

DIAA Sport Medicine Advisory Committee Meeting  
Monday November 2, 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

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 Dr Sndyer-Mackler – Dr Sandella

C. Approval of DIAA Sports Medicine Advisory Committee Meeting Minutes 10/19/20 Motion Dr Laws- Mr Beddow

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

A. Case/Survey updates: Dr Bley/ Ms Polk 9 cases from 9 different schools (see survey results) One school closed down completely. Waiting to hear from 1 more school. Dr Axe asked that Ms Polk contact him and Dr Bley whenever a potential case occurs, and then Drs Axe and Bley can communicate to DSMAC. Dr Bley asked that Ms Polk and Ms Mark contact all SMAC committee members whenever a positive case occurs, which Ms Polk agreed. Dr Bley discussed a case where opposing school had a student who tested positive two days after game (game Friday night). The team that had a player who tested positive had another game Saturday. Dr Bley looking into why DPH shut down the opposing team of Saturdays contest but not Fridays contest. Dr Straight noted that any questions regarding this case posed to a DSMAC member should be referred to Dept of Public Health.

B. Schools cleared for indoor activities: Ms. Polk compiling a list. Discussion led into basketball proposal below and concern of spectators. Discussion concurred that spectators should be kept as far away from athletes as possible and players should be on opposite side of court than spectators, using chairs separated by 6' in between and 6' from court.

- C. Breaks during games: Update on mask breaks, water breaks and social distancing during competition. Ms Polk noted that football coaches were reviewed with coaches wearing face covering and especially social distancing wasn't occurring. Dr Laws said it is still a learning curve Knowles and Dr Laws stated designated areas where players can go to take water break and take off masks are recommended. Dr Staright noted that water breaks and half time breaks have been problematic. Dr Bley said that issue was discussed in football coaches meeting. Football will add 1 minute to every break for water breaks (no coaching during this time) as DSMAC previously discussed. Dr Laws stated splash shields haven't worked very well. Dr Bley restated that all athletes must have a second mask handy if needed. Dr Bley stated that many schools do not have their Covid coordinator /AD present to enforce Covid rules- ADs need a coordinator on site to reinforce this. Dr Axe and Mr Beddow said this Covid coordinator or COvid designee should be present at games **Ms Polk said a Covid Coordinator/designee must be on each sideline of football and present at other home contests to enforce.** Besides aforementioned, **Dr Bley motion second by Dr Snyder-Mackler 72 hrs of no contest is required between games by teams and individuals (ex playing JV and Varsity) so that results of potentially positive cases can be confirmed before next game. This was passed unanimously.** Ms Polk and Mr Beddow stated the 3 days/ 72 hours may be difficult at times in order to get all the games in, but realize it is necessary. Exceptions can be appealed to DIAA Board.
- D. Research on athlete self -protection from mask wear: Dr Snyder-Mackler sent to Dr Bley. Dr Snyder Mackler stated there are new gaiters that are double layered and cotton like masks- Dr Bley also saw this request and said DPH approved it for fall sports except football- now up to school to approve compliance . Dr Knowles noted viral load is reduced with mask wear; consequently, those wearing masks should have less symptoms if exposed.
- E. Wrestling: Dr Axe stated this new gaiter could be beneficial for wrestling. Coach Buddy Lloyd stated that new ATI and Premier ATCs have been trained in body fat testing and are ready to start performing testing. Dr Knowles reminded members that at last DSMAC meeting it was agreed that ATCs could supervise coaches performing the testing, and that testing should only be performed once per athlete.
- F. Basketball: Ms Polk - see attached Dr Axe suggested gloves (gloves must be cleaned between quarters) be worn in lieu of official "no-touch ". Recommendations for bathrooms need to be included. NO health issues if officials choose no touch method – it is not necessary as per DSMAC DSMAC does not believe that touchless officiating is preferred-Officials can wear gloves.
- G. Management of season overlap and spread : Ms Polk there will be at least a 2 week overlap of all sports . DPH has not yet discussed this overlap of fall and winter sports .Dr Laws stated staggered start time needed, including before school hours. Mr Beddow confirmed. Ms Minutola noted that ATCs are concerned since more athletes requiring training room and locker room facilities, and to date most ATCs have established an outside training room.

### III Miscellaneous

- A. Dr M Axe will contact Dr Emelynn Fajardo from AI Dupont to investigate her potential representation for AI on DSMAC
- B. Dr Bley and Dr Axe agreed that chains should be kept on home side in football contests in order to minimize potential spread to other communities.

### IV. New Business

A. Lori Hoffman asked if NP in wellness center able to clear for RTP if negative community test and physical exam. Dr Bley noted that RTP form is strictly for cardiac clearance. DPH makes final RTP approval Drs on DSMAC feel that clearing RTP for potential cardiac should be done by athlete's PCP or referred cardiologist whenever possible

### 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.

Monday Nov 23<sup>rd</sup> 6pm Monday Dec 14<sup>th</sup> 6pm