

**Sports Safety Work Group
Meeting Minutes
May 4, 2009**

KHSAA Commissioner Brigid DeVries and Michael Dailey from the Kentucky Department of Education convened the first meeting of the Sports Safety Work Group ("committee") on Monday, May 4 at 2:00 p.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided a brief overview on the agenda and materials for the meeting. Members of the committee present were Kentucky Department of Education members Michael Dailey, Bridgette Combs Stacy and Darryl Thompson; Kentucky Board of Education Member Dorie Combs; KHSAA Board of Control Members Lonnie Burgett, Dave Weedman and Lea Prewitt; Warren County Superintendent Dale Brown; Kentucky Medical Association members Dr. Pete Bowles, Dr. Michael Miller, and Dr. Ben Kibler; Anderson County Head Football Coach Mark Peach; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman; Certified Athletic Trainers Sheri McNew, Greg Rose, Bob Barton and Tom Steltenkamp. Also present were KHSAA Assistant Commissioners Julian Tackett, Michael Barren, Darren Bilberry and Sports Information Director Elden May. Committee members unable to attend were Doug Hubbard and Austin Moss from the Kentucky Board of Education. Each committee member introduced themselves and talked about their affiliation, credentials and interest in serving on this important committee.

The first item on the agenda was a discussion on the interpretation and stipulations contained in House Bill 383. Discussion included the timeline outlined in Section 1 of the bill, so that everyone on the committee was clear about the intent and scope of the bill. Ms. DeVries coordinated the discussion on the specific language in the bill item by item, including the requirements for the upcoming 2009-10 school year contained in Section 2 of the bill. The committee discussed the aggressive timeline which is less than optimal for implementation. The October 1, 2009, deadline for the submission of a final report and findings of the committee to the Interim Joint Committee on Education will likely necessitate regular meetings by the committee. The committee further discussed the specifics listed in Section 2 of HB 383, which states that *"The Kentucky Board of Education or organization or agency designated by the board to manage interscholastic athletics shall require each high school coach to complete a sports safety course consisting of training on how to prevent common injuries. The content of the course shall include but not be limited to emergency planning, heat and cold illnesses, emergency recognition, head injuries, neck injuries, facial injuries and principles of first aid."* The provisions in Section 2 prompted discussion among the committee regarding the terminology mentioned in the bill. As an example, Sheri McNew requested an interpretation on what constitutes a practice including offseason conditioning etc. Dale Brown raised the question of who is identified as a coach within the language of bill. The committee agreed to prepare a set of suggested definitions for review at the next meeting to address some of the ambiguities in the bill.

The next item on the agenda was a discussion of current KHSAA Coaching Education Requirements. Michael Dailey read the wording of the current KHSAA By-Law 27, as well as the proposed changes that are scheduled to go before the Administrative Regulation Review Subcommittee at May 12, 2009. Among the changes are wording that includes AED/CPR training and a coaching safety requirement. Commissioner

DeVries noted both provisions will be easily enforced beginning in the fall of 2009. For coaches, only CPR training that includes use of AED'S will be accepted for certification while all newly hired coaches must complete the sports safety requirement before being allowed to coach.

Julian Tackett informed the group that by July 15, (the start of fall practice for the 2009-10 school years) an online sports safety course in development by the Kentucky Medical Association will be available, so that at least one person who has completed the course, or is eligible to teach the course, can be at every high school athletic practice and competition. Darryl Thompson requested a clarification about the enforcement of the provision and whether or not practice must cease if a qualified person was not present. Mr. Tackett shared that by the Legislative Research Committee's interpretation, the answer is that there is no practice or participation in contests unless a coach is in compliance with the requirement. Brigid DeVries stressed that while an online course will be available to certify personnel in time to satisfy the requirements of the law this year, it will be the responsibility of the committee to make recommendations for the best long-term curriculum. In addition, by July 15, an online coaching registry will be developed by the KHSAA to track and update the completion of all coaching requirements by each school and district. The committee made the recommendation that since the course materials must be reviewed every 30 months, the recommendation for re-certification by coaches be every two years.

Michael Dailey led the discussion on Section I of HB 383 along with other topics listed in the bill that the committee needed to review and report on for the safety study. To comply with one of the items for study in the bill, Julian Tackett suggested obtaining national sports injury information from Dr. Fred Mueller from North Carolina and Dawn Comstock, a professor for The Ohio State University who conducts research for the National Federation of High Schools. The data will be analyzed for trends and potential impact on sports safety in Kentucky. A link to this data will be provided to committee members.

