ACTION ITEMS.

1. Legislative items.
   - None.

2. Nonlegislative items.
   - Independent Medical Care.

   (1) Recommendation. The NCAA Committee on Competitive Safeguards and Medical Aspects of Sports recommends the following:

   (a) The NCAA Division I Interpretations Committee update the March 11, 2016, Division I educational column regarding independent medical care to include question No. 11 from the January 18, 2017, Division II and the January 23, 2017, Division III educational columns; and

   (b) Commission the NCAA Sport Science Institute, in collaboration with the NCAA staff from academic and membership affairs and the office of legal affairs, to develop a white paper that fully explores relevant issues surrounding host and visitor care provisions, independent medical care, risk management and other pertinent concerns. The white paper would serve as a foundation for more thorough membership education efforts.

   (c) The appropriate authorities in Divisions I, II and III add additional questions to their respective educational columns that specifically address the provision of the unchallengeable medical authority of the host primary athletics health care provider when visiting institutions travel without their own primary athletics health care provider.

   (2) Effective date. August 1, 2018.

   (3) Rationale. The recommendation addresses existing confusion among primary athletics health care providers involved in the provision of care to visiting athletic teams, and the potential for significant medicolegal issues arising from these situations. Further, the recommendation ensures all three divisions will receive sufficient and consistent guidance regarding these issues.
(4) **Estimated budget impact.** None.

(5) **Student-athlete impact.** The impact of this work will directly affect student-athletes, by allowing appropriate medical care to be applied to student-athletes even when a primary athletics health care provider does not travel with the visiting team.

**INFORMATIONAL ITEMS.**

1. **Report of the December 2017 CSMAS meeting.** The committee approved the report of its December 2017 meeting.

2. **Update on Institutional Performance Program health and safety survey.** The committee received an update on the Institutional Performance Program health and safety survey. The survey was available for the Division I membership from November 2017 through January 2018. Of the 351 Division I member schools, 291 schools participated. The results are expected to be shared with the membership by May 2018. The results also will be shared with CSMAS at the June 2018 meeting. The committee will, as an annual practice, have an opportunity to review and recommend changes to the survey.

3. **Update on the February Football Data Task Force.** The committee was given an overview of the February 2018 Football Data Task Force meeting. Specifically, the task force reviewed emerging information regarding concussion and other injuries in football. The emerging information reviewed by the task force did not suggest the need for immediate rules changes, but indicated a need for continued evaluation of emerging information.

4. **Isotope Ratio Mass Spectrometry testing.** The committee began a discussion regarding the necessity of IRMS testing. Specifically, IRMS testing is a costly methodology used to confirm endogenous steroids and T/E positives within a certain range. Recently, there has been a dramatic increase in the number of samples that have triggered IRMS confirmation; however, a large majority of these samples result in negative outcomes. The high cost of IRMS testing, coupled with the dramatic increase in the number of samples which require confirmation, has stressed the drug testing budget. As a temporary solution, IRMS confirmation testing has been suspended for endogenous steroids and T/E positives within the 6 to 10:1 range. The committee will discuss a permanent protocol change at its June 2018 meeting.

5. **Championship drug testing time considerations.** The committee reviewed an issue regarding NCAA championship drug-testing raised by the NCAA Division I Competition Oversight Committee at its January 2018 meeting. Specifically, the Competition Oversight Committee had questions regarding the length of time it takes some student-athletes to complete drug testing at NCAA championships.
CSMAS discussed the purpose of NCAA championship drug testing and reviewed data regarding the length of time it takes student-athletes to complete such testing. Specifically, the committee noted that over the past three years approximately 90 percent of student-athletes completed the drug testing protocol within one hour. Based on its review, CSMAS developed a response to the Competition Oversight Committee, which outlines the purpose of NCAA drug testing and includes relevant data specific to the Competition Oversight Committee's questions. (Attachment)

6. **Update on Sleep and Wellness Task Force** The committee received an update on the Sleep and Wellness Task Force. Specifically, the task force developed recommendations which will form the basis of a narrative review paper. Subgroups have been identified to write a literature review on sleep and student-athletes. The literature review will be followed by the Delphi process, which allows all task force members to vote on consensus statements. Supplemental resources on sleep and student-athletes resulting from the consensus statements are tentatively scheduled to be available to the membership in fall 2018.

7. **Update on Mental Health Best Practices Strategies Task Force.** The committee received an update on the Mental Health Best Practices Strategies Task Force. Specifically, the task force is working with the SSI to develop infrastructure and educational strategies and tools, as well as policy considerations. Supplemental resources are tentatively scheduled to be available to the membership in summer 2018.

