Sports Medicine Advisory Committee Recommendations

Spring 2026

*** 1. **Recommend approval to ~~add~~ *update* Return to Learn (RTL) recommendations to the website as a resource for member schools.** (11-0)

Rationale: Updating RTL recommendations on the website will provide schools with accessible, research-based guidance aligned with the forthcoming updated statement from the American Academy of Pediatrics. Making this information readily available will assist school administrators, educators, and healthcare providers in implementing consistent and effective practices that prioritize student health, safety, and academic success.

_____ 2. **Recommend that the Return to Play Concussion Form undergo a final review by the Sports Medicine Advisory Committee (SMAC) via email. Upon receiving SMAC approval, the form should be forwarded to the MSHSAA legal counsel for review and approval. Following legal clearance, the finalized document should be submitted to the Board of Directors at the next scheduled meeting for formal approval.** (11-0)

Rationale: This process ensures a thorough and efficient review of the Return to Play Concussion Form while maintaining appropriate oversight at each level. Conducting the final SMAC review via email allows for timely feedback and avoids delays associated with scheduling in-person meetings. Review by legal counsel ensures the form aligns with current laws, regulations, and liability considerations. Presenting the vetted document to the Board of Directors for final approval ensures the policy is formally adopted with full confidence in its medical accuracy, legal compliance, and organizational integrity.

_____ 3. **Recommend approving an interpretation that a Spirit (cheer/dance) conditioning practice shall be recognized as a valid conditioning practice, consistent with the existing definition in the MSHSAA Handbook, and may be counted toward the required 14 days of athletic conditioning as outlined in applicable by-laws.** (11-0)

Rationale: The current MSHSAA Handbook includes Q&A interpretations following By-Laws 3.9 and 4.5.10 which state that Spirit conditioning practices do not count toward the 14-day conditioning requirement for athletics. This interpretation appears to have originated from a Sports Medicine Advisory Committee (SMAC) recommendation; however, it is not supported by a distinct definition of “conditioning practice” within the Handbook.

Conditioning practice is defined and described in By-Laws 3.9, 3.16.2, and 4.5.5. By-Law 4.5.5 (Spirit) requires each participant to complete 14 school conditioning practices on 14 separate days, which mirrors the requirement established in By-Law 3.9 for athletics. There is no separate or modified definition of a conditioning practice specific to Spirit activities.

The current interpretation creates inconsistency, as conditioning practices completed for sports may be applied toward Spirit requirements, while Spirit conditioning practices are not permitted to count toward the same standard.

Clarifying that Spirit conditioning practices meet the same definition, and standard as other conditioning practices would:

- Align interpretation with the existing by-law language.
- Provide clarity and consistency for school administrators and coaches.
- Promote equitable application of conditioning requirements for Spirit participants.
- Remove reliance on an outdated interpretation not supported by current by-laws.

*	Denied
**	Tabled
***	Approved as Amended
****	No Action
All Others Approved	

Action taken by Board of Directors – April 10, 2026