

APPENDIX A – CONSENSUS FOUNDATIONAL STATEMENTS

Emerging information and available peer-reviewed science were presented and discussed at the 2016 Second Safety in College Football Summit. After the presentations and discussions, all attendees were invited to evaluate foundational statements about the prevention, mitigation and response to catastrophic events. These foundational statements were designed as consensus statements reflecting the content (both presentation and discussion) of the meeting. Foundational statements and recommendations were amended based on attendee feedback, and when more than 80 percent consensus was reached among the participants, the statements and recommendations were then voted on by representatives of medical endorsing organizations (see Appendix D for endorsing organizations).

Only those statements that were agreed upon by 100 percent of the endorsing organization representatives passed out of the summit and served to inform the formal recommendations found in this document.

The foundational statements are separate and distinct from the six recommendations for the prevention of catastrophic injury and death. The foundational statements are not legislative or policy recommendations. They serve only to inform the six recommendations and the checklist, and they are included here for transparency and to document the deliberations of the 2016 event.

The following 18 foundational statements were unanimously adopted at the 2016 Safety in College Football Summit:

1. All football practices and competitions must adhere to safety standards, including:
 - a. Keeping the head out of blocking and tackling.
 - b. Prohibiting the use of the helmet as a weapon.
 - c. Not deliberately inflicting injury on another player.
2. In contact sports, all practices and competitions must adhere to safety standards, including:
 - a. Prohibiting the use of equipment as a weapon.
 - b. Not deliberately inflicting injury on another player.
3. All equipment, as warranted, must meet applicable certification requirements.
4. Football helmets must be certified and properly maintained.
5. All schools must adhere to the NCAA Concussion Safety Protocol Checklist.
6. There must be a well-rehearsed emergency action plan, consistent with the NCAA Concussion Safety Protocol Checklist, for the following:

- a. All suspected concussions.
 - b. All suspected moderate or severe traumatic brain injuries.
 - c. All suspected cervical spine injuries.
7. Provide education and prevention strategies about catastrophic injuries to all relevant stakeholders, including all sport coaches, strength and conditioning professionals, primary athletics health care providers and student-athletes.
8. Conditioning periods should be phased in gradually and progressively to encourage proper exercise acclimatization and to minimize the risk of adverse effects on health.
9. All workouts shall have a written plan that is exercise science based, physiologically sport specific, and tailored to the individual, as warranted.
 - a. The workout plan shall be approved by a credentialed strength and conditioning coach.
 - b. Components of the workout plan include volume, intensity, mode and duration.
 - c. Activity location must be stated in the workout plan to accommodate venue-specific emergency action planning.
 - d. All workout plans shall be submitted to athletics administration before implementation and publicly available, upon request.
 - e. Modification due to environmental conditions, scheduling considerations, etc., is supported. The amended workout plan shall maintain the above principles with documentation submitted to athletics administration.
10. The first seven days of any new conditioning cycle are transition periods.
11. Examples of transition periods for athletes include, but are not limited to:
 - a. Returning after an injury or illness.
 - b. Returning after school break (e.g., winter, spring, summer).
 - c. Beginning as a delayed start.
12. The first four days of transition periods must be separate-day workouts.
13. Introduce new conditioning activities gradually.
14. Exercise should never be used for purely punitive purposes.
15. Ensure proper education, experience, and credentialing of all strength and conditioning professionals.

16. Develop and rehearse emergency action plans. This includes but is not limited to:
 - a. Cardiac arrest.
 - b. Exertional heat illness and heatstroke.
 - c. Rhabdomyolysis (may manifest over one to two days).
 - d. Exercise collapse associated with sickle cell trait.
 - e. Any exertional or nonexertional collapse.
17. Strength and conditioning venues should have emergency action plans specific to the venue, sport and circumstances.
18. Each institution must adopt requirements for the education and training of strength and conditioning professionals, sport coaches, athletic trainers and team physicians for the prevention of sudden death in sport. Such education and training should occur annually.