In the interest of more efficient communication, Commissioner DeVries suggested that the group split into smaller committees and review current sports safety courses in time for the next meeting. Bridgette Combs Stacy, Dr. Philip Hurley, Tom Steltenkamp and Dr. Pete Bowles will review the Red Cross course; Bob Barton and Dr. Ben Kibler will review the ACEP course; and Greg Rose and Sherry McNew agreed to review the American Sport Education Program. Dale Brown, Darryl Thompson, Jerry Wyman, Dorie Combs, Lonnie Burgett, Dave Weedman and Mark Peach will study the educational impact and implementation of the new regulations. The KHSAA staff agreed to obtain state and national sports injury data.

The next Sports Safety Work Group committee will meet on June 1, 2009 at 1:30 p.m. at the KHSAA office in Lexington.

The meeting adjourned at 4:05 p.m.

Sports Safety Work Group Minutes June 1, 2009

KHSAA Commissioner Brigid DeVries and Michael Dailey from the Kentucky Department of Education convened the second meeting of the Sports Safety Work Group ("committee") on Monday, June 1 at 1:30 p.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided an overview of the agenda and materials for the meeting.

Members of the committee present were Kentucky Department of Education members Michael Dailey, Brigette Combs Stacy and Darryl Thompson; Kentucky Board of Education members Dorie Combs and Doug Hubbard; KHSAA Board of Control Members Lonnie Burgett, Dave Weedman and Lea Wise Prewitt; Notre Dame Academy Soccer Coach Sara Raaker, Kentucky Medical Association Members Dr. Pete Bowles, Dr. Philip Hurley and Dr. Ben Kibler; Anderson County Head Football coach Mark Peach; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman; Certified Athletic Trainers Sheri McNew, Greg Rose Bob Barton and Tom Steltenkamp. Also present were KHSAA Assistant Commissioners Michael Barren, Darren Bilberry, Butch Cope, Sports Information Director Elden May, Information Technology Coordinator Rob Catron with guest Lexington Herald-Leader reporter Valerie Honeycutt Spears. Committee members Dr. Michael Miller, Superintendent of Warren County Schools Dale Brown and Kentucky Board of Education member Austin Moss were unable to attend.

The first item on the agenda was a review of existing sports safety programs and the positive and negative aspects of each. As assigned in the first Sports Safety Workgroup Meeting, Bob Barton and Dr. Ben Kibler analyzed the American Coaching Education Program (ACEP) and reported their findings to the committee. The findings were positive about the program overall and very thorough but the section about heat illnesses was a bit weak. There were also concerns about how the ACEP program could satisfy the requirements of House Bill 383 because the program has no capability for online testing. Much of the training for instructors would likely have to take place out of state, something that could cause financial hardship or drive up the cost for the program.

Dr. Pete Bowles, Tom Steltenkamp, Bridgette Combs Stacy and Dr. Philip Hurley reviewed the American Red Cross course. The positives for the Red Cross program included a hybrid online element as well as face-to-face instruction. There is also a cost of \$50 per individual taking the course and the Red Cross does not allow instructors to tailor the course. In the case that an instructor changes anything from the course presentation, that person could lose certification with the Red Cross. Greg Rose and Sherry McNew reported their findings of the American Sport Education Program. They expressed concern over the cost per coach (\$86 per coach) as well as the fact the program does not address prevention of injuries.

Barton mentioned the fact that the Ohio High School Athletic Association developed a course itself, that took elements of many existing courses and tailored them to the personnel and situations unique to Ohio. The course covered the basic guidelines of sport safety. Barton said it was not as in-depth as the existing programs but it provided a lot of flexibility.

Dr. Ben Kibler showed the committee one Power Point segment of the Sports Safety course in development by the Kentucky Medical Association for the 2009-10 school year. Upon its conclusion Commissioner DeVries told the committee of the plan for implementation. July

through October will be the first phase of implementation and will meet the minimum requirement of the law. The feedback received from the first wave of coaches who complete the course will allow designers of the course to make any changes or adjustments necessary as the year goes along.

The next agenda item dealt with Committee Assignments for House Bill 383 topics and a discussion of terminology. Among the definitions discussed were arriving at the definition of who is considered a coach, what constitutes a practice and what determines a competition. A new definition that was recommended by Jerry Wyman was the need to define a school-sponsored activity. In the Jefferson County Public School district, Wyman defines sports as 'school-sponsored' for insurance purposes as anything occurring after school that is done in connection with a school. In their case it includes varsity and junior varsity athletics, band, club sports and school clubs. Jefferson County is requiring all supervisors of a school-sponsored activity to complete the safety course before being allowed to coach in the county.

