Oregon School Activities Association
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SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, September 8, 2026 | 6:30pm | Annett's Cafe (Salem)

MINUTES

1. Welcome and Introductions
   OSAA will send out VIP passes to SMAC members after confirming addresses.

2. Committee Roster – Review and Update

   In attendance - Mick Koester, Mark Boren, Marlee Hansen, Jim Chesnutt, Erin Cramer, Sam Johnson, Shelly Jones, Preston Chadwick, Marc Norcross, Rob Younger, Chris Knudsen, Sara Murdick, Peter Weber, Kelly Foster. Zoom – Ryan Rockwood, Justin Bush, David Sarmiento, Dave Hood.

3. Review minutes of April 26, 2026, meeting

4. Old Business

   a. Traumatic Brain Injury & Youth Awareness Campaign Workgroup Update

      Group convened by OHA. CDC grant for concussion awareness. They've now posted one-page fact sheets on their website for various constituencies. Want to add mental health aspects too. Education for parents regarding mental health aspects of concussions.

   b. Board Policy – Emergency Action Plan

      Reviewed implementation of legislation effective July 2027. Proposed policy action is being tabled pending further discussion and clarification from ODE.

   c. Board Policy – Sports Safety Officer

      Reviewed proposed school-designated point of contact for sports safety information. Further Executive Board consideration is anticipated ahead of the 2027–28 school year.

   d. Board Policy – Heat Index – Subcommittee

      Reviewed potential integration of Heat Index and Wet Bulb Globe Temperature considerations, Oregon regional climate differences, and integration of synthetic turf guidance. Subcommittee to continue analysis and develop possible policy language for February review.

   e. Medical Release – Return to Sport Participation Following a Concussion

      Reviewed updated form approved by the OSAA Executive Board in July, developed with ODE input to better align with return-to-learn protocols and current concussion guidance.

5. New Business

   a. Board Policy – Air Quality Guidelines

Reviewed updated OSAA guidance following OHA's May 2026 recommendations, including additional considerations for AQI readings in the 101–150 range.

b. Peptide Supplements

Discussed emerging concerns about peptide products and GLP-1 medications among student-athletes, including potential health risks and the need for educational guidance.

c. Minimum Roster Size – Football

Discussed potential relationship between small roster sizes and injury risk, available data, and whether roster-size guidance should be considered by the football ad hoc committee.

d. BIA Assessor Recertification Timeline

The committee recommends recurring assessor training approximately every five years. The also discussed updated recertification questions and consistent application of body composition assessment protocols.

e. 2026–27 OSAA SMAC Reminders

Shared the succinct list of health and safety reminders shared with the schools.

f. NFHS SMAC Agenda / Update

Reviewed topics from the upcoming NFHS Sports Medicine Advisory Committee meeting.

g. OATS Athletic Trainer Awareness Week

Shared awareness and outreach information.

6. Committee Member Topics / Discussion
OACA shared their campaign aimed at mental health and suicide prevention resources for coaches.

7. Fall State Championships Coverage

Cross Country	Saturday, Nov. 7	Lane Community College (Eugene)
6A, 5A Volleyball	Friday-Saturday, Nov. 6-7	Forest Grove HS / Central HS (Independence)
4A, 3A Volleyball	Friday-Saturday, Nov. 6-7	Marshfield HS / North Bend HS
2A, 1A Volleyball	Friday-Saturday, Nov. 6-7	Eastern Oregon University / La Grande HS
Soccer	Saturday, Nov. 14	Hillsboro Stadium / Liberty HS (Hillsboro)
Football	Friday-Saturday, Nov. 20-28	Various Sites

8. Future Meeting Dates –

Next meeting will be via Zoom in February.