

DIAA Sport Medicine Advisory Committee Meeting  
Tuesday, September 22, 2020 6:00pm  
Video Conference Minutes\*

*\* 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/427041101>. Members of the public may also attend the meeting by calling the following number (872) 240-3412 and entering the following access code: 427-041-101.*

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 (excused late) **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 Snyder-Mackler Second Mr Fuhrman
- C. Approval of DIAA Sports Medicine Advisory Committee Meeting Minutes 9/15/20 Motion Dr Snyder Mackler Second Dr Laws

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

- A. Water cooler stations. Mr Fuhrman update. Looking for additional waterboys to fill individual water bottles. Dr Snyder Mackler suggested longer time outs min 2 min and 4 min at quarters. Reg 1010 Dr Bley and Stephanie Mark stated Hydration stations are prohibited. General recommendation Dr Axe: Individuals should bring their own water bottles **Action Items: Dr Axe suggested bottled water Dr Laws said that would not be cost prohibited. And extended time out also suggested for individual sports can vote on it o give the kids time to get their water bottle. Use non-reusable water bottle (throw away) on side lines- Add to FAQ**
- B. Mask Approval: **Ms Polk to confirm that DPH was contacted for general mask type approvals as noted in last meeting** Waiting to hear back formally from DPH but they said no single gaiters, mesh or masks with valves. Masks with 2 or more layers that fit tightly around the mouth and nose without gaps. Dr Straight asked about out of state teams and if DPH has a reg for that. Dr Axe stated that if an out of state team plays in Delaware they must abide by Delaware regs/DIAA regs. Ms Polk said our current reg said out of state play "should" be avoided. Dr Axe suggested testing

and/or quarantine possibly be required if a team travels out of state. **Action Item: Add to FAQ: clarification on out of state play**

- C. Unified Sports: approved by DOE. Dr Bley Update Dr Bley working with Special Olympics to try to establish better guidelines for participation so that safety can prevail. No new sports specific guidance provided by Special Olympics.
- D. Wrestling: Dr Axe update Denver had tournament and is awaiting data. Dr Axe has headgear with mask sewn within. If you are going to wrestling in Delaware- until DPH lifts the reg, a mask is going to be worn.
- E. Protocol if athlete tests positive for Covid. DPH and PCP must both signoff for return to sport (form provided by DIAA) Form must be signed going forward in order to participate. Normally take 2-4 weeks depending on severity. Symptomatic athletes could come back at but requires a 1 week progression program before return to full play Interpretation for breaks – Play should not exceed 20’ before a break occurs Clarification asks for how to take a break and drink water every 20 minutes for indoor sports. **Action Item: Please make this interpretation a FAQ for 1010 and part of 1011 regulations.** If someone gets sxs during practice, screener should notify QHP immediately and athlete send home.

III. Member Schools Weekly COVID-19 Survey . To be received Monday morning for previous week. Three Glasgow Frare Charter, and Great Oaks Charter.

#### IV. Other Items

- A. Punishment NFHS contacted to obtain a position statement on exercise as punishment from the NFHS. **NFHS has no position statement**
- B. Coaching certifications. Ms Polk to confirm info passed onto R&R: . **Motion: At least one coach per interscholastic athletic activity at any given time must have first aid and CPR certification, and in addition, it is highly recommended that all coaches have at minimum CPR certification** Will be done at next R&R meeting and update next DSMAC meeting by Ms Polk
- C. PPE Release for injury surveillance. **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.** Waiting to hear back from Laura for legal advise
- D. Cold Weather Policy- specific for Track and Field
- E. School district votes v jv middle school Dr Axe contacted rec leagues and Boys and Girls clubs to promote rec sports for kds who don’t have school sports. Anyone not wanting to wear mask go through ADA at school and then DPH.
- F. Todd Fuhrman: who is responsible for enforcing mask ? Coaches Screener QHP, school administrator all responsible. Ultimately comes down to coaches and if recurrent problem sport is discontinued
- G. Temp Check: Is temp check required for spectators? Dr Bley stated nothing in our regulation. DPH does not recommend temp checks at all right now per Dr Straight. Will continue with current screen form until end of current emergency regulation and then reconsider if removal of temp check.

- H. Vomit: What do you clean it with? In school? On Field of play Lori Hoffman to see if easily sprayed on turf. JT looking into too.
- I. I. Dr Jeremie Axe. Why would a doc want to sign off of RTP form for athlete post positive COVID if we still don't know whats going on, especially with cardio risks? Dr Snyder Mackler stated another young athlete death with death secondary to PE.. Dr Straight- MSD trying to work at fed level about this. Dr M Axe: Whenever possible, the RTP post positive Covid should be done by the PCP or cardiopulmonary specialist.

## 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. Motion Dr Bley, Second Dr Axe

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.

All Motions passed unanimously

Next Meeting OCT 6 6pm

PPE Page 1

By this signature, I hereby consent to allow the physician(s) and other health care provider(s) selected by myself or the schools to perform a pre-participation examination on my child and to provide treatment for any injury received while participating in or training for athletics for his/her school. I further consent to allow said physician(s) or health care provider(s) and athletic directors to share appropriate information concerning my child that is relevant to participation, with coaches, medical staff, Delaware Interscholastic Athletic Association, and other school personnel as deemed necessary. Such information may be used for injury surveillance purposes

**\*Parent Signature/Date:**

**Student Signature/Date:**

**Page 4 Section 3: Consent for Athletic Conditioning, Training and Health Care Procedure**

I hereby give consent for my child to participate in the school's athletic conditioning and training program, and to receive any necessary healthcare treatment including first aid, diagnostic procedures, and medical treatment, that may be provided by the treating physicians, nurses, athletic trainers, or other healthcare providers employed directly or through a contract by the school, or the opposing team's school. The healthcare providers have my permission to release my child's medical information to other healthcare practitioners and school officials, as well as the DIAA. In the event I cannot be reached in an emergency I give permission for my child to be transported to receive necessary treatment. I understand that Delaware Interscholastic Athletic Association or its associates may request information regarding the athlete's health status, and I hereby give my permission for the release of this information as long as the information does not personally identify my child.