

Minutes
Florida High School Athletic Association
Sports Medicine Advisory Committee Meeting

7:00 PM, January 24, 2012
Online Meeting via Webinar
Gainesville, Florida

1. Welcome, Introductions, Purpose
 - i. Mr. Pigott called the meeting to order at 7:12 pm. Members in attendance included Mr. Bob Sefcik, Jacksonville, Mr. David Wilson, Tallahassee, Dr. Hal Pineless, Winter Park, Dr. James Berk, Gainesville, Dr. Mike Reilly, St. Petersburg, Mr. Justin Rothschild, North Miami and Dr. Aaron West, Jacksonville. Guests included Dr. Daniel Kantor, President, Florida Society of Neurology and Dr. Frank Conidi, Florida Center for Headache and Sports Neurology. FHSAA staff members in attendance were: Mr. Gary Pigott, Senior Director of Athletics, Mr. Justin Harrison, Assistant Executive Director, Blair McLendon and Will Adams, FHSAA Interns.
2. Approval of August 31, 2011 SMAC meeting minutes
 - a. Mr. Pigott reviewed the minutes.
 - i. Motion, Mr. Sefcik; 2nd Aaron West; approved unanimously
3. Review of January 18, 2011 SMAC meeting minutes
4. Guest Speaker: Dr. Daniel Kantor (President, Florida Society of Neurology)
 - a. Dr. Kantor reviewed concussion protocols and when players are allowed to return to play. There are Florida bills that are being proposed; MD's and DO's are the individuals who determine when the athlete can return - Senate Bill 256. Chiropractors are trying to join the group of decision makers who can approve if an athlete can return to play, but there has not been a bill to support them currently.
5. Guest Speaker: Dr. Frank Conidi (Florida Center for Headache and Sports Neurology)
 - a. Dr. Conidi spoke about the computerized diagnostic studies and other methods that are used in testing for concussions; SCAT 2 and the functions of the test; IMPACT is the most widely used computerized test for determining concussions. The computerized exams should never be the only factor for determining when an athlete should be able to return to play. The computerized test miss a lot of the symptoms that computers can not pick up, such as headaches,

sleep disorders, and other lingering symptoms.

6. Open agenda (Discussion Only):

a. Concussion Laws Update (NFHS High School Today article)

- i. The state of Florida does not currently have a concussion law in place. Florida is one of seventeen states that does not have a concussion law. Consensus of the committee is that the FHSAA is ahead of the laws concerning concussions by providing a policy for its' member schools. Need to do a better job of monitoring children and making sure that they are not returning to play before they are totally asymptomatic; continue to recommend the need for licensed physicians to be the decision makers for when athletes can return to play.
- ii. Rural areas have some difficulties in getting access to an MD or a DO to have them evaluate athletes after a concussion.

b. NFHS recommendations on Use of Energy Drinks, Mouth guards and Hydration

- i. NFHS information is posted and available on the FHSAA website to better educate participants, parents, coaches, officials, and schools (Dr. Reilly).

c. NCAA Practice Limits & Heat Hydration Policy (Dr. Stowers)

- i. Comparing FHSAA guidelines to NCAA guidelines regarding the maximum number of hours of practice in a week; No more than 20 hours per week and 4 hours in a given day, with at least 1 day off minimum. Competition days count as 3 hours.
- ii. Placed back on agenda for next meeting for input from Dr. Kris Stowers.

d. Policy on Heat Index from Lake County Schools

- i. Lake County's current policy on heat index was shared with the committee.

e. King-Devick Test

- i. An article from the Journal of Neurological Sciences was review. Dr. Conidi had mentioned this concussion test during his presentation.

f. Mr. Sefcik's topics of interest for the March meeting

- i. Review physical forms

- ii. Concussion education options for coaches and provide a certificate of completion.
7. Adjournment at 8:45 p.m. Next SMAC meeting is scheduled for Wednesday, March 14, 2012 to be held at the FHSAA Office in Gainesville.