APPENDIX B**AGENDA****National Collegiate Athletic Association Safety in College Football Summit**

Orlando, Florida, February 10-11, 2016

DAY 1**1. Welcome and summit overview. (Scott Anderson and Brian Hainline)****2. Topic 1: Sensor and clinical data regarding football practice and head exposure.**

- a. Campus research. (Stefan Duma, Thomas Druzgal, Jacob Marucci, Jason Mihalik)
- b. Big 12 research. (Scott Anderson, Allen Hardin)
- c. Roundtable discussion and report out.
- d. Referendum: Year-round football practice contact.

3. Topic 2: Catastrophic injury in football.

- a. Traumatic. (Kevin Guskiewicz)
- b. Nontraumatic. (Scott Anderson, Doug Casa)
- c. Roundtable discussion and report out.
- d. Referendum: Action plan for mitigating catastrophic injury in football.

4. Topic 3: Diagnosis and management of sport-related concussion guidelines.

- a. Guidelines overview. (Brian Hainline, Scott Anderson)
- b. Concussion diagnosis and management update: New data from Concussion Assessment, Research and Education Consortium. (Steven Broglio, Thomas McAllister, Michael McCrea)
- c. Re-examining concussion treatment: Agreements from the TEAM meeting? (Anthony Kontos)
- d. Roundtable discussion and report out.
- e. Referendum: Diagnosis and management of sport-related concussion.

DAY 2**1. Opening remarks. (Scott Anderson and Brian Hainline)****2. Topic 4: Independent medical care. (Scott Anderson and Brian Hainline)**

- a. Roundtable discussion and report out.
- b. Referendum: Independent medical care.

3. Topic 5: Interassociation consensus statements.

- a. Year-round football practice contact.
- b. Catastrophic injury in football.
- c. Diagnosis and management of sport-related concussion.
- d. Independent medical care.

4. Closing remarks.

APPENDIX C

2016 SAFETY IN COLLEGE FOOTBALL SUMMIT PARTICIPANTS

Jeff Allen, Head Athletic Trainer, University of Alabama (attending on behalf of Nick Saban)

Scott Anderson, College Athletic Trainers' Society, University of Oklahoma

Doug Aukerman, Pac-12 Conference

Julian Bailes, MD, Congress of Neurological Surgeons, American Association of Neurological Surgeons

Stevie Baker-Watson, Director of Athletics, DePauw University

Brad Bankston, Commissioner, Old Dominion Athletic Conference

Karl Benson, Commissioner, Sun Belt Conference

Bob Boerigter, Commissioner, Mid-America Intercollegiate Athletics Association

Bob Bowlsby, Commissioner, Big 12 Conference, Chair, Football Oversight Committee

Matthew Breiding, Centers for Disease Control and Prevention

Steve Broglio, MD, Principal Investigator, CARE Consortium, University of Michigan

William Bynum, President, Mississippi Valley State University

Jeff Bytowski, DO, American Osteopathic Academy of Sports Medicine

Carolyn Campbell-McGovern, The Ivy League

Doug Casa, Ph.D., Consortium Director, Division on Exertional Injury, National Center for Catastrophic Sport Injury Research; Chief Executive Officer, Korey Stringer Institute; Director, Athletic Training Education, University of Connecticut

Bob Casmus, Committee on Competitive Safeguards and Medical Aspects of Sports, Catawba College

Scott Caulfield, National Strength and Conditioning Association

Randy Cohen, National Athletic Trainers' Association

Bob Colgate, National Federation of State High School Associations

Dawn Comstock, Associate Professor, University of Colorado, Denver

Julie Cromer Peoples, Senior Woman Administrator, University of Arkansas, Fayetteville

Kevin Crutchfield, MD, American Academy of Neurology

Ty Dennis, Division II Student-Athlete Advisory Committee, Minnesota State University, Mankato

Jon Divine, MD, President, American Medical Society for Sports Medicine

Tom Dompier, Ph.D., President, Datalys Center for Sports Injury Research and Prevention

