

Intercollegiate Athletics Committee

MINUTES

Tuesday, April 26th, 2016

3:00pm

EAGLE Center

Meeting was called to order at 3:10 pm.

Members in attendance: Bob Albert, John Curry, Vivian Cyrus, Pat DiSalvio, Charles Holloway, Jami Hornbuckle, Brian Hutchinson, Julia Hypes, Sara Larson, Peggy Osborne, Kelsey Patera, and Clarenda Phillips

Members not present: Gary Mesa-Gaido and Madonna Weathers

Staff support in attendance: Richard Fletcher

Roll Call

Approval of Minutes-unanimous

Missed Class Time-Richard Fletcher:

- Women's Soccer 10.5 days
- Women's Volleyball 9.5 days
- Football 5 days
- M/W Cross Country 3.5 days
- Women's Golf 11 days

Concussion Plan Presentation

- Presentation by Jamey Carver, Assistant AD/Director of Sports Medicine. *Attached with minutes.*

Volleyball Facilities Update-Brian Hutchinson:

- Phase 1 construction ended in 12/2015
- Phases 2 and 3 include everything but the brick outside
- Will be visiting with architects to redraw plans for new bid
- Money must be in the construction account before bidding
- All work completed to date has been covered by private funds.
- \$2.8 million gets us in the building/\$3.3 million total completion
- No work planned in 2016-17 fiscal year.
- Currently working on ways to raise additional funds privately.

Other Business:

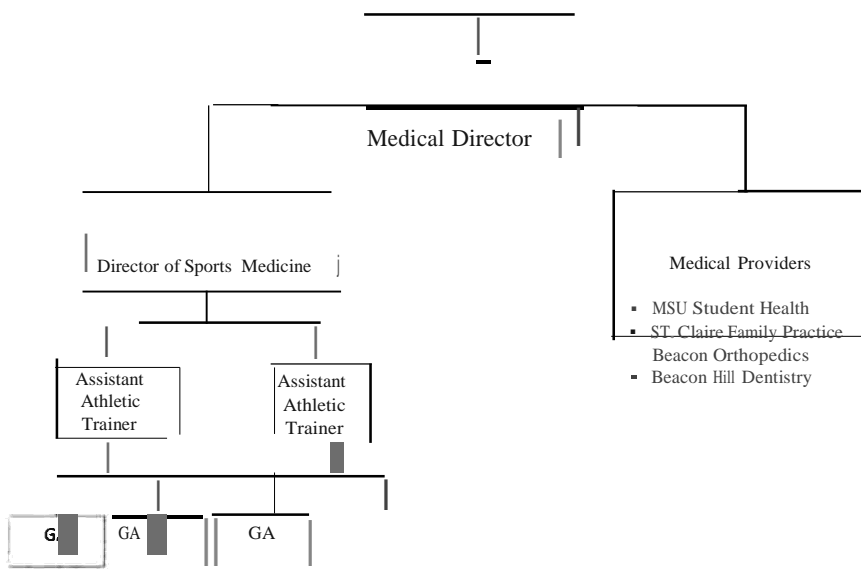
- Committee invited to attend the Athletic-Academic Awards Banquet on Monday, May 2nd at 6:00 pm
- Discussion on electing new chair. Decision made to wait until the fall of 2016.

Adjournment:

- Meeting is adjourned at 3:45 pm



Medical Team



NCAA 6 Areas of Concentration

- Preseason Education
- Pre-participation Assessment
- Recognition and Diagnosis of Concussion
- Post Concussion Management
- Return-to -Learn
- Reducing Exposure to Head Trauma

Preseason Education

- Athletes
 - On-line educational material
 - Annual presentation
 - Signed assumption of risk statement
- Coaches
 - Annual educational presentation
 - Signed document stating that they have been educated
- Physicians
 - Annual presentation and review of policy

Pre-participation Assessment

- Baseline Testing
 - ImPact
 - B.E.S.S.
- Athletes with a history of multiple concussion will be flagged for review

