

GUIDELINES FOR SPORTS MEDICINE SYMPOSIA

KENTUCKY MEDICAL ASSOCIATION COMMITTEE ON PHYSICAL EDUCATION AND MEDICAL ASPECTS OF SPORTS

The following criteria have been developed by the committee as guidelines for educational or medical institutions wishing to conduct sports medicine seminars for high school athletic coaches. The institutions must meet the following criteria:

- (1) **All seminars** must be approved in a regular meeting of the committee;
- (2) All presenters must complete a disclosure form and disclosure must be made to participants before the seminar;
- (3) Seminars must be sponsored by a KMA member;
- (4) Physician sponsors must have a **full-time practice in Kentucky**;
- (5) If sponsors are in contention to conduct seminars in the same or similar service areas, they will be directed to determine single sponsorship by mutual agreement. Alternating sites/sponsorship annually should be considered. Final determination of sponsorship shall be made by the committee;
- (6) All applicants must follow a format for programs that will be provided to them. The format will include:
 - a. Requirement that a physician licensed by the Kentucky Board of Medical Licensure sponsor the seminar;
 - b. Attendees be notified at the meeting that they must be certified annually for CPR;
 - c. All programs must include a statement that the seminar is sanctioned by the Kentucky Medical Association Committee on Physical Education and Medical Aspects of Sports; the Kentucky High School Athletic Association; and the Kentucky Department of Education.
 - d. All programs will be reviewed to ensure:
 1. Appropriate subject matter, **including first aid**
 2. Qualification of speakers
 3. Equitable cost to attendees; e.g., a standard \$20 fee for preregistration and \$40 for late registration and walk-ins. **A financial accounting will be required.**
 4. Adequate hours of CSME (**4 hours minimum**)
 5. Elimination of duplication in content (as compared to prior years)
 6. Coordination of conference dates and sites with other sports medicine seminars
- (7) The Americans with Disabilities Act makes requirements on sponsors of activities in a public venue. It is suggested that you consider adding the following wording to your promotional items:

"If you have any special needs, please contact us within (X) (number at your discretion) days before the symposia and we will attempt to accommodate you."

Curriculum for 2007 and 2008 Meetings:

Four 30-minute talks (2 hours)

Talks – didactic

- (1) Skin Conditions in Athletes
 - a. MRSA
 - b. Staph Infections
 - c. Herpes
 - d. Cleanliness
- (2) Concussions
 - a. All Sports
 - b. Current Trends in Sports Medicine
- (3) Year Round Conditioning
 - a. Multi Sport Conditioning
- (4) Preventing Death in Athletes
 - a. Heat (Review Heat Guidelines)**
 - b. Sudden Cardiac Arrest in Athletes
 - c. Trauma in Head and Neck
 - d. Drugs
- (5) Breakout Sessions (2 hours)
 - a. Hydration
 - b. Coaching Staff and Medical Staff Communications
 - c. Psychological Aspects, Motivation, Burn-out in Sports
 - d. ACL Injury Prevention

**The Committee of Physical Education and Medical Aspects of Sports encourages sponsors to discuss the use of the digital sling psychrometer in determining the heat index. The KHSAA will make this a requirement of all schools in the summer of 2007.

Total of four hours