

NEEDHAM BOARD OF HEALTH
February 24, 2015
Meeting and Public Hearing MINUTES

PRESENT: Jane Fogg, M.D., Chair, Stephen Epstein, M.D.
Vice-Chair, Edward V. Cosgrove, Ph.D.

STAFF: Timothy McDonald, Director, Maryanne Dinell,
Alison Paquette

GUESTS: David DiCicco, Patricia Carey, Paul
Siegenthaler, John Sgroi, Doug Fox, Connie
Conway Gansen, Mark Miskin, Kelly Flynn

CONVENE: 6:37 p.m. - Town Hall, Powers Hall 1471
Highland Ave, Needham MA 02492

DISCUSSION:

I. Call To Order - 6:37 p.m. - Dr. Fogg

II. Approve Minutes:

Upon motion duly made and seconded, the minutes of the BOH meeting of January 9, 2015 were approved as submitted. The motion carried. Unanimous vote.

III. Director's Report - Timothy McDonald

Mr. McDonald reported that he has met with Dave Larson, Director of the Norfolk County Mosquito Control District. Mr. Larson has offered to come to a future meeting of the BOH to explain minor changes in application techniques and products that will be employed in the summer of 2015. Mr. McDonald reported on a request from the Town Clerk for exclusion from spraying by a resident, adding that the Board may want to hear from the resident regarding this request.

Mr. McDonald reported on grant application activity, which includes the submission of a grant application for the prevention of underage drinking and other drug use, and a joint application to host a graduate student intern. The Massachusetts Department of Public Health would provide the intern to work on a Tick-Borne Illness Prevention project across seven Norfolk County Towns (Needham, Canton, Dedham, Milton, Norwood, Wellesley, and Westwood). Mr. McDonald also reported that his staff is currently working on the Drug Free Communities (DFC) grant which is due March 18, 2015. Mr. McDonald spoke about the score received on the previous application, noting that he is going to review all areas of the application, but the area that received a marginal rating—the Action Plan—would receive the most revisions.

Mr. McDonald reported that Environmental Agent Tara Gurge and the Building Commissioner David Roche closed down the Masala Art Restaurant at 990 Great Plain Avenue after receiving a complaint that water was pouring into the restaurant. Mr. McDonald stated that Ms. Gurge investigated the complaint. A company was called to clear the snow off the roof, but hadn't completed the job and over the weekend water came gushing in again. Ms. Gurge consulted with the Building Commissioner, and a decision was made to close the restaurant. Mr. McDonald stated that once the snow is cleared off the roof and holes are patched up, Ms. Gurge and the Building Commissioner will reassess the building.

Mr. McDonald referred to a memorandum from Philip Droney, Needham Chief of Police, to Kate Fitzpatrick, Town Manager, regarding BodyWorks Spa and their concern that prostitution is occurring on the premises. Mr. McDonald stated that Chief Droney and Kate Fitzpatrick would like the BOH to consider the issue regarding licensing and or regulating BodyWorks Spa. Mr. McDonald stated that his office would research regulations that are already in place in communities and put together a best practices report for the Board's consideration. Dr. Fogg suggested including regulation history with Needham prior to 2006 and public health implications surrounding Body Works Spa.

Dr. Fogg had a question on the TB case in the nurses' report. Ms. Paquette stated that it was a re-activation. A general discussion followed. Mr. McDonald stated that Ms. Carmichael would get more information to the Board before the next meeting. Dr. Cosgrove expressed concern on the number of Lyme cases stating that Lyme is a major problem in town and that he strongly encourages more tick born education. Mr. McDonald noted that he has some materials that were developed by local Public Health Depts and would send them to the Board for review.

Mr. McDonald suggested that the Board consider offering an extended period for written comments. Dr. Epstein stated that it would be a great idea to offer an extra week for this period. Mr. McDonald will put an announcement on the website.

IV. Review of Next Meeting Schedule

The next Board of Health meeting is scheduled for March 13, 2013.

