

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

The NSAA Sports Medicine Advisory Committee (SMAC) met December 2, 2009 at the Nebraska School Activities Association Office, Lincoln, Nebraska, with members present as follows:

Dr. Kody Moffatt, Chair  
Scott Martens, ATC  
Joe Kutlas, Grand Island High School Athletic Director  
Doug Long, ATC  
Dr. Thomas Heiser  
Dr. Dennis Connolly  
Dr. Jim Tenopir, Executive Director NSAA  
Bud Dahlstrom, NSAA  
Darin Boysen, NSAA  
Jennifer Schwartz, NSAA

The meeting was called to order at 1:10 p.m.

It was moved by Dr. Dennis Connolly and seconded by Dr. Tom Heiser to approve the minutes of the February 11, 2009 meeting.

Dr. Heiser shared data he gathered from the athletic trainers who are affiliated with his practice regarding the football preseason guidelines. The committee reviewed the current NSAA Acclimatization Guidelines for football and decided to leave them as recommendations yet strongly encouraging schools to comply. The NSAA will be surveying football coaches to find out what kind of preseason practice routines they used this fall. The committee also decided further research needed to be done on acclimatization as it relates to the other fall sports.

Dr. Moffatt presented recommendations for H1N1. The committee approved the recommendations and suggested they be posted on the NSAA website.

The committee reviewed the hydration testing language in the NSAA Weight Management plan specifically when medical reasons prevent athletes from reaching proper hydration levels. The committee approved the language as written.

Scott Martens, ATC, discussed Colorado's Good Samaritan Law and suggested this committee contact Nebraska state senators about modifying Nebraska's Good Samaritan Laws to include specific language for team health care providers.

The committee recommended that all middle level and high school coaches have current first aid training.

The committee reviewed the NSAA Bylaw requiring athletes to have a pre-participation physical every year. The committee decided to continue researching how other states administer bi-annual pre-participation physicals.

The committee reviewed the Zurich research on concussion management as it relates to the current NSAA guidelines and recommendations.

The next meeting will be on Wednesday, March 24, 2010 at the NSAA office at 1 p.m.

There being no further items, the SMAC adjourned the meeting at 3:30 p.m.

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Jennifer Schwartz  
Assistant Director