

DIAA Sport Medicine Committee Emergency Meeting
September 8, 2020 6pm
Telephone Conference Call*

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 telephone conference call only. The meeting will not be held at a physical location. Members of the public may attend the meeting through the Internet at DIAA office will provide GoToMeeting link <https://global.gotomeeting.com/join/997092565>. Members of the public may also attend the meeting by calling the following number 872 240-3311 and entering the following access code:997-092-565.

Meeting Minutes

I. Opening

A. Call to Order. All members present:

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 Maelker PT/AT NCAA Competitive Safeguards/ Researcher Rep

B. Approval of Agenda

C. Approval of Previous Meeting Minutes

II. General Statements:

- A. Dr Axe: Brief overview of DSMAC with COVID
- B. Dr Bley: Role of Physician in Covid care and DIAA Covid history
- C. Dr Straight :Medical Society of Delaware President - Covid task force
- D. Ms Minutola: DATA general comments regarding athletic trainers
- E. Ms Cilento/Hoffman: School nurse perspective

III. A. COVID related Items for Discussion

1.. DIAA Warning Should DIAA discourage any vulnerable person, or those living with vulnerable person(s) to participate in sport activities during the COVID-19 outbreak? Should DIAA recommend those with cardiac/respiratory disorders such as asthma, or other disorders such as sickle cell trait, use extreme caution if participating, and obtain clearance for participation prior to activity? Yes, Motion: "Any persons with cardiac, pulmonary or stress related disorders including but not limited to asthma and sickle cell trait, and who are required to wear a mask during activity, must receiveing clearance from their primary care provider prior to participation"

2. Length of Play Per the Governors regulation, length of play should be reduced. What is time limit recommended for daily practices? What is time limit of continuous play before rest if wearing mask during play(20-25% reduction of ventilation and 15% reduction Max VO2 /IET with surgical masks)? Per CDC, one must avoid being within 6feet of anyone without a mask for 15+ minutes, or ones chances for catching/spreading COVID greatly increases. Per the Governors Amendment 26, if this distancing cannot be avoided, then mask wearing must occur. Various research

DIAA Sport Medicine Committee Emergency Meeting
September 8, 2020 6pm
Telephone Conference Call*

relating to SARS and military shows decrease in respiratory function with surgical mask wear (ex- Fikenzler et al Clinical Research in Cardiology June 2020 <https://doi.org/10.1007/s00392-020-01704-7>) Therefore, DSMAC Motion: A break of play after 20 minutes, in any sport wear-where mask wearing is required. In addition, DSMAC recommends an additional 2 minute rest period beyond the normal (no less than 5 minute total), during every timeout/between periods of play where the athlete may go into his/her 6 foot Covid isolation box, take off mask, hydrate with their own water bottle and disinfect their hands (suggest each athlete have own water bottle and hand sanitizer). No coaching should be done within this 2 minute rest period. Until more research can be done specific to the face covering of athletes, this rest is strongly recommended.

3.. Progressive Practice How many progressive practice weeks are needed before competition in football? Other sports? Conditioning should start now. DSMAC Motion: Three week progression practice is recommended at minimum, a week of which can be general conditioning under current regulations. It is suggested that football preseason is somewhat longer (4w) due to progressive contact/hitting and equipment tolerance.

4.. Covid QR Codes/ Screening Should reporting to DIAA be mandatory for COVID and other major injury tracking including heat related disorders? Yes to DSMAC COVID Task Force but right now just COVID. DSMAC Physician Rep to DIAA Board should obtain these results. Motion: The DIAA Physician Representative should obtain a weekly update from school AD's, by 10am each Monday, signifying Covid cases , heat issues, and maskwear. After the Covid pandemic, this will no longer be necessary. After 2020, this update must include all serious injuries or illnesses including but not limited to heat related disorders, related disorders, concussions, and hospitalizations.

5.. Mouth Guards May the use of a mouth guards be waived for brace-wearers if the athlete is wearing a face covering , as the covering will help control the blood transmission? Yes- No Motion- Whenever mouth guards are worn by brace wearers strictly for the reduction in blood transmission and not as a matter of sport specific rule, the athlete does not have to wear a mouth guard if they are wearing a COVID face mask- Mouth guards must continue to be used and cannot be removed during play to reduce the transmission of bodily secretions and COVID. Motion by Dr Bley and Second by Dr Snyder-Mackler to postpone information on volleyball and mouthguard wear until more information obtained.

6.. Hand Sanitizer Should each coach/player have their own hand sanitizer (60% ethanol or 70% isopropanol that they keep with them in their gym bag on a designated spot off the field of play? Should spots 6 feet from one another be specifically designated where athletes stay when not on the field of play? Yes as well as water bottle so no crowding. Motion: Each athlete and coach should have their own designated 6- foot Covid isolation box where they keep their bag, own water bottle, own disinfectant, and be able to take off their mask and rest. If the individual disinfectants are not possible, then hand washing stations can be established. It is recommended that one station be established for every 15 athletes/coaches/staff. for no more than a pod of 15 athletes, where athletes may disinfect their hands while wearing a mask.

Commented [b1]: Why after 2020? I thought we wanted to watch for heat related illness now due to mask wearing theoretically increasing the risk.