Balance Error Scoring System (BESS)

Score Card

Balance Error Scoring System (BESS)

(Guskewitz)

Balance Error Scoring System – Types of Error
<ol style="list-style-type: none"> 1. Hands lifted off iliac crest 2. Opening eyes 3. Step, stumble, or fall 4. Moving hip into > 30 degrees abduction 5. Lifting foot off heel 6. Remaining out of test position > .5 sec
<p>The BESS is calculated by adding one error point for each error during the 6 20-second tests.</p>

SCORECARD: # Error	Hard Surface	FOAM Surface
Double Leg Stance (feet together)		
Single Leg Stance (non-dominant foot)		
Tandem Stance (non-dominant foot in back)		
Total Scores:		
BESS TOTAL: <input style="width: 100px;" type="text"/>		

Which foot was tested: Left Right
(i.e., which is the non-dominant foot)



Management of Concussion (acutely)

- Any student athlete suspected of concussion removed from participation
- Sideline evaluation performed- if suspected concussion SCAT3 administered
- Student athlete will be monitored and then sent home with a home instruction sheet
- Referred to team physician at the earliest available appointment time

SCAT3™



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SIDELINE ASSESSMENT
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BACKGROUND

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SYMPTOM EVALUATION

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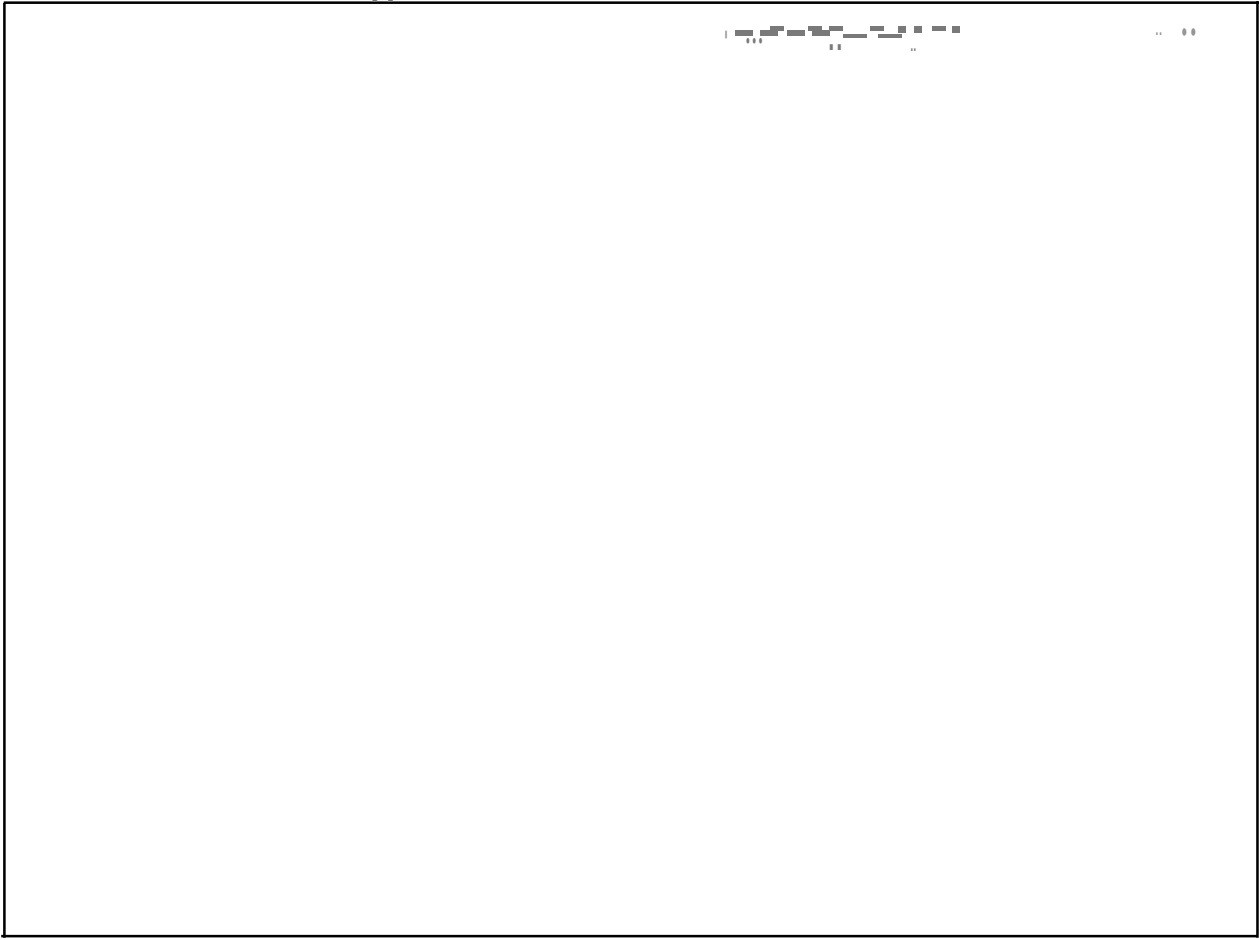
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Home Instructions for Concussion

