

Attention: Athletic Directors, District Athletic Directors, Principals, Athletic Trainers
Subject: MSHSAA Sports Medicine Reminders/Advisements/Requirements

This information is being communicated in conjunction with the 2021-2022 school year as a courtesy to advise/remind each of our member schools about the different Sports Medicine related topics and issues that our member schools must be committed to relative to dealing with Concussions, Head Injury Tracking, Heat/Humidity, Severe Weather, Cardiac Arrest, Emergency Action Plans, Etc. **Summarized information can be found in the link below regarding these topics and additional information and resources may be found under the "Sports Medicine" tab or in the MSHSAA Handbook on www.mshsaa.org**

COVID-19 Resources – MSHSAA Guidance-Recommendations: While we all anticipate and are hopeful for a more normal school year, we will continue to have information posted on the Sports Medicine page of our website relative to Covid-19. Our current message continues to be to work through your local/county health department in consultation with the state health department for decisions relative to vaccinations, close contacts and exposures, social distancing expectations, etc. that exists in your geographical area. Your local/county health department will be your lead on what is or is not necessary for student athletes that have been vaccinated as it relates to close contacts and exposures to positive cases.

Virtual Conditioning Practices Update: MSHSAA provided a one-year exception during the 2020-21 school year that permitted virtual conditioning practices to be counted toward conditioning practice requirements in an effort to help navigate through the peak of Covid-19. **This was a one-year exception only and is not approved/permitted during the 2021-2022 school year.**

ALL SPORTS – Physicals and Insurance:

Physicals(PPE's): There is no relief granted to bylaws 3.8.1 or 4.5.4 under any circumstances. All students “must” continue to have a valid physical under current requirements of bylaws regarding physicals. MSHSAA member schools voted on the annual ballot (April-2019) to change Bylaws 3.8.1 and 4.5.4 to allow a student’s PPE (Pre-participation Physical Examination) Form to be valid for a two-year period (730 days) from the date of which the physical examination was received. **Reminder: Schools are still required to secure the Pre-Participation Documentation - Annual Requirements from all participating students annually.** Please use the links below for clarifications that you may need relative to PPE’s and Pre-Participation Documentation-Annual Requirements for students at your school.

PPE Background and Information: <https://www.mshsaa.org/resources/PDF/Current%20Pre-participation%20Physical%20Evaluation%20-%20PPE-History%20Form-English.pdf>

Pre-participation Documentation - Annual Requirements:

<http://www.mshsaa.org/resources/pdf/CurrentMSHSAAPre-participationDocumentation-AnnualRequirements.pdf>

MSHSAA Voluntary Concussion Insurance: The MSHSAA Office is serving as the fiscal agent to offer voluntary concussion insurance to MSHSAA member schools. The cost is \$1.50 per non-duplicated student on the 2020-2021 athletic eligibility rosters. Securing voluntary concussion insurance is done through your registration with MSHSAA. Go to your school home page, select the “registrations” link listed under the Account Information category, select the “Concussion Insurance” link.

FALL SPORTS – Mandatory 16 Day Heat Acclimatization: Please make sure to review MSHSAA By-Law 1.7 with all Fall Sports Head and Assistant Coaches as related to the mandatory Heat Acclimatization requirements for Fall Sports. Your fall sports coaches must ensure that they are following the Heat Acclimatization Schedule as set forth in By-Law 1.7.

MSHSAA 16 day Acclimatization Period: <http://www.mshsaa.org//resources/pdf/2013%20Heat%20Acclimatization.pdf>

Heat and Hydration – Wet Bulb Globe Thermometer (WBGT): As we move through the month of August and high temperatures are of a concern, please make sure that each of your fall sport head coaches, trainers, etc. are aware of and educated on the Heat/Hydration Recommendations. **The MSHSAA SMAC and Board of Directors have**

both unanimously approved the use of a Wet Bulb Globe Thermometer (WBGT) as the procedure for determining whether a practice or contest must be postponed or suspended due to heat/humidity conditions.

Wet Bulb Globe Thermometer Guidelines: <https://www.mshsaa.org/resources/PDF/2020%20WBGT%20-%20Recommended%20Guideline%20for%20Heat%20and%20Humidity%20-%20CURRENT.pdf>

More information can be found using the “Heat and Hydration Recommendations” link found on the Sports Medicine page at www.mshsaa.org.

