

**NEBRASKA SCHOOL ACTIVITIES ASSOCIATION
OFFICIAL MINUTES OF THE SPORTS MEDICINE ADVISORY COMMITTEE**

The NSAA Sports Medicine Advisory Committee (SMAC) met April 18, 2012 at the Nebraska School Activities Association office, Lincoln, Nebraska, with members present as follows:

Dr. Kody Moffatt, Chair
Scott Martens, ATC
Dr. Thomas Heiser (conference call)
Dr. Dennis Connolly
Ron Higdon, NSAA

The meeting was called to order at 11:00 a.m. Dr. Thomas Heiser joined the meeting via conference call.

It was moved by Dr. Kody Moffatt and seconded by Ron Higdon to approve the minutes of the September 28, 2011 meeting.

The physical evaluation forms for students posted on the NSAA website were reviewed and approved with no changes. In consideration of the Nebraska law (LB 260-The Concussion Awareness Act), the committee strongly recommended that information regarding concussions be communicated via letter and email to all school activities directors and coaches.

Ron Higdon agreed to draft a letter, to go to the NSAA member schools, addressing the concerns of the committee in regards to concussion and brain injury. Once reviewed by the SMAC, this letter would then be sent to all member school Activities Directors and Coaches, to further a better understanding of this issue. The letter would be sent in April 2012 and again in the fall, before the fall activities seasons begin.

The committee also requested to do a power point presentation regarding concussions as part of the NSAA rules meeting requirement for coaches and officials. Ron Higdon will present that request to the NSAA Executive Director.

The issue of a specific timeline to return to activity participation, following a concussion injury, was discussed and it was agreed that no "timeline" could be set because each individual may have a different response over time to recovery.

The SMAC was concerned about possible concussion injured athletes not being attended to quickly enough for a medical personnel to evaluate them. This was especially a concern in regards to soccer. It was discussed that soccer officials need to stop play, when a possible concussion injury has occurred and have that person evaluated by medical personnel. The committee also recommended that these concerns be expressed to the NFHS Sports Medicine Committee.

It was agreed by the committee that the NSAA website provides adequate resources regarding sports medicine issues.

Ron Higdon presented a concern raised at the NFHS Wrestling Rules Committee meeting, with regards to tape on wrestling headgear being a MRSA contaminate carrier. No one on the committee had any information of instances of tape on headgear being a specific contaminate or carrier for MRSA.

No other items were discussed and no other meeting was scheduled at this time.

Meeting adjourned at 12:40 p.m.

Ron Higdon
NSAA Assistant Director