

## NYSPHSAA Safety Committee Meeting

April 13, 2010

Conference Call

10am

### Minutes

- I. **Attendance:** Jim Rose (section 1), Rick Knizek (section 2), Kelly Hoke (section 3), Pat Grasso (section 4), Kim Henshaw (section 5), Tim Marong (section 6), Karen Lopez (section 7), Rich Schaub (section 8), Janet Carey (section 9), Erica Backus (section 10), Tim Mullins (section 11), Trish Kocialski (SED), Brian Rieger (SUNY Upstate), Paul Lasinski (NYS Athletic Trainers Association), Marty Sherman (NYSPHSAA Wrestling Chairman). Absent with Notification – John O’Bryan, MD and Doug Sacket, NYS Health Department.
  
- II. **Recommendation from Wrestling Advisory Committee:** The committee discussed the recommendation that wrestlers will be certified to a minimum weight for the 2010-11 and 2011-12 school year instead of a minimum weight class. The process would not change, since our current program does certify the wrestler to a minimum weight and then to a minimum weight class. The rationale is that on December 25<sup>th</sup> each wrestler is given a two pound growth allowance. Therefore, each weight class is increased by two pounds. By certifying to a minimum weight a wrestler may be allowed to wrestle at an appropriate and safe weight after the pound allowance is in place. A motion was made by Rich Schaub and seconded by Jim Rose to **recommend that for 2010-11 and 2011-12 all wrestlers will be certified to a minimum weight instead of a minimum weight class.** This motion was approved 11-0.
  
- III. The committee was given draft proposals for a Heat Index policy and Wind Chill policy for review. The committee recommended some language changes in both policies. Language changes included adding heat alert level warnings as well as wind chill level warnings to the policy. Other changes included denoting that the wearing of football helmets and no other protective padding should be for practice only. The committee added language to the Wind Chill Policy that stated that the sport of Alpine Skiing would be exempt from the Wind Chill Policy. The rationale behind this change is due to the fact that Alpine skiers are subject to ski mountain regulations for safety and that they are well protected from the elements and are not exposed to the elements for a significant amount of time. A motion was

made by Pat Grasso and seconded by Tim Marong to **accept both policies as presented, with the changes made by the committee, and recommend that the NYSPHSAA mandate that all sections follow both policies during the regular season and post season competition.** The committee did clarify that any section could be more restrictive to this policy.

IV. The committee discussed the recommendation from the football committee regarding the practice guidelines. The football committee recommended a 2-3-6-4 practice guideline after recommending a 1-4-6-4 guideline last year. The committee appreciated the willingness of the football committee to compromise. A motion made by Rich Schaub and seconded by Tim Marong was made **to accept the Football Committees recommendation to change the practice guidelines from 3-2-6-4 to 2-3-6-4.** This motion passed 9-1-1.

V. The committee discussed the ASA rule change allowing players in U18 and U16 to wear metal cleats. The committee felt that there has not been a significant increase in baseball players wearing metal cleats then why would there be an increase in softball players. The committee also asked what the rule was from the NFHS. It has been confirmed that the NFHS does allow the use of metal cleats. Paul Lasinski will look for any studies done on softball players wearing metal cleats and an increase in injuries. The input from the Safety Committee will be shared with the Softball Committee.

VI. The committee discussed the recommendation from the Boys and Girls Tennis Committee regarding allowing 4 matches in a day for league and sectional tournaments. This would only be allowed if modified scoring is used and the mandated amount of rest is required. **A motion was made to approve the recommendation to allow 4 matches in a day with the required amount of rest for the quarter finals (30 minutes), semi-finals (45 minutes), and finals (60 minutes) by Rich Schaub and seconded by Kim Henshaw.** This motion was approved 10-0.

VII. The committee discussed the **recommendation from the Modified Committee to allow a modified wrestler to have a "sudden victory" overtime for modified matches. This would be allowed with section approval. Each wrestler would start in the standing position and the first wrestler to score a point would be declared the winner. The maximum of time allowed for the overtime would be 30 seconds. Other modified programs are allowed to have overtime periods and this would allow wrestlers more mat time with good competition. A motion was made to**

approve this recommendation by Rich Schaub and seconded by Tim Mullins. This motion was approved 7-2. On another wrestling note, Marty Sherman asked the committee for input on the 45 minute required rest rule between matches when a wrestler receives a forfeit win. **The committee, as a whole, felt that if a wrestler receives a forfeit win, and they did not wrestle on the mat, they should not be required to wait the mandatory 45 minutes.**

- VIII. The committee was given updates and reminders regarding the data collected for injuries in girl's lacrosse and the status of our concussion management program.
- IX. The committee discussed at great length the need to have athletic trainers at every member high school. The committee feels strongly that this should be a mandate from the NYSPHSAA. The committee also understands that we are in an extremely difficult economic time and that another unfunded mandate at this time would be an extreme hardship on our member schools. With that being said, the safety of our athletes is still a top priority for our members schools and the NYSPHSAA. With the increase understanding of the severity and importance of a concussion management program in a school district, as well as many other health related aspects that are facing our student athletes, the Safety Committee would like to make a recommendation that is not a mandate but would be placed in the NYSPHSAA handbook as a recommendation or encouragement to our member schools. The Safety Committee is offering the following suggestion. **"The NYSPHSAA recommends that all member high schools have some type of athletic training services provided to the school by a certified athletic trainer"**. The committee understands that the Commissioner of Education Regulations state that, "It shall be the duty of the trustees and boards of education to determine the need for an athletic trainer and to permit individuals to serve as athletic trainers for interschool athletic teams, intramural teams or physical education classes only in accordance with the following:". The qualifications and scope of duties and responsibilities are outlined on page 44 of the NYSPHSAA handbook. The Safety Committee is asking the Executive Committee to consider our recommendation.