8. **Update on Pain in the College Athlete Summit.** The committee received an update on the Pain in the College Athlete Summit that will be hosted by SSI July 10-11 in Indianapolis. The Pain in the College Athlete Summit follows an International Olympic Committee literature review on pain management in the elite athlete. Following the summit, staff and summit attendees will work on drafting recommendations on pain management for the membership.

9. **Update on NCAA Injury Surveillance Program communication plan.** The committee received an update on the Injury Surveillance Program communication plan, which is intended to increase Division II institutions' participation in the program. The committee reviewed a new ISP fact sheet created to share information on the program with Division II athletics directors, conference commissioners and athletics health care providers. Targeted emails on participation will be sent to this same group in April. Currently, only eight percent of Division II institutions participate in the ISP. Division II has set a goal for 30 percent participation by summer 2019.

10. **Preview of June 2018 meeting.** The committee’s next meeting will take place June 13-14 in Indianapolis.

*Committee Chair:  Doug Ramos, Creighton University, Big East Conference*
### Committee on Competitive Safeguards and Medical Aspects of Sports
**March 26, 2018, Teleconference**

#### Attendees:
- Shawn Arent, Rutgers, The State University of New Jersey, New Brunswick.
- Randy Bird, University of Virginia.
- John Chandler, DePauw University.
- Jeffrey Dugas, Troy University.
- Joshua Ellow, Swarthmore College.
- Gabe Feldman, Tulane University.
- R.T. Floyd, University of West Alabama.
- Aja Grant, Winston-Salem State University.
- Joseph Hannant, University of North Carolina, Pembroke.
- Jessica Mohler, U.S. Naval Academy.
- Steve Murray, Pennsylvania State Athletic Conference.
- Douglas Ramos, Creighton University.
- Amy Schafer, Thiel College.
- Mark Stovak, University of Nevada, Reno.
- Jeffrey Williams, East Central University.

#### Absentees:
- Stevie Baker-Watson, DePauw University.
- Grace Calhoun, University of Pennsylvania.
- Bob Colgate, National Federation of State High School Associations.
- Samantha Kastner, Notre Dame of Maryland University.
- Kimberly Patterson Walpert, University of Georgia.

#### Guests in Attendance:
None.

#### NCAA Staff Liaisons in Attendance:
- John Parsons, Anne Rohlman and Mary Wilfert.

#### Other NCAA Staff Members in Attendance:
- Jackie Campbell, Amanda Dickey, LaGwyn Durden, Brian Hainline, Cassie Langdon, Jared Tidemann and Jessica Wagner.
Championship Drug Testing Time Considerations

The primary purpose of NCAA drug testing is to support student-athlete well-being by ensuring a safe and level playing field and providing student-athletes a strong incentive to play clean. Drug-testing effectiveness is reinforced through clearly-stated policy and effective educational messages, and when student-athletes are made aware that consequences for cheating are serious, swift and sure. NCAA drug testing follows a strict published protocol based on anti-doping best practices. Following are some frequently asked questions about NCAA team championship drug testing:

- **Why can’t testing occur the day before the game?** NCAA drug testing at team championships occurs post-game. Post-game testing is a best practice for detection of performance drug use during competition and serves to minimize the likelihood of an athlete using a banned substance to unfairly influence the outcome of the game/competition.

- **Why test seniors/student-athletes with no remaining athletic eligibility?** All student-athletes participating in the championship are subject to drug testing; any student-athlete, seniors included, should benefit from NCAA drug testing as deterrence to use of potentially harmful substances.

- **If a student-athlete cannot provide an adequate sample, why can’t he or she come back to testing the next day?** Post-event testing is a best practice for detection and deterrence. Some student-athletes who have used a banned substance may attempt to alter the integrity of the urine sample via dilution (e.g., drinking excessive amounts of fluids) or may attempt to delay the collection process hoping the banned substance has cleared their system.

- **Some events begin late at night which means drug testing will start late as well. What is the NCAA policy on late-night drug testing?** The late-night testing policy pertains to team championship events only. An institution may defer drug testing until the next morning if their contest begins at 10 p.m. or later local time. The decision to defer drug testing applies to the entire team and must be determined by the institution immediately after the game. All selected student-athletes can either test after the game or test the next morning. If an institution decides to defer drug testing until the next morning, the test must start before noon local time and must take place at the testing facility from the day before. An institutional representative must be present at the collection site when their student-athletes are in drug testing.