The next agenda item was a look at the Virginia High School League Heat Guide and how it compares and contrasts to the policy currently in place in Kentucky. While the policy in Virginia has lower heat index thresholds than Kentucky, it is not required of member schools in that state to abide by it. Committee members will review the policy and discuss it at the next meeting, scheduled for Thursday, July 9 at 1:30 p.m.

With no further business on the agenda, the meeting adjourned at 4:20 p.m.

**Sports Safety Work Group
Minutes
July 9, 2009**

KHSAA Commissioner Brigid DeVries convened the third meeting of the Sports Safety Work Group (“committee”) on Thursday, July 9 at 1:30 p.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided an overview of the agenda and materials for the meeting.

Members of the Committee present were Kentucky Department of Education members Brigitte Combs Stacy and Darryl Thompson; Kentucky Board of Education members Dorie Combs and Doug Hubbard; KHSAA; KHSAA Board of Control member Lea Wise Prewitt; Kentucky Medical Association members Dr. Pete Bowles and Dr. Phillip Hurley; Anderson County Head Football Coach Mark Peach; Certified Athletic Trainers Greg Rose and Bob Barton; Warren County Schools Superintendent Dale Brown and Mayfield Independent Schools Superintendent Lonnie Burgett. Also present were KHSAA Assistant Commissioners Julian Tackett, Butch Cope, Michael Barren and Darren Bilberry, along with Sports Information Director Elden May. Louisville Courier-Journal environmental reporter James Bruggers was attending as a guest. Committee members Dr. Michael Miller, Kentucky Department of Education member Michael Dailey; Kentucky Board of Education member Austin Moss; KHSAA Board of Control member Dave Weedman; Notre Dame Academy Soccer Coach Sara Raaker; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman; Certified Athletic Trainers Sheri McNew and Tom Steltenkamp were unable to attend.

The first item on the agenda was an update on the 2009-10 Sports Safety Course, including course certification and technology. Julian Tackett explained the process of how users initially log in providing a user name and password, and school affiliation. Once an individual completes that process they may begin to take the course. The Sports Safety Course contains seven (7) modules – Emergency Planning, Sports First Aid Elements, Recognizing Athletic Emergencies, Heat Illness, Head and Neck Injuries, Facial Injuries, and MRSA and Skin Conditions. Mr. Tackett demonstrated how the program and testing elements function by showing the entire “Heat Related Illness” module to the group. A point was raised by Dorie Combs about whether the questions would always appear in the same order, raising the possibility of a group taking the course together and sharing the answers. Mr. Tackett said the issue was addressed in the design stages and the questions were programmed to appear in random order, and included multiple choice options. Mr. Tackett also demonstrated the administration pages that display overall the numbers of people who have completed the course. It also includes a page that school administrators can log onto and see how many modules each coach within the school system has completed. A total of 1,637 coaches had signed up for the course and 1,386 had entered information while 870 had completed all seven modules as of July 9, 2009.

The second agenda item included committee reports on study requirements listed in HB 383. From Item E of the bill, “Education for High School Coaches,” Butch Cope gave a demonstration of some of the educational materials available on the KHSAA website, including a short video about proper hydration from the Gatorade Sports Science Institute. This video, along with other information is shared with school personnel on a regular basis at the Annual Meeting, required principal’s meetings, rules clinics, etc.

Dr. Pete Bowles then talked about the newest Kentucky Medical Association recommendations for cooling methods for student-athletes. The KMA detailed the methods in a press release issued in late June. Essential recommendations include establishing a written plan for treatment of Exertional Heat Stroke (EHS), assess environmental conditions and know when a danger exists, identify a specific spot at the athletic facility that has shade, have immediate access to ice and bags that contain ice, have access to water and provide water breaks as outlined in the KMA/KHSAA Heat Illness and Prevention Policy, and know the most effective site for application of ice on the body.

Dr. Bowles also opened the discussion on an Air Quality Index and its effect on outdoor activity. Dr. Bowles stated that he had a conversation with Dr. Tom Fitzgerald, who is one of the foremost authorities on the subject of air quality. He stated that as far as he was concerned, the scientific data that Dr. Fitzgerald had compiled was very thorough and the Air Quality Index and readily available to the general public to review. Because of that, he indicated there is no reason to reinvent the wheel and asked for a consensus of the committee on adopting air quality index along with the current heat index policy. Dorie Combs suggested that the committee review the Air Quality information on the subject before making a decision or recommendation and asked Dr. Bowles how air quality index is measured. Bowles said air quality index has a level, above 100 on the scale, where no outside activity is recommended. However, unlike the heat index, it is his understanding that the air quality index is only measured in seven or eight areas in Kentucky where high levels of pollution are known to exist and are monitored.

