

DIAA Sport Medicine Advisory Committee Meeting
Monday, October 19, 2020 6:00 pm
Video Conference Call*

Meeting Minutes

I. Opening

A. Call to Order.

The meeting was called to order at 6:01pm. In attendance at the meeting was Dr. Axe, Dr. Bley, Dr. Straight, Barbara Cilento, Todd Fuhrmann, Lori Hoffman, Bradley Sandella, Dr. Snyder Mackler, Julie Knowles, Tom Beddows, JT Laws, Dr. Killingsworth, Stephanie Mark.

B. Approval of Agenda

The motion to approve the agenda was made by Tom Beddows and 2nd by Todd Fuhrmann. The agenda was accepted.

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

A. Case updates: Dr Bley/ Ms Polk

One of the DIAA football teams was shut down. The school's athletic trainer could not say for certain if they were wearing masks and were practicing social distancing. DPH thus decided that the whole team was quarantined. DIAA was not notified immediately. It's important for our member schools to use all risk mitigation together to prevent any possible COVID-19 exposure.

The DIAA COVID Screening Surveys are important and member schools need to continue to complete them.

B. Research for clearance post Covid: Dr Snyder-Mackler/Dr Bley

Dr. Axe spoke with the Assistant Director of SMAC in Alabama regarding athlete's reconditioning program after a positive COVID case. Alabama SMAC is doing a five (5) day reconditioning period. DSMAC wants to get all regional SMAC chairs together to use as a resource group. Some points of emphasis is that two bands can not both perform at half time of a football game. Spectators are allowed to occupy $\frac{1}{4}$ of the stadium.

If a team gets shut down on a Thursday, right now they will miss 14 days in quarantine, plus a five (5) day acclimatization period. This is similar to a concussion return to play protocol. It is recommended that if a student athlete tests positive for COVID-19, they should not be working out.

Motion: If someone is COVID positive, they must full practice with the team for five (5) days before they can return to play. Motion by Dr. Axe. 2nd by Dr. Bley. Approved unanimously.

Schools should report any injuries sustained to athletes in the follow up competition that return from quarantine to Dr. Axe and Dr. Bley.

C. Research on physiology and mask usage: Dr Snyder-Mackler

The research shows that athletes are safe to wear a mask. It does not impair respiratory function. It did not impair physical performance. (Article from June 2020.)

JT mentioned that multiple teams are still waiting for under the helmet masks to arrive as they are

backordered.

Coaches need to follow DPH rules regarding the face covering guidelines. It is up to member schools to enforce proper face coverings are being worn.

D. Wrestling Plan: Dr Axe

- A. There is a large meet being held in Florida for wrestlers in which face coverings were not worn. DE is the only state to require masks for wrestling. Data should be gathered in an effort to ask DPH to reconsider the face covering guidelines for wrestling in a month. The wrestlers take efforts to maintain cleanliness already with the mat cleaning that would continue to be upheld. Officials would wear the whistle mask.
- B. Wrestling - the number of teams going to offer wrestling and the competition criteria will be discussed at the next 11/5 Board of Director's meeting.

Body Fat testing and request for Committee Testing this Year: Ms Minutola - Coaches may do this testing if ATs are supervising and athletes may only be tested one time.

E. Management of season overlap and spread

Winter sports physicals - Winter sport athletes have until 12/31 to get their new physicals although winter season starts end of November.

III. Miscellaneous

DPH recommends against DIAA teams participating in out of state competitions. It was discussed if it is necessary for those teams who do go out of state, if they should self quarantine upon their return to DE?

When athletes go across state lines, they inhaled the respiratory droplets from others who do not have masks on. Discussion the effectiveness of the mask wearer and if it protects others or yourself. Dr. Snyder Mackler going to bring additional research to next meeting for Dr. Bley to see.

IV. New Business

V. Public Comment

VI. Adjournment The meeting was adjourned at 7:30pm.