Commented [b2]: I made the motion to delay a decision for volleyball's use of mouthguards until we can review the research given LSM's reluctance to approve. For now, the motion was to require mouth guards be left in during play and not removed like volleyball players apparently like to do.

Formatted: Font color: Auto

DIAA Sport Medicine Committee Emergency Meeting
September 8, 2020 6pm
Telephone Conference Call*

7. Cleaning Equipment How frequently should wiping down ball and equipment occur? For example, low risk sports at minimum require daily equipment cleansing with EPA List 6 approved disinfectant : Must follow the Governors orders and use EPA approved disinfectant: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2-covid-19> Governor orders for cleaning and disinfecting must be followed at all times. Low risk sports must disinfect at minimum daily; medium risk sports at minimum at every time out and between periods, and high risk sports every time ball goes outside field of play. **Action Item: Mr Fuhrman will write up a more detailed motion to be approved at next meeting.**

8.. Pre-Game Should pre-game be modified: Yes, similar to NFHS soccer. **Motion: Prior to the start of any contest, only 1 captain , 1 head coach from each team and 1 head official may meet at center , staying 6 feet apart. At main score table, only 1 scorer and 1 timer may be present, each 6 feet apart.**

9.Face Masks. The Governor requires athletes participating in all indoor sports and high risk sports to wear face coverings at all times. Face masks are also required at all times for moderate risk participants unless no contact can be guaranteed. Is there any moderate risk sport outside of team swimming where, under normal rules and play, contact can fully be avoided? Based on B above, if distancing cannot be avoided in medium risk sports with normal rules than either a) rules of the sport must be changed or b) face masks must be worn. For the health and safety of the athletes, DSMAC noted that face masks should be worn. **Motion: Except for team swimming, and team running using staggered starts, all other moderate risk sports must wear face covering at all times except when off the field of play within their 6 feet Covid isolation area.**

10.Approved Face Mask Request.

It is recognized that any face covering be approved by DIAA and DPH. Realizing there is no good data available except for the respiratory restrictions on exertion and VO2max with certain protective face coverings, what covering does DSMAC request DPH to approve at this point? [Ex] cloth masks including those that attach to the inside of helmets, gaiters (double layered), and surgical masks? Schutt and Oakley face shields for helmets when it covers the entire face area (eyes nose and mouth)] Yes, until research proves otherwise **Action Item: D Polk will present these face coverings to DPH for requested approval on behalf of DSMAC.**

11..Overlapping Does DSMAC recommend staggered start times of practice? Yes, already required under Gov amendment. Should only one sport be allowed to practice at a time per gym, with at least 30 minutes between practices for proper disinfecting? Yes Should there be no overlap of sports season? Yes Purpose being to allow for more social distancing, especially in areas of locker rooms, training rooms, bathrooms, and gym. Likewise, should sports be limited to one team [(ex Varsity, or number of active athletes at any one time such as 160? DSMAC emphasizes the need for social distancing at all times. DSMAC notes that this may involve reduction in number of participants, but believes this should be left to the schools to determine how to implement. **Social distancing and mask wear, fully covering nose and mouth, must be enforced at all times off of the field of play, including but not limited to locker rooms, training rooms, bathrooms, meeting rooms, and gyms. This may require a reduction in participants, staggered start/end times, single team gym use at any time, and diminished**

DIAA Sport Medicine Committee Emergency Meeting
September 8, 2020 6pm
Telephone Conference Call*

season overlap. DSMAC believes the implementation should be left up to the individual schools.

12.Yelling Should any restrictions be put on yelling? Example, Coach should use a megaphone or away from other persons while yelling? No restrictions on yelling will be too difficult to enforce, but coach must maintain face mask and social distancing at all times.

B. Regulation 1010 Interscholastic Athletics During Covid.

1. Preparticipation Physical. Motion: The PPE date of completion will now be 12-31-20 for all athletes competing in 2020, and before the start of the sports season for those competing in 2021.

2. Permissible Equipment During Out-of-Season-Conditioning (OSC). Motion: Protective equipment, sticks and balls may be used during OSC if allowed by schools for conditioning and athlete safety; however, due to increased number of participants and need for social distancing and mandatory face coverings for all OSC participants during COVID pandemic, schools should strongly consider whether they want to allow for OSC while other sports are in season and COVID restrictions are still occurring.

3. Stages for use of locker rooms etc. Motion: Drs Axe and Bley will represent DSMAC's full approval, to reword Reg 1010 stages to comply with today's motions and the Governors new sport allowances, including but not limited to use of indoor activity such as weight rooms during stage 2, and the use of sports equipment during stage 2.

C. Review of out of season coaching 1010 VID Specific Positive Testing- Will be discussed in more detail in deferred until next meeting, but do make following motion: All athletes who test positive for coronavirus must be cleared by their primary care physicians utilizing a Covid Cardiac Clearance form developed by DIAA.

Formatted: Underline

Formatted: Underline, Font color: Red

All Motions above passed unanimously

IV. Other Items for Discussion Only

Formatted: Font: 12 pt

V. Public Comment

Athlete (minor) expressed concern for return to play both from physical, emotion, and mental well-being perspective.

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.

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

DIAA Sport Medicine Committee Emergency Meeting
September 8, 2020 6pm
Telephone Conference Call*

meeting. The Committee may also take breaks during the meeting. Next meeting scheduled for Sept 16, 6pm, as previously scheduled.

DRAFT