Mark Peach also raised the question of information inconsistency as coaches are required to measure heat index on site and submit the form to the KHSAA, while the air quality index would be not be measured on site and instead taken from a website.

The group decided the next step should be a review of the history of the air quality index around the state and look at a comparison of schools might have been forced to cancel or curtail activities due to high readings. Dr. Bowles added that it would be a good idea to get additional information from Dr. Fitzgerald and discuss it at the next meeting.

Ms. Combs also reported that much of the information from NASBE (National Association of State Boards of Education) did not have any information that was different than the sports safety information the group was already reviewing.

From Item D of HB 383, Julian Tackett presented information from reports compiled by Dawn Comstock and Dr. Fred Mueller regarding sports injuries. One of the common threads in compiling high school injury data is that many are not reported, making information difficult to compile on specific injuries and causes. Among the reasons for this are liability issues, as well as the fact that, unlike collegiate and professional athletes, high school athletes are not adults and privacy issues come into play. However, one of the more alarming trends Ms. Comstock is finding is that cheerleading is the second-most common sport for serious injuries, or injuries that require a trip to an emergency room or hospitalization.

The next agenda item was discussion of other information, including the Virginia High School League (“VHSL”) Heat Guide. Julian Tackett noted the (“VHSL”) guide was actually a recommendation, not a regulation, and did not address situations state-wide for Virginia.

Dr. Phillip Hurley made the recommendation that the group wait until its August meeting to continue discussing definitions, since individuals on that committee were unable to attend the July meeting.

Middle School Access to the Sports Safety Course was a topic of discussion. The language of HB 383 includes middle schools but the KHSAA only has jurisdiction over grades 9-12. Brigitte Combs Stacy asked the members of the Kentucky Board of Education if it was too late to place this item on the agenda for discussion at its August meeting. Doug Hubbard, Chairman of the KBE, confirmed the issue will be addressed, if not at the August meeting, at a subsequent meeting.

Bob Barton suggested that group members are continuing to study the information available in the various safety courses on the market, as well as the one developed by KMA. Mr. Barton submitted a written report regarding the safety course review to date. The group will discuss it at the next meeting, scheduled for August 10 at 1:30 p.m. at the KHSAA office.

With no further business on the agenda, the meeting adjourned at 4:40 p.m.

**Sports Safety Work Group
Minutes
August 10, 2009**

KHSAA Commissioner Brigid DeVries convened the fourth meeting of the Sports Safety Work Group ("committee") on Monday, August 10, 2009 at 1:40 p.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided an overview of the agenda and materials for the meeting.

Members of the committee present were Michael Dailey, Brigitte Combs Stacy and Darryl Thompson from the Kentucky Department of Education; Doug Hubbard and Dorothy Combs from the Kentucky Board of Education; Kentucky Medical Association members Dr. Pete Bowles, Dr. Michael Miller and Dr. Phillip Hurley; Certified Athletic Trainers Bob Barton, Greg Rose and Tom Steltenkamp; KHSAA Board of Control President Dave Weedman; Anderson County Head Football Coach Mark Peach; Notre Dame Academy Soccer Coach Sara Raaker; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman and Mayfield Independent Schools Superintendent Lonnie Burgett. Also in attendance were KHSAA Assistant Commissioners Michael Barren, Julian Tackett, Butch Cope and Darren Bilberry; as well as KHSAA Sports Information Director Elden May. Guests included Assistant Professor at Eastern Kentucky University Dr. Eric Fuchs, Paige Short, Dr. David Bensema, Tom Evans, David Foley and Dan Short from IONX International, Inc, as well as Bill Collins and former Kentucky Governor Martha Layne Collins. Committee members Austin Moss from the Kentucky Board of Education, KHSAA Board of Control member Lea Wise Prewitt, Warren County Schools Superintendent Dale Brown, Dr. Ben Kibler and Certified Trainer Sheri McNew were unable to attend.

Ms. DeVries directed committee members to view the Health and Safety Items distributed prior to the meeting, including position statements from the National Federation of High Schools regarding anabolic steroids, supplements and invasive medical procedures on the day of competition, as well as the 2008 Consensus Statement on Concussion in Sport.

