



**MINUTES**  
**SPORTS MEDICINE ADVISORY COMMITTEE MEETING**  
**August 31, 2017**

**Members Attendance:**

Dr. Javier Cardenas  
Tamara McLeod, PhD  
Hayley Root, MD  
Christina Kwasnica, MD  
Kristina Wilson, MD  
David Hayward, ATC  
Mark Strom, MD  
Aaron Nelson\*  
Roger McCoy\*

**AIA STAFF PRESENT:**

Mark Mignella, Legal Council  
David Hines, Executive Director  
Joe Paddock, Asst. Executive Director  
Jessica Garcia, Front Office Assistant

\*Indicates Conference Call-In

➤ **NFHS SMAC RESPONSE TO KSI STATE RANKINGS**

- The members discussed High School Sports Safety Policy Rankings across the nation; Arizona was ranked 18 of 51. These rankings can be found: <http://ksi.uconn.edu/high-school-state-policies/>
  - SMAC plans to evaluate the top states to see how Arizona can improve on their policies.
  - NFHS has also contributed funding for these policies.
- Members suggested of adding the health policy to the AIA website; more assessable for the public to access.
  - Should the concussion policy be added to the AIA website?

➤ **COACHES SMAC UPDATE**

- Dr. Wilson updates committee on the SMAC kick off held at the Football coaches meeting held July 22<sup>nd</sup> at North High School; good feedback was received from the Executive Board.
- In the meeting SMAC members encouraged coaches to reach out to SMAC for any concerns or questions.
- SMAC members also presented the Pre-Contest Medical Preparation Card that will be used at each event statewide.
  - Officials will have this card on hand and ask the 4 preparations questions.
- The 4 Big was also discussed with coaches; Head, Heart, Heat and the EAP (Emergency Action Plan).

➤ **HEAT ACCLIMATIZATION POLICY ISSUE**

- David Hayward speaks to the committee on several situations where schools practice indoors as a heat acclimatization day.

- Members discuss with Mr. Hines and Mr. Mignella about re-visiting AIA ByLaw 14.7.1.5
  - Does this ByLaw need to be modified?
  - Should the verbiage be changed (more specific)
- SMAC and AIA will evaluate the top states from KSI to help evaluate the ByLaw.
  
- **PRE-CONTEST MEDICAL PREPARATION CARD**
  - David Hines updates the committee that the AIA has issued every official state wide the Pre-Contest Medical Preparation Cards and that each official is following protocol.
  - Feedback from Officials suggest at the Varsity level to meet with the hosting school QMP rather than the head coach.
  - David Hines will be presenting the card at the next Section 7-8 Meeting this year.
  
- **OPIATE EDUCATION UPDATE**
  - Dr. Cardenas informs the committee that the State of Arizona is on board to be part of the Opiate presentation statewide; endorsement on opiate education.
  
- **BRAINBOOK UPDATE**
  - Javier demonstrates the newest version of the Barrow Brainbook that will launch soon.

Meeting Adjourned 9:00 am

Next Meeting: September 28, 2017