

**Kentucky TUFSS**  
**Meeting Summary, Action Items, & Considerations**  
**5/9/2024**

**Items Included in Summary:**

- Overall action items
- Language recommendations
- Resources
  - Educational videos
  - Policy templates/resources
  - WBGT prediction tool (not for onsite activity modification)

**Overall Action Items:**

- Identify leaders to carry forward action items suggested from group discussion and summarized here.
- Identified topics can go to SMAC followed by voting/adoption by Iowa high school athletic association.
  - Create a communication network and identify opportunities for distribution of updates to pertinent organizations and stakeholders as they come. (Specifically consider athletic directors and coaches)

**Topic Specific Items:**

**1. AED**

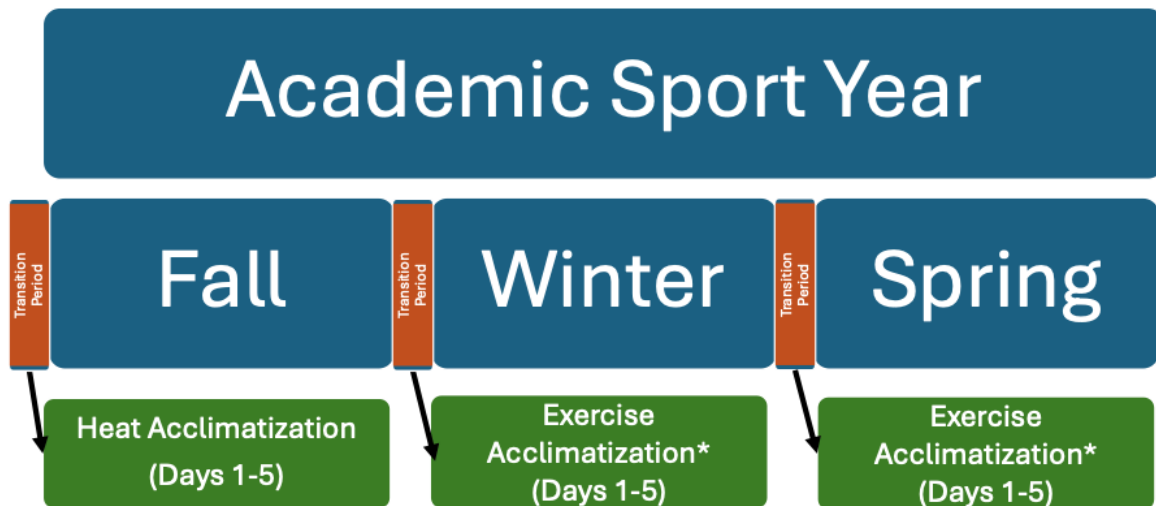
- a) 2.5 million funding recently allocated
  - i) Dept of public health in in charge of the funds, might be available in the fall
  - ii) Consider how AEDs will be distributed
- b) Considered needed communication and planning for EAPs for Locations that are either shared or off site. (Creating them based on known venue information and sharing internally, utilize the contract with the location as an opportunity to improve options).

**2. Cold Water Immersion, Cool First Transport Second (Eric)**

- New rule with WBGT will dictate that tub be set up, also have strong EMS standards to support onsite CWI/cool first-transport second
- Section 10 – will need to remove “heat index” – likely an old copy that just needs to be updated
- Rehearsal Simulations – include 3 scenarios:
  - a) No AT
  - b) No AT, but AT can be onsite within 5 minutes etc.
  - c) AT present, but coach is supportive and can help.
- Don’t forget a cooler with ice water and towels can help initiate cooling in remote instances or until further care arrives or is available

### 3. Strength & Conditioning Sessions

- a) Consider included language to address transition periods and phasing in of conditioning.
- b) Include GA heat acc policies as example of what sport specific language looks like for modifications (Provided separately with summary)



**\*Transition period is defined as:** The first 5 days of any new conditioning cycle or new physical activity

**\*Additional Transition Periods may be needed for individual athletes throughout the course of the season due to sickness or injury\*** (including but not limited to return to sport from any circumstance that has caused a removal from sport for 14 or more consecutive days. For example: an athlete is sick and has been removed from sport for  $\geq 14$  days OR an athlete is returning from surgery ( $\geq 14$  days away from organized practice).

Reference: Caterisano A, Decker D, Snyder B et al. CSCCa and NSCA joint consensus guidelines for transition periods: safe return to training following inactivity. Strength and Conditioning Journal. 2019;(3)41:1-23.

### 4. Coaching Education (Jeremy Johnson)

- a) Identify if there is an opportunity to have KHSAA add consequences specific to HB 331 non-compliance to bylaws
  - i) Other states have made EAPs a stipulation of post-season eligibility. Could consider non-compliance consequence disqualification from post-season
- b) Update required sports safety course to include components that should be addressed in EAP simulation rehearsals
- c) Look in to KHSAA or KATS creating simulated rehearsal "models" to try to create more uniformity
  - i) Basic minimums to include in rehearsal
    - (1) Access points
    - (2) Location of Emergency Equipment
    - (3) What to do if medical provider is not on scene
      - (a) How to initiate care while waiting for medical providers
  - ii) Specific scenarios to drill
- d) Consider adding the EAP simulated rehearsal into outreach contracts for ATs working in the secondary school setting, to emphasize the importance of the ATs role, but also to make it known the responsibility falls on the school.
- e) Identify opportunities to educate ADs, principals, superintendents on their role in the simulated rehearsal of the EAPs.

**5. Head Injuries (Aloiya Kremer)**

- a) Recent updates in best practices for return to sport and return to learn that should be considered. (see suggested language section below)
- b) Dr. Kraemer to review the above along with Dr. Hurley to modify language.

