

NYSPHSAA Safety Committee  
April 22, 2009 – NYSPHSAA Office

**Minutes**

**Attendance**

James Rose – Section 1  
Charlie Karker – Section 2  
Rick Knizek – Section 2  
Kelly Hoke – Section 3  
Pat Grasso – Section 4  
Jen Yaeger – Section 7  
Janet Carey – Section 9  
Absence with notification – Section 5,6,11

Erika Backus – Section 10  
Douglas Sackett – NYS Health Dept  
Trish Kocialski - SED  
John O' Bryan - MD  
Brian Rieger PHD – SUNY Upstate  
Luigi Rende ATAC – Center for Sports Med

**Concussion Management Report** – All but two sections have had their initial CMT meeting, with the final two scheduled for next month. Dr. Rieger stated that he could tell that our education efforts were being noticed on his end, based on the kinds of questions being asked by parents he sees in his clinic. The committee feels we need to do more to reach the coaches. The committee would like to suggest that if a section requires coaches to attend mandatory rules interpretation meetings, that 10 to 15 minutes be given to some of the CMT members from the section to show the concussion DVD, entitled “The Silent Injury”. The committee still feels that we need to keep educating students, parents, coaches and officials on the dangers of concussions and the importance of establishing return to play guidelines.

**Girls Lacrosse and Helmets** – The Executive Committee approved to allow the Safety Committee to collect data from schools that participate in girl’s lacrosse and have full time athletic trainers to investigate types and frequencies of injuries in this sport. The committee will also obtain data collected from the NFHS Injury Surveillance Survey conducted by Dawn Comstock. Pupil Benefits will also provide data involving the number of claims made in the sport of girl’s lacrosse. The Safety Committee will evaluate all of the data collected at their fall meeting. The committee would like to thank all the school districts and athletic trainers that have volunteered to participate in the survey.

**Minimum Weight Certification Program** – The committee approved to fully support the following recommendations from the Wrestling Advisory Committee.

1. Assessors will be able to practice on available student athletes, with the provision that no information will be shared with anyone during or after the training session. Section consultants will be able to provide instruction to the assessors during the training session.
2. In the assessor and school handbooks the sentence under **weight** on page 6 will read, “A certified ~~Toledo or~~ digital scale (certified at the beginning of the school year) must be available”.
3. In the assessor and school handbooks the sentence next to **Record Weight:** on page 6 will read, “~~School personnel (nurse or AD) or~~ An approved assessor must weigh each wrestler.
4. The Contract for Determination of Body Composition By Hydrostatic Weighing (underwater) will have the following two changes.
  - a. The first sentence of the third paragraph will read, “**Dry body weight will be taken (on a conventional scale) at the site.**”
  - b. The athletic director signature will be added to the bottom of the form. The signature of the athletic director is required.
5. The minimum weight of a wrestler should be added to the team form (if the program can accommodate).
6. The hydrostatic testing results should be added to the website (if the program can accommodate).

7. The actual weight of the wrestler on the day of the assessment or the appeal will be used if the wrestler passes the hydration test.
8. The section consultants will verify if an assessor has worked a centralized site over the past three years.
9. Athletic Directors and assessors do not need to send their verification forms into the section coordinator or sectional consultant. All the information can be viewed on-line. Athletic directors are still required to send their forms to their opponents.

**Heat Index** – The committee discussed establishing a policy that would be followed state-wide to determine proper protocols for preventing heat related illnesses. The committee will recommend a protocol for determining the heat index in the area where a practice or contest is going to be held. The committee will also establish a heat index level where no contest or practice will be held, based on the latest recommendations from the NFHS. The committee will also recommend guidelines school districts can follow based on the heat index level. The recommendations will be shared with the sections by the end of May.

**Suspended Game Rule** – The committee feels that the rules that are in place in the rule books of the sport, as well as, the NYSPHSAA rules governing the nights of rest are sufficient at this time. There is no need to take any further action.

**Proposal For Football Practice Regulation** – The committee discussed this recommendation at length. The committee feels that the beginning of the practice sessions is very important to get student athletes prepared for the season. The committee feels that not all students are coming into the season properly conditioned and prepared to compete. The committee feels that the first three days of practice should be focused on conditioning the players without pads. Students need to condition their bodies to the demands of practicing and practicing in the warmer weather before putting on extra pads. The committee voted not to support the change in the football practice regulations. The committee did support the recommendation to penalize a coach that was not following the practice regulations.

**Track and Field Proposals** – The committee voted to approve the recommendation to allow, indoor and outdoor, track and field participants to wear wrist watches in practice only. The committee voted not to recommend the addition of the 5000m run to the list of approved events. The NFHS does not approve of this event. If the event was approved, the committee recommends that the following two regulations be added to the approval. If a student participates in the 5000m run, that would be the only event that the student could participate in for that meet or invitational. If a student participates in the 5000m run, the student would have to have a minimum of two nights rest before competing in another meet or invitational.

**Section 5 Tennis request** – Section 5 was requesting a waiver of the maximum number of matches a student can play in a day, 3 matches. The section asked that a student be allowed to compete in 4 matches in one day. The Safety Committee recommends that this request be sent to both the Girls and Boys Tennis Committee for their recommendation.

**Sectional Concerns** – There were no sectional concerns at this time.

Meeting adjourned at 1:30pm