The second item on the agenda was an update on the 2009-10 Sports Safety Course. Julian Tackett explained there were minimal problems accessing the course after the initial wave of customer support questions following its launch on July 2. The only issue with the course early on was the fact that information was not getting to coaches who registered for the course using a Hotmail or MSN email account due to the stringent SPAM filter policies of each account. Mr. Tackett explained a phone call to Microsoft Tech Support had eliminated the issue one that company became aware that information coming from the KHSAA to those accounts was not SPAM. The issue of SPAM blockers on email accounts and web browsers is something users must be cognizant of, especially those using state accounts, explained Mr. Tackett. The perception of the state government system being one massive unit that is easily controlled is false; in fact, it is a system made of hundreds of small units interacting, each with its own specialized SPAM blockers. To date, more than 6,000 coaches have completed the course with another spike expected before the winter and spring sports seasons begin. Dave Weedman commented that among the coaches and administrators he has communicated with, the overall feeling is positive from coaches. Individuals taking the course expressed much appreciation for the flexibility allowed in the time and location the course may be taken. Dorie Combs was complementary to Mr. Tackett and

the doctors at the Kentucky Medical Association for their ability to compile such a course and give the user so many flexible options, with the result of 6,000 completions all within a nine-week time frame.

The third agenda item was a committee update from the sub-committees charged with the task of researching the specific bullet-point topics as outlined in House Bill 383. Brigette Combs Stacy provided the group with an update on Item E (education for high school coaches, volunteers, parents, and student athletes relating to nutrition, weight training, and the dangers of steroids, and other illegal supplements). Ms. Stacy stated that the committee's research had found that specific education in this area targeted toward student-athletes is rare, though there are numerous resources available that could be utilized more. Students are currently getting limited information on the subject in their health and physical education classes. However, the information is tailored for the entire student body and more general in nature, with next to nothing mentioned about proper weight training.

The committee recommended that the Youth Service Centers available at more than 200 Kentucky High Schools, as well as Kentucky Regional Prevention Centers and agencies such as Operation Unite, could be utilized in that area. The youth service centers provide services to 29 counties in southeastern Kentucky. State agencies also may distribute additional information but it will be up to the coaches, administrators and parents to seek out these resources. The committee noted that some schools have tried random drug testing of students with varying degrees of success.

Ms. Stacy concluded the problem is not that resources do not exist to remedy the situation – they just are not being utilized properly.

Mike Barren gave the group an update on definitions that are acceptable when discussing the language of HB 383 and the items referenced within it. The definition of "coach" shall be tied to the language used by the KHSAA to define a coach. There is no such thing as a volunteer coach – only Level 1 (head) and Level 2 (assistant) coaches. As a result, the sub-committee recommended that schools have all coaches take the Sports Safety Course and strongly encourage its middle school coaches to take the course too. This recommendation could also extend to dance, band and other school sponsored activities, basically anyone with direct supervision of students. Dorie Combs suggested the definition of a coach needs to be put in the Kentucky Board of Education regulations so this may cover all schools. The KHSAA only has jurisdiction over high schools. Mr. Barren also said the subcommittee agreed, that when speaking of Certified Athletic Trainers, the only people who may be referred to as certified are those who hold a state license.

The next agenda item featured a presentation from David Bensema, MD, describing a new body temperature alert patch by iDOT® that warns the user if they are getting close to overheating or showing signs of hypothermia. Mr. Bensema, a heat stroke survivor, explained how the patch functions. The patch uses Thermo-Chromatic paint that changes color once a temperature threshold is met, in this instance a 103.5 degree internal body temperature. The patch is placed on the wrist or the neck of the competitor and is normally black in color. If a temperature reaches unhealthy levels, the patch turns yellow and can be easily seen from up to 60 meters away. Dr. Bensema stated the patch is currently being used on an experimental basis this summer at Cincinnati Bengals, Pittsburgh Steelers and University of Kentucky football training camps. Currently the cost

of each patch is 25 to 33 cents each, with discounts for bulk purchases. The product has been approved by the Food and Drug Administration and is awaiting a patent.