Severe Weather(Lightning)Guidelines: It is inevitable that at some point during the fall sports season you will encounter severe weather, specifically lightning, being present at either a practice or game setting. In these instances, make sure that your administration and coaching staffs are aware of and educated on the Lightning Safety Guidelines that must be followed when determining when postpone or resume a practice or contest.

NFHS Guidelines for Lightning/Thunder Disturbances: <https://www.mshsaa.org/resources/pdf/18LightningPolicy.pdf>

NOTE: If your school chooses to enter into a contract with a Sports Medicine Group for providing Athletic Training Services for your school, you may be bound through the contract of services to follow other guidelines or protocol for the handling of severe weather/lightning during practices or games. Please make sure to review your contract with the athletic training services provide to determine any details that may need to be communicated with the athletic training provider(s) as to what required guidelines or protocol is that will need to be followed during their service times.

Concussions (Education and Return to Play Guidelines): It is mandatory that each member school (Middle Schools and High Schools) of the MSHSAA provide Concussion Education to their coaches, players and parents annually. There are a number of different ways to meet this requirement, whether that be scheduling coaches/players/parent meetings and showing the free NFHS Concussion Education course/video or whether that be choosing to distribute Concussion Education information to each of these three groups. **Several resources for Concussion Education is located on the Sports Medicine page at www.mshsaa.org.**

Concussion Education Resources:

http://www.nfhs.org/media/1014739/parents_guardians_guide_to_concussion_final_2016.pdf

<https://nfhslearn.com/courses/61151/concussion-in-sports>

Return To Play Form (Mandatory): When your school has a student that has been removed from a game/contest due to signs and symptoms of a concussion and is then diagnosed with a concussion, your school must use the MSHSAA Concussion Return To Play Form/Guidelines in consultation with an MD/DO/PAC/LAT/ARNP/Neuropsychologist in order for the student return to practice/competition. **The use of this form is critical in an effort to protect the student athlete’s well-being and the schools position of liability.**

Return To Play Form: <http://www.mshsaa.org/resources/pdf/18%20RTP%20Form.pdf>

2021-2022 Head Injury Reporting: All schools are required by HB300 to track any suspected head injuries to student athletes throughout the school year. **MAKE SURE TO DOCUMENT AND KEEP ON FILE ANY AND ALL OCCURENCES OF CONCUSSED ATHLETES THROUGHTOUT THE SCHOOL YEAR SO THAT YOU CAN ACCURATELY RESPOND TO THE MSHSAA HEAD INJURY SURVEY WHICH IS REQUIRED OF US BY STATE LAW – HB 300.** The Head Injury Survey reporting portal can be accessed from your school’s “Account” page through the entire school year so that you are able to report head injuries at the conclusion of each sport season.

PLEASE REMIND ALL YOUR COACHES.....WHEN IN DOUBT.....SIT THEM OUT!!!!

Sudden Cardiac Arrest: Sudden Cardiac Arrest is the #1 cause of death in the United States for student athletes during exercise. This topic has become another growing concern for those of us working with students and student athletes. Due to the severity of a Sudden Cardiac Arrest and the short amount of time that one is permitted in dealing

with a Sudden Cardiac Arrest, it is important that you educate your coaches and players on how to react and handle a situation of this nature. Having a solid Emergency Action Plan in place is the absolute best practice to have in place when dealing with an issue such as Sudden Cardiac Arrest. **Member schools should make efforts in securing AED's that can be located at the school and all athletic facilities in the case of a Sudden Cardiac Arrest emergency. Any AED should be accessible within 3 minutes from any practice or competition facility.**

Guide to Sudden Cardiac Arrest: <https://nfhslearn.com/courses/61032/sudden-cardiac-arrest>

Emergency Action Plans: It is absolutely necessary that each member school implements an Emergency Action Plan for each sport, activity and venue at your school. **The MSHSAA promotes to our schools the program titled "ANYONE CAN SAVE A LIFE", which is a highly effective Emergency Action Plan Program being used at the middle school and high school level across the country.**

Emergency Action Planning: <http://www.mshsaa.org/resources/pdf/emergencyPlanning.pdf>