

DSMAC Minutes DRAFT SEPT 15, 2020

DIAA Sport Medicine Advisory Committee Meeting Tuesday, September 15, 2020 6:00pm Video Conference* * In accordance with Governor Carney's March 13, 2020 Declaration of a State of Emergency for the State of Delaware Due to a Public Health Threat, the DIAA Sports Medicine Committee meeting will be held by video conference. The meeting will not be held at a physical location. Members of the public may attend the meeting through the Internet at <https://global.gotomeeting.com/join/111404989>. Members of the public may also attend the meeting by calling the following number (224) 501-3412 and entering the following access code: 111-404-989.

I. Opening

A. Call to Order Roll Call: **Dr Michael Axe**, Chair/ AOSSM /Sports Orthopedics; **Dr Brad Bley**, DIAA Board Rep; **Ms Donna Polk**, Diaa Executive Director; **Dr Julie Knowles**, Vice Chair, PT/AT NCC- Sussex Rep/ Prof Reg Board Rep; **Dr. Jeremie Axe**, Southern NCC/Kent Co Physician Rep/ Sports Orthopedics; **Ms Mandy Minutola**, DATA Rep; **Dr JT Laws**, Sports PT, Coach Rep; **Dr Joe Straight**, Medical Society of Delaware Rep /Sports Primary Care Rep; **Ms Barbara Cilento (Cape HS)** , Kent/Sussex DE School Nurses Rep; **Mr Tom Beddow**, NCC ATC Rep, Coach Rep; **Mr Todd Fuhrmann**, ATC Kent/Sussex Rep, AD Rep; **Dr Patrick Kane**, Sussex Co Physician Rep/ Sports Orthopedics; **Ms Lori Hoffman** (McKeanHS) NCC School Nurses Rep; **Dr Brad Sandella**, CC Hospital Rep/Sports Primary Care excused ; **Dr Lynn Snyder Mackler** PT/AT NCAA Competitive Safeguards/ Researcher Rep

B. Approval of Agenda

C. Approval of DIAA Sports Medicine Advisory Committee Meeting Minutes 9/8/20

II. Review of Coaching Out of Season Guidelines Changes from Rules and Regulation Committee

- A. **Exercise should not be used as a punishment in out of season conditioning.** Previously submitted to R&R Committee by DSMAC but rejected by R&R DSMAC requests it stay within reg and be determined by the DIAA Board NCAA Catastrophic Injury And Death In Collegiate Athletes FAQ states that " exercise should never be used for punitive purposes.... that punishment workouts are based on intent and unsound physiological principles. Punitive exercises are unplanned, spontaneous, are inconsistent with the conditioning level of the athlete or team, are not logically progressive in intensity, and are not sport-specific in their nature. Common sense should prevail." • Texas DOE Standard 3.2 of The Educator's Code of Ethics: □ "The educator shall not intentionally, knowingly, or recklessly treat a student or minor in a manner that adversely affects or endangers the learning, physical health, mental health, or safety of the student or minor." • **Action Item: Dr Bley asked Ms Polk to obtain a position statement on exercise as punishment from the NFHS**

- B. Out of Season Coaching CPR FA Requirements. Previously submitted to R&R by DSMAC and R&R expressed concern for cost. Motion: **At least one coach per interscholastic athletic activity at any given time must have first state-aid and CPR certification, and in addition, it is highly recommended that all coaches have at minimum CPR certification.**

III. Coronavirus COVID-19 Impact

A. Review Out of Season Coaching (1010 4.5.4.7/4.5.5.9) . This discontinued during COVID while other sports are occurring? Question regarding Governor's orders (Amend 26) to reduce practice time in medium and high risk sports was discussed but determined to be left up to school for determination and enforcement.

B. Member Schools Weekly COVID-19 Survey Stephanie 46 schools replied Three schools had + covid (see survey results for more information) Dr Axe requested DIAA contact member school AD's that have not returned the survey , and cc I Superintendents. Dr Axe motion and DSMAC unanimously confirmed that Dr Bley may develop the fall sports survey, but future survey for more catastrophic sports tracking should be discussed at future DSMAC meeting. that should be cc school superintendent
Action Item: Dr Bley to complete Fall Covid/Heat related survey and Ms Polk shall distribute to all member schools.

