DIAA Sport Medicine Advisory Committee Meeting

Monday January 25, 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 Members of the public may also attend the meeting by calling the following number* ***(571) 317-3112*** *and  entering the following access code: 968-802-125*

**Minutes Draft 1/25/2021**

I. Opening

A. Roll Call Present: Dr MJ Axe, Dr B Bley, Dr P Kane, Dr JAxe, Dr J Straight, Dr B Sandella, Dr L Snyder-Mackler, Dr J Knowles, Dr JT Laws, Ms B Cilento, Ms L Hoffman, Ms M Minutola, Mr T Fuhrmann, Mr T Beddow

B. Approval of Agenda  Beddow Straight

C. Approval of last DSMAC Meeting Minutes Fuhrmann Straight

II. Coronavirus COVID-19 Impact for Sport Seasons 2020-2021

1. DIAA Board and DPH Meeting Review: Dr Bley

1. Clearance Return to Play post testing positive for Covid –

**Five days of exercise progression are required after being diagnosed with Covid and cleared for Return to Play (minimum 15 days total ) The doctor must clear them for RTP ( if beyond asymptomatic or mildly symptomatic EKG/echo may not be necessary- fever 4 days +, chills flu like symptoms are considered moderate and require EKG/echo etc) and then the school AT should begin a 5 day exercise progression and clear for play. Any doubts, AT should refer back to PCP for more specialized testing such as via a cardiologist.**

Mr Fuhrmann shared a form that could be modified and potentially used by schools

1. Transmission: Dr Bley There have been several situations of same team transmission, in wrestling and basketball in particular. Coaches are being talked to in hopes to curtail spread.
2. Dr Sandella noted a new variant is predicted to cause a new wave of cases in March.
3. Dr Bley and Ms Polk: DPH should advise DIAA of ability to have championship tournaments.
4. Ms Polk: no changes with spectators and numbers allowed Violations should be emailed with: . Some schools reportedly have violated Covid guidelines. Those seeing this should email /report the violation to: <https://coronavirus.delaware.gov/contact/>
5. Ms Hoffman: School nurses expressed concern about covid management in sports. Ms Cilento stated that precise pathway and directions could help with school organization . Dr Axe suggested that schools expand their AT hours to help assist with COVID management. Dr Bley said he would talk to DOE and see if Cares Act or other monies could be made available for this.
6. Positive Covid Case/survey updates: Ms Mark /Ms Polk 29 cases from 16 different schools 13 games postponed as of today
7. Covid Event Coordinator (CEC) Duties Proposal : Mr Fuhrmann-

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1. Assist the AD with greeting or greet all visiting teams upon arrival. Review expectations and responsibilities for the game before, during and after the event. Provide visitors with the home sites expectations for the coaches in regards to handling non-compliance by athletes and staff.
2. Collect the pre-game screening forms from visiting teams to verify all have been screened, provide screening for anyone not listed as completed on the team sheet
3. Screen all officials and game workers upon entry to the facility. Provide instructions to officials regarding in game COVID compliance issues and what the school has put in place to deal with non-compliance reporting during the game.
4. Make sure sanitizing supplies are available at all times on each bench and at the scorers table.
5. Assist with set up of sanitation stations near gym entrances and make sure areas stay neat and clean
6. Assure that COVID compliance is being followed at all times by all fans/coaches/players/workers, etc…. (notify the coach or the administration of the visiting or home school of bench issues. If not resolved, notify officials. The covid event coordinator should not speak to visiting athletes directly regarding issues)
7. Submit post game reports to DSMAC/DIAA regarding COVID compliance and tracking
8. The COVID event coordinator will be provided with some form of distinguishing apparel to assist in locating during the event.  This may include a shirt, arm band or other wearable item.  Each school may add more Covid related duties or responsibilities to the COVID Event Coordinator, but the minimum duties and responsibilities are listed above.

**Dr Bley presented this to the Board who recommended schools implement a Covid Event Coordinator as above.**

1. Research on Value of Full Time ATs in School: Ms Minutola

Approximately 53% of schools that have some sort of access to ATs have full time coverage nation wide. Only 34% of schools had no access. Various research presented on the value of a full time AT and their ability not only to reduce injuries (ave 22-34%) but also decrease insurance costs Although not significant net savings if through 3rd parties like hospital MD or PT clinics, , had considerable savings when ATs directly hired by schools (Hambelton et al, M Koester et al ). Sample of insurance premium savings: “Greenville County Schools declined [in athletic injuries] yearly for which the total {school insurance} premium ..was reduced by approximately 50% “ “$14.7 million is the estimated annual cost savings in one state (Oregon 99,233 student athletes compared to Delaware 28,079- 28%) if every high school employed a full time AT”

**Motion: Made by Dr Axe and second by Dr Bley All DIAA schools shall employ full time athletic trainers.**  Ms Minutola will organize a position paper to take to full DIAA Board for hopeful approval and forwarding to DOE.

* 1. <https://injepijournal.biomedcentral.com/articles/10.1186/s40621-019-0194-y>
  2. <https://www.nata.org/sites/default/files/at_value.pdf>
  3. <https://thesportjournal.org/article/the-value-of-athletic-training-employment-in-secondary-school-athletics/#:~:text=Hiring%20a%20full%2Dtime%20athletic,if%20an%20injury%20does%20occur>.
  4. <https://www.newswise.com/articles/school-district-implements-new-health-model-that-reduced-student-athlete-injuries-by-22-percent-and-insurance-premiums-by-50-percent>
  5. <https://www.atyourownrisk.org/the-invaluable-value-of-an-athletic-trainer/>

1. Review of Winter Sports w/ DSMAC Recommendations.
   1. Basketball
   2. Swimming
   3. Wrestling Sport specific guidance has been approved by DIAA Board.
   4. Indoor Track Masks must be worn for all events including long distance running events.
2. Spring Sports Recommendations DSMAC requested in the past not to have overlap of seasons, or minimal overlap. Ms Polk stated there is some overlap with basketball and wrestling, but indoor track and swimming should be almost done. Dr Bley requested DIAA Board change the dates to minimize overlap. Mr Fuhrmann requested moving spring sports back to March 8 and adding 1 week to the end**. Dr Bley suggested that if weather is bad and spring teams are not able to practice outdoors, then virtual conditioning shall be performed starting week of March 1 if gym is still being used by winter sports.**

III. Other Items for Discussion Only Dr Bley clarified out of state play guidelines

IV. Public Comment

Time has been allocated at the end of the meeting for individuals or groups to address the Committee on general issues.  Persons wishing to address the Committee can email their name, the name of their group (if speaking on behalf of a  group), and the topic of their comment to diaa@doe.k12.de.us. The DIAA Office will compile a list. If a group wishes  to address the Committee, the group should choose one representative to speak. Comments will be limited to five  minutes per individual or group. Speakers will be recognized by the Committee’s Chairperson in the order their names  appear on the list compiled by the DIAA Office. If the circumstances require, the Committee’s Chairperson may, at his or her discretion, limit the number of persons allowed to speak or the time designated for speaking.

V. Adjournment  Next meeting scheduled for 6pm Monday Feb 22Mr Beddow and Dr Laws

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.