

**North Coast Section Athletic Directors' Meeting**  
**Monday, September 26, 2015**  
**Redwood High School, Larkspur, CA**

**NBL athletic directors in attendance:**

Rick O'Brien, Casa Grande

Henri Sarlatte, Rancho Cotate

Kenny Knowlton, Santa Rosa

Bryan Price, Santa Rosa

Jeff Hardie, Windsor

Jan Smith Billing, NBL Commissioner

**Gil Lemmon, NCS Commissioner**

- Recommend that leagues order rule books for commissioners
- Recommend that all coaches have access to a current rule book and a case book. "How can a coach be expected to coach if he/she does not know the rules?"
- The following should always be shared with coaches at site preseason coach meetings: NCS 100H, 200H, CIF 504, NCS Appendix A, CIF 506, 201, 204, 503, 700
- NCS is partnering with Presto to revise the NCS website
- Gil is now on Twitter
- Encourage NBL schools to participate in NFHS network; student learning opportunity and revenue opportunity. NCS is making \$42,000 with Play on Sports this year.
- Positive Coaching Alliance—currently has 20 partners in the NCS. Live, dynamic workshops to train leaders, coaches, athletes and parents/guardians
- Cheerleading—CIF, in consultation with CA Department of Education is tasked with developing guidelines, procedures, and safety standards. When it is approved (tentatively 2017), it will mandate that coaches are certified, athletes in the sport of cheer meet the same standards of eligibility as other student-athletes, and that the sport adhere to all CIF, NCS, and NBL rules.

**Creating a Heart Safe Campus**

- One student-athlete dies every three days in the United States. 1% of all kids have an undetected heart defect that could lead to sudden cardiac arrest (electrical shut-down of the heart)
- First sign—loss of consciousness. There is a window of 4-6 minutes to keep the brain alive. Every minute that passes before the heart is restarted decreases the chance of survival by 10%
- Potential indicators:
  - Racing heart, palpitations, irregular heartbeat
  - Dizzy or lightheaded
  - Fainting or seizure, especially during or right after exercise
  - Fainting repeatedly or with excitement
  - Chest pain or discomfort with exercise
  - Excessive, unexpected fatigue

- Shortness of breath
- Risk
  - Heart abnormalities or sudden, unexplained death before age 50
  - Family history of Longot Syndrome, Brugada Syndrome, Hypertrophic cardiomyopathy or ARVD
  - Family members with unexplained death
  - Structural heart abnormalities
  - Use or drugs or EXCESSIVE USE OF ENERGY DRINKS
- New CIF Sudden Cardiac Arrest Prevention Bylaw
  - CIF 22.B (9) and 503
  - Video available at [www.nfhslearn.com](http://www.nfhslearn.com)
- Heart screenings an excellent idea
- Recommend that there be a minimum of 4 AEDs available on campus. Should be able to get to an AED and back to victim in no longer than three minutes
- Chain of survival
  - Early access
  - Early CPR
  - Early defibrillation
  - Early Advanced Care
  - Early Hospital Care
- Average survival rate—10%; in Las Vegas casinos the average survival rate is 70% because everyone is on camera and all security is trained in use of AEDs

## **CONCUSSION MANAGEMENT**

Cindy Chang, MD

Associate Clinical Professor, UCSF

Past president (AMSSM)

Member of CIF Medical Panel

What is a concussion?

- Biomechanical force
- Rapid acceleration and deceleration causing brain to move violently inside of the skull
- The brain is the consistency of custard or gelatin. A concussion is caused by a force and/or rotation forces which twist the brain and causes a temporary disruption of normal neurological functioning.
- Force to the brain results in ion fluxes, vasoconstriction; there is a need for glucose, but less blood flow, so the brain is in flux

Signs

- Less than 10% of concussions result in loss of consciousness
- A “dinger” or “bell-ringer” IS a concussion
- Common concussions include sleep, emotional, physical, and cognitive changes
- TBI
  - A mild TBI is a concussion

- There is a brief change in mental status
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- Some symptoms occur immediately; some occur minutes, hours, or even days later
- Don't underestimate adrenaline or an athlete's ability to rationalize symptoms as something else, like a cold

#### Frequency of concussions

- Athletic directors report that 5% of football players suffer concussions
- Kids surveys reveal that 50% of football players have suffered concussions

#### NO STUDENT-ATHLETE RECOVERS ON THE SAME DAY OF THE INCURRING THE CONCUSSION

AB 25 is the new Concussion Law; look at concussion information on the CIF website—there is an excellent Concussion Information Sheet

#### Action

- Remove the student-athlete
- When in doubt, sit them out
- Document the injury
- A repeat concussion that occurs before the brain recovers from an initial concussion can result in a complete shut down
- At the time of the injury, it is impossible to determine when it is safe for an athlete to return
- Window of Vulnerability—return during this time could cause severe or even catastrophic brain injury
- There is no single definitive test to tell you when it is safe for an athlete to return to play. Every student is different. Every concussion is different.
- Return should be when the student is asymptomatic and neurocognitive score has returned to normal

#### AB 2127

- Collaborative approach
- There should be a school protocol to deal with concussions involving counselors and teachers

#### Change the culture!

- Share concussion symptoms with student-athletes and parents/guardians and school staff
- Encourage student-athletes to care enough about each other to report a teammate's possible concussion
- Make concussion education mandatory for our student-athletes, too! Not just coaches.

Look at High School Today for an article by Cindy Chang—Is your school prepared to handle sudden cardiac arrest?

### **ROGER BLAKE, CIF EXECUTIVE DIRECTOR**

- 98% of all high school student athletes do NOT go on to play after high school. They play because it is fun.
- Weighted votes at the CIF Federated Council are determined by student enrollment and number of schools. The number of votes per section is reviewed annually.
- Governance
  - Information and transparency
  - Schools, leagues, sections and committees
  - Encourage member schools, especially the principals and athletic directors and superintendents to support CIF during this accreditation year. CIF should be our governing body, not the CA State Legislature.
  - Sign up for the CIF emailed newsletter!
  - Be informed! Stay up-to-date!
  - Attend Assembly and Senate Education Committee Hearings in support of CIF
- Calendar Shift
  - Majority of schools in CA are starting prior to Labor Day
  - CIF wants to get school calendars and sports calendars in sync; look at when we start and when the last game and state championships are played
- Playoff entries and regions—two main issues
  - Competitive equity
  - Regional models—something better than north/south
  - New football format will test this model statewide
  - A committee has been developed to investigate these issues
- Coaching Education Classes available at the CIF website—AT NO COST
- Make sure school counselors take the NCAA eligibility class

### **POSITIVE COACHING ALLIANCE**

- Trustworthiness
- Respect
- Responsibility
- Duty
- Accountability
- Fairness
- Caring—kindness, compassion, empathy
- Citizenship—lawfulness, common good, environment
- Expect more from yourself than from others