## Suggested Language

### 1. AED

Each public high school in this state which has an interscholastic athletics program shall have at least one functional automated external defibrillator on site at such school at all times and easily accessible during any school related function, including athletic practices, athletic competitions, and other occasions where students and others will be present, for use during emergencies.

A person or entity that acquires an automated external defibrillator shall: Comply with all regulations governing the placement of an automated external defibrillator.

All coaches are required to have successful completion of CPR/AED training prior to coaching and maintain current CPR/AED hands-on training.

### **AED Use and Location Requirements**

**1. The AED should be used in conjunction with enacting the EMS system.**

**2. AED should be stored in a safe place.**

**3. All athletic trainers, coaches, administrators, school nurses and physical education teachers should have access to an AED on the school property.**

**4. Institutions sponsoring athletic events/activities should have an AED onsite (or access to one) at each athletic venue for practices, games or other athletic events.**

**5. An AED should be located within three minutes of the location of any athletic activity and available at any time.**

**6. The location of the AED should be well marked, publicized, accessible and known among all trained staff.**

**7. AEDs should be inspected regularly in accordance with manufacturer guidelines to ensure proper working order. This includes making sure the batteries are charged, and wires and electrodes are in good condition.**

## 2. Cold Water Immersion, Cool First Transport Second

In the event of potential Exertional Heat Stroke (EHS), each school participating in interscholastic sports must be properly prepared and equipped to initiate Cold Water Immersion (CWI) or equivalent whole body cooling techniques and EMS concurrently contacted, noting that the focus is to cool first and then transport. The water should be aggressively stirred during the cooling process.

The best practices shall be carried out by a licensed athletic trainer, designated healthcare provider, or EMS provider.

The cooling modality must be set up at all warm weather practices, but should also be readily available if the need arises.

## 3. Strength & Conditioning

Conditioning periods should be phased in gradually and progressively to minimize risk of injury during transitional periods. The first 5 days of any new conditioning cycle or new physical activity (including but not limited to return to sport from any circumstance that has caused a removal from sport for 14 or more consecutive days) are referred to as transitional periods.

New conditioning activities should be phased in gradually, especially during the early stages of a conditioning period. See table below for example.

Progressive introduction of strength and conditioning EXAMPLE

Week	Reduction From Previous Peak Conditioning*	Reps	Work: Rest Ratio	EXAMPLE (sprint/drill based)	
				Sprint/Rep Time (will vary by athlete)	Rest time (varies by rep time)
1	50%	5	1:4	10 seconds	40 seconds
2	30%	7	1:3	10 seconds	30 seconds
3	20%	8	1:2	10 seconds	20 seconds
4	10%	9	1:2	10 seconds	20 seconds
5	none	10	1:1	10 seconds	10 seconds

\*If no previous strength and conditioning history exists, default to the most conservative workload from other athletes. Adapted from: Caterisano A, Decker D, Snyder B et al. CSCCa and NSCA joint consensus guidelines for transition periods: safe return to training following inactivity. Strength and Conditioning Journal. 2019;(3)41:1-23.

Exercise and conditioning activities should be consistent with daily training objectives and are not permitted to be used as discipline/punishment or put the student athlete's physical, social, or psychological health at risk.

All exercise and conditioning activities must have on-site supervision by a staff member who has current hands-on training in first aid, CPR and AED use.

#### **4. Coaching Education**

No specific language discussed

#### **5. Head Injuries**

- a. suggest to following changes to be updated with current best practices:
  - i. Any student-athlete with a concussion shall completed a student-athletes must complete a graduated return to learn strategy in accordance with best practices prior to unrestricted return to sport. (see Table 4 in bridge document)
  - ii. Any student-athlete with a concussion shall have a graduated return to sport strategy in accordance with best practices must be implemented for all student-athletes returning to participation. (see Table 12 in bridge document)
  - iii. Graduated RTL and RTP can occur simultaneously (per current best practices) however, step 4 of the RTP can't start until RTL is completed.
- b. Other New Items to consider:
  - i. RTL states "Full day" must be completed without "more than mild symptom exacerbation."
  - ii. Multidomain neurological evaluations must be conducted to guide individualized management.
  - iii. Consider the addition of Table 7 (mental Health Considerations

## RESOURCES

### Education

- Link to NFL/KSI Heat Education Video:
  - <https://www.nfl.com/playerhealthandsafety/health-and-wellness/player-care/preventing-and-treating-exertional-heat-stroke>
- [Ted Ed – What Happens When You Get EHS](#)
- Link to NFL/Dr. Drezner Cardiac Education Video:
  - <https://www.nfl.com/playerhealthandsafety/health-and-wellness/player-care/recognize-react-rescue-effectively-treating-sudden-cardiac-arrest>
- University of Washington 2 minutes to recognize SCA in athletes:
  - <https://www.youtube.com/watch?v=i-iN9o-cKu0>
- [USA Football Heat Acclimatization](#)

### Resources and Tools:

- Resources/Templates (EAP, Medical Time Out, EHI and Lightning Policy, PPE):  
<https://ksi.uconn.edu/resources/>
- AAP Pre-Participation Exam: [Link](#)

### WBGT Risk Zones and Prediction Tools

- Kestrel weather alerts training video: <https://www.youtube.com/watch?v=Bb6Zn7fXx2E>
- [WBGT Zip Code look-up tool](#)
- UNC Convergence Tool for predicting WBGT:
  - <https://convergence.unc.edu/tools/wbgt/>
- <https://digital.mdl.nws.noaa.gov/?zoom=4&lat=37&lon=-96.5&layers=F000BTTTFTT&region=0&element=8&mxmz=false&barbs=false&subl=TFFF&units=english&wunits=nautical&coords=latlon&tunits=localt>