Mr. Tom Fitzgerald, an attorney who teaches environmental law at the University of Louisville, presented Air Quality Information to the group. Fitzgerald described the EPA Air Quality Index and how it works. For instance, a reading of 100-150 is unhealthy for people with breathing problems; 150-200 is unhealthy for active people. Mr. Fitzgerald explained many of Kentucky's air quality problems are in river valleys, where air tends to be stagnant. Currently the EPA monitors air quality in seven Kentucky areas – Ashland, Northern Kentucky, Paducah, Owensboro, Pikeville, Lexington and Bowling Green. The Louisville metro area has its own air quality monitoring stations. The public may get an Air Quality Index reading in real time at eppcapp.ky.gov/daq and Mr. Fitzgerald urged coaches to check the reading before every practice and if the reading is at an unhealthy level, make alternate practice plans that avoid endurance activities that day. Mr. Tackett asked what the parameters of an air quality region were. Mr. Fitzgerald explained the EPA divides areas into regions, often several counties, and monitors the air quality. For example, Ashland is in the Huntington, WV region consisting of Boyd and Greenup counties in northeastern Kentucky along with counties in southern Ohio and western West Virginia. Dr. Michael Miller asked Dr. Fitzgerald if this recommendation is for all children or just those susceptible to breathing problems. Mr. Fitzgerald explained he would like to see it across the board for all kids in every county as part of the heat rules that currently govern KHSAA activities. He has also stated that it would need to apply equally to all schools so not to give one school an advantage over another. Dr. Philip Hurley asked if there is a correlation between heat index and air quality. Mr. Fitzgerald explained while there was a correlation, one does not necessarily trump the other. While heat index could be day to day, air quality could be a multiple day issue due to stagnant air. Doug Hubbard asked if the technology is available to monitor air quality at every location statewide and Mr. Fitzgerald said currently measuring mechanisms cost several thousand dollars each and would make such a plan unfeasible. Aside from the seven areas currently monitored, the rest of the state is non-classified, or has no history of air quality problems and is therefore not monitored. Mr. Fitzgerald asked Mr. Tackett if the group could provide him with a map of schools that would be affected in each of the areas so he would analyze and provide data to the group on the relationship between air quality and heat index. Mr. Fitzgerald also agreed to rework an existing Air Quality Plan in place by the state of Idaho and provide specific details for what coaches need to do if unhealthy air quality levels exist.

Eric Fuchs then gave a presentation to the group detailing an existing study by the University of Georgia Department of Kinesiology on the effects of EHI (Exertional Heat Illness). Among the findings were: EHI is three times higher in the southeastern United States than any other area; athletes are at three times more risk to develop EHI in August and days 6-13 of football practice had 82 percent of all EHI cases. An additional NCAA study found that EHI rates were 1.5 times higher for athletes in Division I than Division III, due in part to earlier start times for practice. Mr. Fuchs expressed interest in conducting a three-year study of high school athletes in Kentucky because of the July 15 date for the start of fall sports practice. Fuchs estimated a study would cost \$185,000, including \$100,000 for the first year. The group was receptive to the idea, but Ms. DeVries cautioned that funding might be a problem. The group felt that they might consider recommending to the legislature a study of this issue with the hope that seed money might be found to fund it.

Mr. Tackett discussed the North Carolina High School Athletic Association policy regarding sports safety, and the importance of each school developing and implementing an Emergency Action Plan. The first five minutes of a medical emergency are the most crucial to keeping a person alive. Schools not only need to have a plan but to also practice it with the appropriate personnel.

Ms. DeVries opened the floor for miscellaneous items and Greg Rose suggested the group recommend an amendment to the Practice Act as part of its final report. In short, Rose said the language of the current law states that the only place an athletic trainer can be a trainer is at an educational institution. A local hospital recently released a certified trainer due to budget constraints, forcing the local school district to scramble to find trainer services for the 2009-10 school year. Mr. Rose stated that if the law were amended to allow an athletic trainer to bill for services, it would keep medical clinics from footing the entire bill. Rose stressed the point that certified athletic trainers still will not bill for athletic training services. Ms. DeVries suggested the certified athletic trainers in the group consult with KHSAA General Counsel George Fletcher after the meeting to determine what the appropriate steps would be to propose a change in legislation.

The group decided to meet again on Tuesday, Sept. 1, 2009, at 10 a.m. at the KHSAA office in Lexington.

With no further business to discuss, the Sports Safety Work Group meeting adjourned at 4:40 p.m.

**Sports Safety Work Group
Meeting Minutes
September 1, 2009**

KHSAA Commissioner Brigid DeVries convened the fifth meeting of the Sports Safety Work Group ("SSWG") on Tuesday, September 1, 2009 at 10:00 a.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided an overview of the agenda and materials for the meeting.

Members of the SSWG present were Michael Dailey, Brigitte Combs Stacy and Darryl Thompson from the Kentucky Department of Education; Doug Hubbard from the Kentucky Board of Education; Dr. Phillip Hurley from the Kentucky Medical Association; Certified Athletic Trainers Bob Barton, Greg Rose, Tom Steltenkamp and Sheri McNew; KHSAA Board of Control member Lea Wise Prewitt; Anderson County Head Football Coach Mark Peach; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman and Mayfield Independent Schools Superintendent Lonnie Burgett. Also in attendance were KHSAA Assistant Commissioners Michael Barren, Julian Tackett, Butch Cope and Darren Bilberry; as well as KHSAA Sports Information Director Elden May. Committee members Austin Moss and Dorie Combs from the Kentucky Board of Education, Notre Dame Academy Soccer Coach Sara Raaker, KHSAA Board of Control president Dave Weedman, Warren County Schools Superintendent Dale Brown, Dr. Ben Kibler, Dr. Pete Bowles and Dr. Michael Miller were unable to attend. Guests included Jennifer Stewart.

