration and rest. Suggestion that if soccer and field hockey are going to do this, one practice should be conditioning and the 2nd practice should focus on skills. Bob will bring this to the committees.

- discussion on question from Cross Country Committee as to whether runners should have a stress test as part of their physicals for the sport. Unanimous agreement that this is not necessary.

- Discussion on developing a FAQ section for the sports medicine page. Agreement that this could be valuable. Survey AT's and AD's to see what the most common questions are. Compile a list and then refer to SMAC for answering. This would then be put on the VPA website.

- Discussion on new coach representative to SMAC. Two candidates. Consensus that we should invite Mary Stetson, Mt. Abraham AD and field hockey coach, to join the committee.

- Bob gave a brief update on Act 58, which is now in effect. Most schools have dealt with the AT requirement, but several schools are still without AT's and are contracting services on a game by game basis. No further action.

- Brief discussion on the Dawn Comstock injury surveillance report that just recently released by the NFHS. Full report was sent to the committee. South Burlington HS will continue to participate in this yearly report. Some concern that the number of girl's with ACL injuries is still high.

- brief update on VPA Transgender policy. Bob has had a number of questions about this over the past month. VPA policy is based on self identification. Schools are dealing with issues such as appropriate changing rooms. No further action needed.

- other business - Central VT Medical Center will be conducting a Sports Concussion Update Workshop on September 28th at CVMC. This

is open to all AT's in the state. In addition, there will be an attempt to have an informal AT meeting after the workshop to try and consolidate efforts state-wide. Info on the workshop and meeting will be sent to Denise and Bob for state-wide distribution.

- adjourned