

Sports Medicine Advisory Committee Recommendations

Spring 2025 – Board Actions (June 2025)

- Y 1. Recommend that cold weather guidelines are put on the MSHSAA website.

Rationale: Committee wants to provide resources for member schools. MSHSAA is being proactive in reducing the risk of cold weather illnesses and injury at outdoor events.

- N 2. Recommend that all member schools have access to an athletic trainer for their school.

Rationale: Committee is committed to communicating their belief it is best practice for schools to have the services of an athletic trainer.

- Y 3. Recommend amending 2.E.17 of the Football Manual to the following:
Heat Hydration Mandatory Officials Timeouts: Under the guidance of SMAC the following protocols have been developed for the implementation of additional timeouts for periods of unusual heat and humidity.
For Wet Bulb Globe Thermometer readings at or above 82.1, assessed 30 mins prior to the start of competition; a timeout shall be called at the halfway point of the quarter or the next dead ball immediately following the halfway point.

Rationale: Using the current standard will provide consistency in all activity using the WBGT guidelines. The previous standard used the first four weeks of the season for mandated water breaks. The actual WBGT reading will give much more accurate guidance.

- Y 4. Recommendation to change the WBGT chart to say NO outdoor ~~workouts activity:~~
Cancel or delay activity and ~~competitions~~ until a cooler WBGT is reached.

Rationale: Clarifying the WBGT chart information for member schools.

Staff recommendations are shown to the left of each item.

Y	Yes	The staff's recommendation is for the Board to approve the committee's recommendation.
A	Yes as Amended	The staff's recommendation is to approve the committee's recommendation, as amended/modified by the staff; the original committee recommendation can be viewed in the committee minutes.
N	No	The staff's recommendation is for the Board to deny the committee's recommendation.
D	Discuss	The staff's recommendation is for the Board to discuss the committee's recommendation due to a variety of pros and cons associated with its potential approval.
T	Table	The staff's recommendation is for the Board to table the committee's recommendation for further study or for its referral to another committee.