Ms. DeVries directed committee members to review the items for study by the committee, including topics not covered to date.

The second agenda item included an extensive review of the preliminary draft and format for the October 1, 2009 report due to the legislative subcommittee. KHSAA Sports Information Director Elden May addressed the group and explained the process behind how the draft of the report was compiled and solicited suggestions from the committee for additional information. The committee had a chance to review, discuss and edit the report.

Committee members addressed the legislation point-by-point, as outlined in HB 383.

The third agenda item addressed preliminary recommendations from the Committee. Julian Tackett gave an update on the Sports Safety Course and reported that more than 6,500 coaches have completed the course to date, with an expected surge of winter sports coaches beginning to take the course. Basketball coaches likely constitute the largest group of coaches in Kentucky and a total similar to if not exceeding the number of fall sports coaches is expected.

The SSWG discussed recommending an emergency plan be required to be in place at all schools. The recommendation states that the KHSAA should require its members by June 30, 2010. It was suggested that schools could electronically submit their emergency plan for its athletic facilities to the KHSAA and be available for other schools to use in developing similar plans. Brigitte Combs Stacy suggested the KHSAA work with the Kentucky Center for School Safety, which already requires every school

council to have an Emergency Safety Plan and a Plan for Incidents on file with the Site Based Decision Making Council. Michael Dailey agreed, adding that the legislature would appreciate a linkage to existing educational infrastructure. Utilizing existing information could make the effort much more efficient.

The SSWG also examined recommendations made regarding air quality. The proposed recommendation states that the KHSAA should work with the Environmental Protection Cabinet to identify areas of the state affected by the Ambient Air Quality warnings and information. It could then work with Environmental Protection to integrate data from Jefferson County along with other counties into the KHSAA website with notification mechanisms. Mr. Tackett suggested a third component of the recommendation based on discussions at the last meeting with Mr. Tom Fitzgerald would be to distribute a model plan detailing a procedure for what to do when air quality conditions reach unhealthy levels. The state of Idaho currently has a plan in place and Mr. Fitzgerald agreed to develop a plan specific to Kentucky. Mr. Fitzgerald has not submitted additional information to date.

Darryl Thompson suggested that further clarification is needed to be included in the definitions of high school, middle school and secondary school when discussing sports safety at the middle school level for the final Sports Safety Work Group report. Julian Tackett suggested that the recommendations included in the report denote a connection to high school athletes, while a separate part of the report could contain recommendations for middle schools. A mechanism to ensure information is reaching coaches and athletes at the middle school level could be developed and would be appropriate

The SSWG agreed to meet again on Tuesday, Sept. 15, 2009 at 10 a.m. with the option for additional meetings leading up to the Oct. 1 deadline for the final report to the legislature.

With no further business to discuss, the meeting adjourned at 1:20 p.m.

**Sports Safety Work Group
Meeting Minutes
September 15, 2009**

KHSAA Commissioner Brigid DeVries convened the sixth meeting of the Sports Safety Work Group ("SSWG") on Tuesday, September 15, 2009 at 10:00 a.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided an overview of the agenda and materials for the meeting.

Members of the SSWG present were Brigette Combs Stacy from the Kentucky Department of Education; Doug Hubbard from the Kentucky Board of Education; Certified Athletic Trainers Bob Barton, Greg Rose, Tom Steltenkamp and Sheri McNew; KHSAA Board of Control member Lea Wise Prewitt; Anderson County Head Football Coach Mark Peach;. Also in attendance were KHSAA Assistant Commissioners Michael Barren, Julian Tackett, Butch Cope and Darren Bilberry; as well as KHSAA Sports Information Director Elden May. Committee members Michael Dailey and Daryl Thompson from the Kentucky Department of Education. The following members were unable to attend: Austin Moss and Dorie Combs from the Kentucky Board of Education; Notre Dame Academy Soccer Coach Sara Raaker; KHSAA Board of Control president Dave Weedman; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman; Mayfield Independent Schools Superintendent Lonnie Burgett; Warren County Schools Superintendent Dale Brown; Dr. Ben Kibler, Dr. Pete Bowles, Dr. Philip Hurley and Dr. Michael Miller.