I believe that _____ sustained a concussion on _____. To make sure he/she recovers, please follow the following recommendations below. Also, please remind them to report to _____ on _____ at _____ for follow up evaluation.

Please review the following list, if any of them develop prior to the follow up appointment, contact your, athletic trainer, physician or contact the local

EMS:

- Any decrease in level of consciousness
- Any increase in severity of symptoms
- An increase in the number of symptoms
- Any weakness or numbness In the arms or legs
- Any difficulty with facial expressions, numbness of the face, hearing, vision, and balance
- Abnormal respiration, pulse, blood pressure
- Neck pain
- Seizure
- Vomiting

If none of the above list occurs, please follow the instructions below:

- You may use acetaminophen (Tylenol) for a headache, but do not use any other medication unless instructed to by a physician.
- Use ice packs on head and neck for comfort
- Eat a light diet
- It is ok to return to school
- It is ok to return to sleep and get a full nights rest, there is no need to wake up every hour
- Do not take part in any strenuous activity until cleared by your athletic trainer or physician
- Do not drink alcohol or eat/drink spicy foods or beverages.
- Try to restrict visual activity (video games, computer, television) as much as possible until symptoms go away.

Athletes Name Phone Date

Athletic Trainer Phone Date

Management of Concussion (post acute)

- Once seen and symptom free for 24 hours
 - Administer ImPact and BESS test
 - Send results to team physician for approval to begin return to play protocol
 - Return to play protocol:
 - Step 1: No symptoms for a 24 hour period.
 - Step 2: Light aerobic exercise
 - Step 3: Sport-specific exercise
 - Step 4: Non-contact training drills
 - Step 5: Full contact practice
 - Step 6: Return to play
- Athletes having symptoms for longer than 2 weeks will be referred back to team physician for further evaluation

Return to Learn

- Athletes who have sustained a concussion are withheld from school that day
- Athletes will be evaluated the next day to assess academic limitations (sensitivity to light, noise, ect.)
- EAGLE center will be notified that the athlete has sustained a concussion and their limitations
- The EAGLE center will notify the athlete's professors as to the athlete's status
- A copy of the email will be sent to the Director of Sports Medicine and kept in the student athlete's file
- Once the student athlete is symptom *free*, or may return back to class, the EAGLE center will be notified

Return to Learn (cont.)

- Athletes sustaining symptoms for an extended period of time
 - A team composed of the Director of Sports Medicine, the Director of Academic Service, and the physician overseeing the care of the Athlete, will evaluate the academic restrictions of the Athlete.
 - The team may also include, but not limited to:
 - Office of Disabilities services
 - Course instructors
 - College administrators

Reducing Exposure

- Educate coaches as to the importance of proper technique