

DIAA Sport Medicine Advisory Committee Meeting  
Monday November 23, 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/>. Members of the public may also attend the meeting by calling the following number (872) 240-3412 and entering the following access code:*

Minutes 11/23/2020

I. Opening

A. 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 ; **Dr Lynn Snyder Mackler** PT/AT NCAA Competitive Safeguards/ Researcher Rep

B. Approval of Agenda Motion Mr Beddow Second Dr Bley

C. Approval of DIAA Sports Medicine Advisory Committee Meeting Minutes 11/2/20 Motion Mr Beddow Second Mr Fuhrmann

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

- A. Regulation 1011- Dr Bley noted differences between 1011 and 1010 as unsubstantial. However, 1011 is a permanent regulation versus 1010 was an emergency regulation. Ms Polk stated this regulation will be in effect 12/11/20. Dr Axe stated that 1011 cannot be modified without public comment and more intense processes; however, we can suggestions more restrictive language.
- B. Case/survey updates- Dr Bley reiterated that we must make sure all schools timely participate in this survey, and if not, a penalty occurs. Six football games cancelled this past weekend. Friday DPH announced all time one-day high of 649 new cases, exceeding previous May high by 150 Covid cases. There are currently 33 cases quarantined. Five schools were noted with player to player or staff to player spread, which was considered low overall. Most spread was community/household based. Tracking if spread was community/household or player-player/staff will be added to form per Ms Polk. Dr Axe stated that the State should provide DIAA with another staff member to help monitor these cases and assist the current staff with Covid. Ms Polk agreed to request DPH contact the athletic Director or school Covid Coordinator if they are present at an event. Dr Kane noted that Athletic Director or Covid

Coordinator should then let the team physician know of DPHs status in case any medical questions arise, but primary contact should be between assigned Covid Coordinator/AD and DPH.

C. Covid 19 protocol review and concerns

- a. Risk of spectators was discussed as well as Governors allowance 11/20 of 50 people in gyms besides players/coaches/officials/staff or 30% capacity, whatever was less. Dr Axe noted there should be at least 3 rows of stands in between spectators, and whenever possible players should be on side opposite of all spectators, with benches marked with an “X” at least 6 feet apart for player seating. Dr Bley stated that public service announcements should continue to be performed constantly at all contests. Dr Laws complimented officials for their compliance, but *Dr Axe noted that officials should not be penalizing players with yellow cards etc for noncompliance. Instead, players should be warned. If infraction continues after warning, then Covid Coordinator for event should send player home.*
- b. Overlap of seasons. Some AD’s and ATs have expressed concern of numbers now in building, especially with season overlap. Discussion was made if there should be participant limitations between 11/30 and 1/1/21. **A motion was made by Dr Knowles and seconded by Dr Axe (passed unanimously) that participation in winter sports shall be limited to varsity only, until Jan 1 or a later date as determined in future due to the overlap of seasons and uptick in Covid cases, thus allowing a safer approach to winter sport initiation.**
- c. Lack of Support to manage Covid was noted as a major issue. Dr Laws asked if the Cares Act could be used by schools to hire more AT hours to help with this overlap period as well as future management of Covid –related issues. Coaches are not enforcing social distancing on side-lines. *Athletic Directors must assign a sport “covid coordinator” for every event and practice since he/she or the school’s covid coordinator cannot be available everywhere. In most cases this is an assistant coach. This person Must be held accountable with penalties if compliance is not followed.* Dr Axe stated that any school that he hears noncompliance occurring, he will call the school’s athletic director, and principle/superintendent if necessary, to help athletic trainers obtain compliance at schools.
- d. Limitations of DSMAC voice was discussed. Concern that coach organizations were developing the Covid policies for their sports return to play, and the Boards diminishing the role of DSMAC in the process was discussed. Mr Fuhrman noted that those in the trenches, namely the Athletic Directors and Athletic Trainers, are being forced to deal with unrealistic procedures. For example, the number of games for basketball was determined by the basketball committee and full DIAA board without DSMAC input. The number of games passed did not allow for proper time between games (noted 2 days instead of minimum 72 days in between as recommended by DSMAC)

Spacing between games is necessary for better tracking and evolution of Covid symptoms if they were to occur.

#### D. Sports Specific Guidance

- a. Fall Sports: Dr Bley noted that helmets may be removed, as well as masks, when off the field of play and at least 6 feet away from all others. DPH being more present; however, social distancing is still a problem and not being enforced enough at local level.
  - b. Winter Sports: “Discussion made to decrease competitions so that 72 hours can be assured between events. Dr Axe noted 30 minutes should be sufficient time between sport teams so that proper cleaning could be performed- Ms Polk will check with DPH if this amount of time is adequate. Dr Knowles referenced NFHS statement “While 35 states offered football this fall – with 30 leading to state championships – and another 10 states were able to sponsor other fall sports, the outlook for traditional winter sports and activities held indoors is proving to be one of the toughest decisions since the COVID-19 pandemic wiped out two-thirds of state basketball finals last spring.... According to the NFHS 2020-21 Basketball Seasons Modifications Map, 22 states have plans to conduct high school basketball in a fairly normal timeframe, while 29 (28 states plus the District of Columbia) have announced modifications for the season, many of which include delays to later in the year.” See Covid neighboring states attachment        The II C b Motion above was discussed again in more detail, with all DSMAC members agreeing that participation limitations are needed at this time.
  - c. Update on wrestling 2 layer Balaclava /Gaiter and possible spacer- Ms Polk stated that DPH approve
- E. Discussion on criteria that would occur to put high risk sports on hold. Dr Bley stated we can be more stringent than Reg 1011 but cannot be less stringent.

#### III Miscellaneous

- A. Ms Polk distributed swimming proposal
- B. Dr Bley Dr Axe noted that chain crews should be kept on home side of field to keep potential spread in same community

#### IV. Other Items for Discussion Only

#### V. 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](mailto: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.

## VI. 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.

Next meeting Monday Dec 14<sup>th</sup> 6pm