The SSWG heard a presentation from Jennifer McKeon, PhD, an associate professor at the University of Kentucky. McKeon detailed the findings of the Fayette County Injury Surveillance System (an athletic injury study) conducted at seven central Kentucky high schools. The study compiled injury data reported by athletic trainers for athletes that participated in football, soccer, volleyball, cross country, basketball, wrestling, baseball, softball, track and field and golf during the 2007-08 school year. Injuries were reported on a standardized injury evaluation form. The study, now in its fourth year, revealed several important findings, among them: a) injury surveillance is possible at the high school level at high schools with athletic trainers providing 'every day coverage,' b) injury surveillance is not possible when left to be reported by coaches/athletes, and c) can injury surveillance be possible at schools with an athletic trainer that comes one time per week or less (the level of coverage at most Kentucky high schools). Further study has been proposed, narrowing the number of sports, but comes at a cost of \$80,000 for four schools and \$20,000 for one sport.

The next agenda item included an extensive review of the preliminary draft and format for the October 1, 2009 report due to the legislative subcommittee. Ms. DeVries addressed the group and explained the process behind how the draft of the report was compiled and solicited suggestions from the committee for additional information, as well as revisions to the existing draft.

The SSWG then had a chance to review, discuss and edit the report. SSWG members discussed each item listed in the report draft and proposed changes for content, style, grammar and flow.

The SSWG agreed to meet again on Thursday, October 1, 2009 at a time to be determined so the group can make final revisions of the final report due to the legislature.

With no further business to discuss, the meeting adjourned at 1:40 p.m.

**Sports Safety Work Group
Meeting Minutes
October 1, 2009**

KHSAA Commissioner Brigid DeVries convened the seventh meeting of the Sports Safety Work Group ("SSWG") on Thursday, October 1, 2009 at 4:30 p.m. at the KHSAA office in Lexington. Commissioner DeVries welcomed the members of the committee and provided an overview of the agenda and materials for the meeting.

Members of the SSWG present were Brigette Combs Stacy and Darryl Thompson from the Kentucky Department of Education; Dorie Combs from the Kentucky Board of Education; Certified Athletic Trainers Bob Barton, Greg Rose, Tom Steltenkamp and Sheri McNew; KHSAA Board of Control member Lea Wise Prewitt; Dr. Pete Bowles, Dr. Philip Hurley and Dr. Michael Miller; Notre Dame Academy Soccer Coach Sara Raaker and Mayfield Independent Schools Superintendent Lonnie Burgett. Also in attendance were KHSAA Assistant Commissioners Michael Barren, Julian Tackett, Butch Cope and Darren Bilberry; as well as KHSAA Sports Information Director Elden May. The following committee members were unable to attend: Michael Dailey from the Kentucky Department of Education; Austin Moss and Dorie Combs from the Kentucky Board of Education; Anderson County Head Football Coach Mark Peach, KHSAA Board of Control president Dave Weedman; Jefferson County Public Schools Director of Athletics and Activities Jerry Wyman; Warren County Schools Superintendent Dale Brown and Dr. Ben Kibler. Attending as a guest was Jon Akers, Executive Director of the Kentucky Center for School Safety.

The SSWG heard a presentation from Jon Akers, Executive Director of the Kentucky Center for School Safety. Mr. Akers discussed existing Emergency Preparation Plans for Kentucky public school districts. One of his concerns was the fact that their emphasis was on coverage dealing with situations that may occur through the course of the normal school day, but don't normally address after school activities, including athletics. Details for coverage of extra-curricular activities and crisis situations that may arise are not covered in most plans. Mr. Akers said Kentucky is collaborating with other states and entities including the National Center of Sport and Spectator Safety (Mississippi), which has helped to develop emergency plans for every NCAA Division I and I-AA institution. This collaboration will allow the Kentucky Center for School Safety to study possible ways to develop new plans for after school activities and athletics to cover such situations at Kentucky high schools. He also said the University of Southern Mississippi has taken the lead in the field of Emergency Preparedness and is working with collaboration partners for grant funding through the US Department of Homeland Security.

The next agenda item included an extensive review of the preliminary draft and format for the October 30, 2009, report due to the co-chairs of the Interim Joint Committee on Education. Ms. DeVries addressed the group and explained the changes that have been made to the draft since the last meeting and solicited suggestions from the committee for additional information, as well as revisions to the existing draft.

The SSWG then had a chance to review, discuss and edit the report. SSWG members discussed each item listed in the report draft and proposed changes for content, style, grammar and flow.

With no further business to discuss, the meeting adjourned at 7 p.m.