



Oregon School Activities Association

25200 SW Parkway Avenue, Suite 1
Wilsonville, OR 97070
503.682.6722 <http://www.osaa.org>



SPORTS MEDICINE ADVISORY COMMITTEE

Tuesday, September 13, 2022

6:30pm | The Ram - Salem

MINUTES

1. Present: Dr. Michael Koester (chairperson); Mark Boren EMT-I (RET); Dr. Preston Chadwick; Dr. James Chesnutt; Marlee Hansen, MS, ATC (OATS); Shelly Jones ATC (OATS); Sam Johnson PhD, ATC, CSCS; Marc Norcross, PhD, ATC; Dr. Alana Ryan; Dr. David Sarmiento; Rob Younger and Chris Knudsen (OACA); Kelly Foster, and Peter Weber (OSAA).

Guest Holly Vaughn-Edmonds, School Counselor (PPS); Scott Gragg (OADA)

2. Welcome and Introductions.
3. Review minutes of May 3, 2022, meeting – The committee approved the minutes. (Boren/Hansen)
4. Old Business
 - a. Updated OSAA Air Quality Guidelines Board Policy – Peter shared the updated guidelines that were distributed to schools. The policy now allows for practice and contests at an AQI reading of 150 or lower. He also shared the improved resource from the EPA with their fire and smoke monitoring website that compiles more sensors across the state.
5. New Business
 - a. Monkeypox and Wrestling – Peter presented correspondence with OHA regarding guidance OHA is working on for Monkeypox. The committee would like to create a reference sheet to send out to coaches and officials once the OHA releases their final guidance. Dr. Sarmiento and Dr. Chadwick recommend exploring providing wrestling officials with a phone app called MAtDoc as a resource while performing skin checks. Shelly Jones recommends that we standardize skin check procedures to send out to schools as a POE for wrestling.
 - b. Mental Health Resources for Schools and Pre-Participation Exam Form – Dr. Koester will designate a subcommittee to review the current physical exam form and potentially propose changes to the ODE. Holly Vaughn-Edmonds reported on mental health at the high school level. She notes that there is a lack of emphasis at this stage and often a disconnect between a student’s safety plan and athletic personnel. The committee agrees that it is important for coaches and athletic directors to be trained in how to handle a potential mental health crisis. They recommend that we compile resources to share with schools.
 - c. NFHS Wet Bulb Globe Thermometer Distribution – NFHS distributed Wet Bulb Globe Thermometers to several states; the OSAA received 20. Sam Johnson recommended referencing the climate map which indicates the regions with the highest heat index to determine where to distribute. The committee recommends that they review the heat index policy and guidance at our next meeting as it pertains to the use of tools like the wet bulb globe thermometer.
 - d. NFHS SMAC Update – Shelley Jones was selected to represent Section 8 on the NFHS SMAC. Their next meeting is in October.
 - e. Difficulty in filling high school AT positions – Marlee Hansen is conducting a survey to AD’s to request information about their AT positions, including positions that are not filled. The committee would like to review the data to craft a statement on the importance of having an AT at each school.
 - f. Study on Post-Pandemic Injury Incidence in high school sports – a recent national survey is showing an

increase in injury rates post COVID. The committee believes this is to be expected with prolonged inactivity. They expect it to even out at the one to two year mark.

- g. Changes for Football 2022 – Peter reported on the changes to football following the State Championship Committee process. The OSAA will now sanction 6-player and 9-player football in addition to the traditional 8-player and 11-player format.
- h. NFL use of Guardian Cap – Dr. Koester reported that the use of the Guardian Cap at the NFL and college level may spark interest in use at the high school level. He shared that there is currently no clinical data showing a decrease in concussion risk while using the cap and the model being used in the NFL is not yet available for public purchase. The data used in the NFL studies was based on NFL-level contact and cannot be applied to the high school level.

6. Committee Member Topics / Discussion

- a. The committee discussed COVID protocol updates.

7. Reviewed Fall State Championship coverage.

8. Future Meeting Dates – November 8; Winter – TBD