



michigan high school athletic association

2022 SPORTS MEDICINE ADVISORY COMMITTEE MEETING

Video (Zoom) Conferencing

Thursday, April 21, 2022 – 9:30 a.m.

Members Present:

Candace Cox, Quincy
Dr. John Evans, Ann Arbor
Dr. Monica Goble, Lansing
Dr. Edwin Kornoelje, Grand Rapids
Dr. Dallas Lintner, Fenton
Sandra Noto, Grand Rapids
Kristi Nowka, East Jordan
Meaghan Rourke, Allen Park
Meg Seng, Ann Arbor
Mitch Smelis, Fenton
Pat Watson, Bloomfield Hills
Dr. Neal Weinberg, Ypsilanti
J.D. Wheeler, Hartland

Members Absent:

Nicole Carter, Novi
Dr. Michael Shingles, East Lansing

MHSAA Staff:

Tony Bihn
Cole Malatinsky
Kathy Vruggink Westdorp (Recorder)

GENERAL REVIEW AND PURPOSE OF THE COMMITTEE

The MHSAA Sports Medicine Advisory Committee (SMAC) exists to serve the MHSAA membership while emphasizing the health and safety of students in interscholastic sports. The goals of this committee include:

1. To advise and work cooperatively with the Representative Council, Executive Committee, staff and sport committees on medical and safety issues as they relate to interscholastic sport's rules writing, regulations and guidelines.
2. Monitor, evaluate and disseminate current sports medicine information to the MHSAA and its member schools.
3. Evaluate existing resources while developing new educational measures provided through the MHSAA for member schools.
4. Work cooperatively with MHSAA sport committees to address sports medicine issues and the impact on the health and risk management of its participating students.
5. Assist the MHSAA in identifying, prioritizing and researching sport medicine issues.

The Sports Medicine Advisory Committee continues to be cognizant and reviews the full picture of what the MHSAA does, and is aware of the culture of what the MHSAA does in connection with schools and students in grades 6 – 12. The process in which the Representative Council considers proposals and how the proposals relate to the educational mission of member schools continues to be a priority.

COVID-19 UPDATES – NFHS-AMSSM GUIDANCE STATEMENT

MHSAA staff provided a resource outlining updates to the NFHS-AMSSM Guidance statement on cardiopulmonary considerations for high school student-athletes during the COVID-19 pandemic. Dr. Monica Goble also provided updates on the latest medical information and research related to the pandemic, providing four key points:

- 1) None of the large studies currently show increase risk of sudden cardiac death following diagnosis of COVID.
- 2) Athletes should return to activity gradually following diagnosis of COVID.
- 3) There is no increase in the incidence of red flag symptoms of cardiac issues (chest pain, excessive shortness of breath, light headedness, fainting, etc.) following diagnosis of COVID, but if present, they should seek medical attention immediately prior to returning to activity.
- 4) Those hospitalized following a diagnosis with COVID need clearance by an appropriate medical professional prior to returning to activity.

Additionally, Dr. Goble stressed the continued importance of schools and athletic programs having a well-developed emergency action plan in place for cardiac emergencies. Dr. Ed Kornoelje provided additional information and concurred with Dr. Goble, indicating he has seen mostly mild cases in his practice, and he has seen even athletes who suffered only mild symptoms, sometimes having some difficulty returning. This is managed by gradually easing them back to activity, emphasizing the importance of gradual, progressive return-to-play following diagnosis. Dr. Neal Weinberg also provided insight and indicated that as a pediatrician he has been seeing primarily mild cases.

YOUTH MENTAL HEALTH REPORTS AND PUBLICATIONS

Dr. John Evans provided an update on mental health and provided several additional mental health resources. Mental health professionals have noticed two emerging trends:

- 1) What is seen as performance anxiety may actually be generalized/social anxiety issue related to the pandemic – i.e., is an athlete just getting nervous in a game, or is this anxiety other into other contexts.
- 2) There is uptick in injuries and longer recoveries, with young athletes struggling with mental aspects of injuries and returning from injuries. He also highlighted two events (*Shape Michigan* and *Yoga at the Big House*) aimed at promoting lifelong movement, mental health, and mindfulness.