Jason Druzgal, MD, Neuroradiologist, University of Virginia

Stefan Duma, Ph.D., Director, School of Biomedical Engineering and Sciences, Virginia Polytechnic Institute and State University

Ruben Echemendia, Ph.D., President, Sports Neuropsychology Society
Brent Feland, MD, Collegiate Strength and Conditioning Coaches Association
Scott Gines, Director of Athletics, Texas A&M University-Kingsville
Kevin Guskiewicz, Ph.D., University of North Carolina, Chapel Hill
Allen Hardin, Senior Associate Athletics Director, University of Texas at Austin
Steven Hatchell, President, National Football Foundation
Bill Heinz, Chair, Sports Medicine Advisory Committee, NFHS
Jaime Hixson, Associate Commissioner, Mountain West Conference
Peter Indelicato, American Orthopaedic Society for Sports Medicine
Nick Inzerello, Senior Director, Football Development, USA Football
Jay Jacobs, Division I Strategic Vision and Planning Committee, Auburn University
Chris Jones, Division I Football Oversight Committee (proxy), University of Richmond
Kerry Kenny, Assistant Commissioner, Big Ten Conference
Zachary Kerr, Director, Datalys Center for Sports Injury Research and Prevention
Anthony Kontos, Ph.D., Assistant Research Director, Sports Medicine Concussion Program,
University of Pittsburgh Medical Center
William Lawler, Southeastern Conference
Josephine Lee, Board Member, College Athletic Trainers' Society
Donald Lowe, Board Member, College Athletic Trainers' Society
Jack Marucci, Louisiana State University
Thomas McAllister, MD, Principal Investigator, CARE Consortium
Michael McCrea, Ph.D., Principal Investigator, CARE Consortium
William Meehan, MD, American Academy of Pediatrics
Jason Mihalik, Ph.D., University of North Carolina, Chapel Hill
Bob Murphy, Board Member, College Athletic Trainers' Society
Bob Nielson, Chair, NCAA Rules Committee
Scott Oliaro, Board Member, College Athletic Trainers' Society
Kene Orjioke, Division I Student-Athlete Advisory Committee, University of California, Los
Angeles
Steve Pachman, JD, Montgomery McCracken
Sourav Poddar, MD, American College of Sports Medicine
Kayla Porter, Division III Student-Athlete Advisory Committee, Frostburg State University
Rogers Redding, Secretary-Rules Editor, NCAA Football Rules Committee
Yvette Rooks, Board Member, College Athletic Trainers' Society
Eric Rozen, Board Member, College Athletic Trainers' Society
Scott Sailor, President, National Athletic Trainers' Association

Jon Steinbrecher, Commissioner, Mid-American Conference
Ken Stephens, National Operating Committee on Standards for Athletic Equipment
Edward Stewart, Senior Associate Commissioner, Big 12 Conference
Michael Strickland, Senior Associate Commissioner, Atlantic Coast Conference
Grant Teaff, Executive Director, American Football Coaches Association
Buddy Teevens, Coach, Dartmouth College
James Tucker, MD, Board Member, College Athletic Trainers' Society
Steve Walz, Associate Director of Athletics, University of South Florida
Alfred White, Senior Associate Commissioner, Conference USA

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Terrie Meyer, Executive Assistant, Sport Science Institute
John Parsons, Director, Sport Science Institute
Chris Radford, Associate Director, Public and Media Relations
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APPENDIX D

The following organizations have endorsed this document:

- American Association of Neurological Surgeons
- American Medical Society for Sports Medicine
- American Orthopaedic Society for Sports Medicine
- American Osteopathic Academy of Sports Medicine
- College Athletic Trainers' Society
- Collegiate Strength and Conditioning Coaches Association
- Congress of Neurological Surgeons
- Korey Stringer Institute
- National Athletic Trainers' Association
- National Strength and Conditioning Association
- National Operating Committee for Standards on Athletic Equipment
- Sports Neuropsychology Society

The following organization has affirmed the value of this document:

- American Academy of Neurology