C. Regulation 1010 Interscholastic Athletics During COVID-19 Pandemic

i. What is "reasonable accommodations" with DIAA reg proposal to DOE? 4.5.3.3 As a safety issue, Drs Bley and Axe do not feel that reasonable. As of now, Governors ban does not permit these individuals to participate in medium and high risk sports due to mask requirements, so the only accommodations possible would be for those seeking reasonable accommodations through the proper ADA channels, that lower risk sports shall only be considered. **Motion by Dr Axe and second by Dr Bley that any questions regarding special accommodations -be deferred to DPH and school ADA officer since this is a public health issue.**

ii. How should approved masks be described?

Action Item: There is limited data as to the extent face coverings are successful in the spread of COVID in athletic settings. Until emerging research proves otherwise, DSMAC recommends the following for DPH to consider for approval. Until below is approved by DPH, DSMAC recommends that face masks must be double layered and face shields must cover the entire face region.

1. Face masks and gaiters -must reach from the bridge of your nose to under your chin, and fit securely without gaps against face. Material should be closely woven without gaps.
2. Face shields may be worn in helmet sports but must be fully integrated into the helmet and cover the entire face. Direct path of droplets must be blocked. Single layer gaiters may be worn under these face shields.
3. Face masks with one-way valves are not allowed

4. Masks, gaiters, affixed clear helmet shields, and cloth/fabric helmet attachments located inside the face shield, all covering the nose and mouth are permissible in helmet sports.
5. Face masks must be securely fastened so they do not easily become displaced during activity. In sports such as wrestling this may require masks being secured to head gear.

Action Item: Ms Polk to submit 5 points above for approval by DPH in order to give mask guidance to member schools. In the meantime, the only guidance given by DSMAC is the material should be double layered if a mask, and if face shield the entire face must be fully covered.

iii. Research: Dr Snyder-Mackler said there is no good current research on the types of masks athletes are wearing. Research has been on higher level masks in military and SARS hospital workers. UD may be looking into performing research on cloth masks to provide State with more data.

F. Substitutions: Ms Polk stated that no NFHS rules prohibit unlimited substitution if needed for rest by athletes.

IV. Field Hockey Goggles “ DSMAC unanimously approved NFHS new field hockey goggle recommendations.

V. Review Current Cold Weather **Action Item: to discuss at next meeting .**

VI. Catastrophic Injury and Fatality Reporting addressed last meeting with weekly Monday reporting of current COVID/heat survey that will be expanded to other injuries after Covid reduction. **Action Item: Ms Polk to determine if page 1 or 5 of PPE already has language to allow for this data gathering and report at next DSMAC meeting.**

VII. DIAA SMAC Training for Coaches – addressed above in Out of Season Coaching

VIII. Other Items

- A. NFHS Agenda including request of DIAA for COVID summary. Dr Bley noted that NFHS wants a one paragraph summary of what Delaware is doing for COVID- not available until after DOE votes . **Action Item: Dr Bley asked for Ms Polk to include the request for punishment definition as described above, when the paragraph is submitted to NFHS.**
- B. **Motion made by Dr Ace and second by Dr Bley that: Unless required in NFHS rule book, mouth guards are recommended but not required for brace wearers.**
- C. Summer wrestling: Dr Axe working with USA Wrestling Mike Moyer to develop wrestling action plans.

IX. Public Comment : none

X. Adjournment NOTE: Pursuant to 29 Del. C. § 10004(e)(2), the Delaware Interscholastic Athletic Association Sports Medicine Committees’ agenda shall be subject to change to include the addition or the deletion of items, including executive sessions which arise at the time of the Board’s meeting. The times designated on the agenda are approximate and are listed for administrative purposes only. The

Committee reserves the right to hear any matter out of its order during the meeting. The Committee may also take breaks during the meeting.

XI. Next meeting Tuesday Sept 22 at 6pm.