Sandy Noto, through her work as a nurse, relayed some of her experience working with athletes and coaches regarding their current mental health status. She indicated atypical increased levels of anxiety and was able to suggest mindfulness and relaxing exercises, which were successfully employed. She is working with athletes and coaches to incorporate this work into team building prior to and throughout the season.

POSITION STATEMENTS AND GUIDELINES

MHSAA staff provided a variety of resources and position statements regarding a number of different health issues related to sports participation, as well as the MHSAA policy on inclement weather. These included:

- General Guidelines for Sports Hygiene, Skin Infections and Communicable Diseases
- Sports-Related Skin Infections
- Recommendations for the Use of Energy Drinks by Young Athletes
- Guidelines on Handling Practices and Contest During Lightning or Thunder Disturbances
- MHSAA Game Suspension Policies – Inclement Weather & Tornado Policy
- Heat Acclimatization and Heat Illness Prevention Position Statement
- Maintaining Hydration to Optimize Performance and Minimize the Risk for Exertional Heat Illness
- MHSAA Policy for Managing Heat and Humidity.

Dallas Lintner, JD Wheeler and Kristi Nowka all indicated that their leagues and individual schools have an on-field, “real air” temperature minimum for baseball and softball practice for competition to take place. The policies are specific to softball and baseball, and significantly related to the nature of the sport and equipment warranties.

Information was provided regarding the distribution by a NFHS grant to distribute Wet Bulb Globe Thermometers to high schools around the United States. Additional information will be forthcoming regarding the distribution of these devices.

MHSAA staff provided a Competition and Practice Guidelines for Cold Weather, modeled after the Minnesota policy. A motion and second was made to move this policy to the MHSAA Representative Council for review in December. (13-0)

The Sports Medicine Advisory Committee was presented with several questions brought by the MHSAA and NFHS Track and Field Committees regarding the safety and efficacy of using smelling salts. Dr. Ed Kornoelje provided the research found and stated that there have been a number of studies performed on the topic and from a medical perspective, there were no immediate safety concerns with the use of smelling salts during activity. However, there is no evidence suggesting smelling salts provide enhanced performance or any real advantage outside of a placebo effect. Dr. Kornoelje was also clear in indicating that smelling salts should never be used to revive or arouse an athlete following a suspected head injury. Additional members of SMAC provided insight into the use of smelling salts by athletes within schools, suggesting the recent increase in use likely stems from students mimicking what they see professional/elite athletes doing. Dr. Evans commented of the role smelling salts may have on performance when related to superstitions and routines. He stressed the

importance on differentiating between the superstitions and routines with athletes and helping them develop appropriate pre-competition strategies.

MHSAA staff provided a brief review of MHSAA football practice policies and the continued work using data provided by the MHSAA head injury reporting system to make school sports safer. This includes a progression of policy in the scheduling of “collision” practices. MHSAA staff also provided MHSAA Rules/Interpretations Regarding Protective Equipment and Other Miscellaneous Devices, highlighting recent updates to NFHS policies on head gear and hair adornments specifically.

MHSAA staff provided a brief report 2020-21 Summary Report on Multi-Sport Participation, which was developed from the work of the Task Force on Multi-Sport Participation and aimed at addressing some of the health risks associated with early sport specialization and encouraged young athletes to pursue a variety of activities, both in and outside of school sports.

MHSAA staff also provided copies of the current MHSAA Physicals – both the 2- and 4-page format. Staff will look to move to the 5th addition of PPE published by American Academy of Pediatrics in the near future. A SMAC member also suggested that while reviewing the PPE form that the MHSAA move to just one form as opposed to having the option of the 2- or 4-page form to ease some administrative issues. The committee discussed the current status of the continued work on pre-participation physicals. SMAC voted to reconvene the task force to look at MHSAA pre-participation physical policy, which will be convened to look at the variables of a different cycle for the pre-participation physical policy (8-0).

Future MHSAA Sports Medicine Advisory meeting dates are Thursday, October 20, 2022 and Thursday, April 20, 2023. The MHSAA Sports Medicine Advisory Committee Meeting adjourned at 11:45 a.m.