

MSHSAA Voluntary Concussion Insurance: The MSHSAA Office is once again 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 2018-19 athletic eligibility rosters. To sign up for this insurance, please go to www.mshsaa.org and click on the school tab to log onto the MSHSAA website. The instructions are as follows:

To opt in and purchase this, simply click on the alert on your school's home page entitled "Concussion Insurance Option". From that page, simply click "Yes" and then "Save Concussion Insurance Option". **Please note that as soon as you do this, an invoice will be generated on the website for your school.** For more information on this program, please refer to the [Dissinger Reed](#) website or the [HeadStrong Concussion Insurance Program](#) summary.

The deadline to purchase Concussion Insurance is August 23, 2019.

ALL SPORTS – Physicals and Insurance:

Physicals(PPE's): MSHSAA member schools recently (April-2019) changed 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. Several questions have been presented to our office relative to student physicals moving forward, especially with reference to the 2019-2020 school year. Please use the links below for clarifications that you may need relative to PPE's for students at your school.

PPE Background and New Information: <https://www.mshsaa.org/resources/PDF/MSHSAA%20PPE%20-%20Information%20and%20Background%20-%20June%202019.pdf>

Pre-participation Annual Requirements: <https://www.mshsaa.org/resources/PDF/2019-20%20New%20Pre-participation%20Annual%20Requirements%20-English.pdf>

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 practice 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/2019%20WBGT%20-%20Recommended%20Guideline%20for%20Heat%20and%20Humidity%20-%20Recommended%20Update.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 provider 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.

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

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>

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. **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 AT THE END OF THE SCHOOL YEAR WHICH IS REQUIRED OF US BY STATE LAW – HB 300.**

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 school and athletic facilities in the case of a Sudden Cardiac Arrest emergency.**

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>