V. Staff Reports

- **Environmental Health Agents Report - Tara Gurge**
Report submitted electronically.
- **Traveling Meals Coordinator Report - Maryanne Dinell**
Report submitted electronically.
- **Substance Abuse Prevention Coordinator - Carol Read**
Report submitted electronically.
- **Public Health Nurses Report - Donna Carmichael and Alison Paquette**
Report submitted electronically.
- **Public Health Program Coordinator Report - Anne Clark**
Report submitted electronically.

VI. Public Hearing on the Needham Board of Health, Concussion Prevention, Education, and Training Draft Regulations

Dr. Fogg opened the Public Hearing at 7:00 p.m., welcomed participants and introduced the Board.

Dr. Epstein stated that several years ago, the commonwealth instituted guidelines for concussion prevention and education for schools, grade 6-12. The guidelines include training for coaches and trainers to remove players from the game or practice when they have a suspected concussion. The guidelines outline the protocol for return to play. Dr. Epstein stated that data in Needham shows that the regulation only applies to the schools and not at the club level. He noted that the Board was asked by the pediatric community to develop guidelines to keep this cohort safe.

Dr. Epstein stated that children take longer to recover from concussions than adults, averaging a minimum of seven days. There is concern over the child's brain because the brain is still growing. Dr. Epstein noted the abundance of data that has warranted the need to draft regulations on Concussion Prevention, Education, and Training. Dr. Epstein stated that a number of teams have been surveyed and that from the survey last year it was discovered about a third of the sports organizations were not doing an adequate job in this area. There was not adequate training or protocol to take the children out when necessary or to bring them back in. Dr. Epstein stated that the Board wants to get everyone on the same playing field and to do it in a way that the teams that are already doing a good job will not see much of an

impact on what they are already doing and teams that are not doing a lot are going to see more of an impact, appropriately so. Dr. Epstein stated that the Board is doing this to protect children, not in just one sport but in all the sports so that they remain healthy.

Dr. Epstein stated that there are regulations currently in effect in Boston and in Ashland. Boston's regulations prohibit the use of the fields if there is not a Concussion Prevention, Education, and Training program in place. Ashland is a little bit more comprehensive focusing on education of the coaches and how to take the players out when a concussion is suspected and how to safely return youth to sports activities. Dr. Epstein noted that Needham's draft is more on the Ashland model.

Dr. Epstein stated there are four major principles:

- 1) Coaches should have training in concussions. Dr. Epstein referred to the CDC training information about concussions for coaches, parents, and athletes involved in youth sports and how to ensure that coaches have the appropriate training.
- 2) Parents education. If you have a volunteer parent or coach who is going to pull a player out of a game, the parents need to know why and what to do. There are handouts from the CDC that could be made available to parents, and since most organizations have electronic registration, parents would receive the CDC guideline through the parent registration process.
- 3) How to remove children from play and how to approve their return to play when appropriate. A Parent ought to be notified right away if their child is pulled from the game. The Board of Health would like to be notified for the purpose of collecting data. There is an information gap in Needham. It is not known where the concussions are occurring. The Board needs to know age groups, sports, time of day, and locations. This data is needed and must be collected.
- 4) Data collection in terms of age, gender, field, time of day, and the circumstances surrounding the incident as it happens, whether on the courts or fields, at practices, etc is important data to collect. It is to be sure that children going back in the game are safe and the long term health of the players is protected.

These are the guidelines for the regulations overall: to develop a new draft for consideration by sport teams and sports organizations. The Needham Board of Health's Concussion Prevention, Education, and Training Regulations should be in place for the fall season. A new draft for review would be available in March.

Dr. Fogg opened the floor for comments and questions.

Kelly Flynn, Needham Junior Football and Cheer, Executive Board Member (Secretary, Registration & Safety/First Aid) addressed the Board. Ms. Flynn summarized the Needham Junior Football and Cheer registration process, which begins on March 1st; practice begins in August. The Needham Board of Health, Concussion Prevention, Education, and Training Regulations won't go into effect until the Fall. This would be an annual problem for Needham Junior Football and Cheer. Ms. Flynn summarized the Needham Junior Football and Cheer procedures on concussion education, including established protocol for return to play procedures. A general discussion followed on data related to concussions.

Dr. Epstein referred to data received from the high school from the previous quarter, 42 concussions on record, 32 which did not occur at school but were sports related. A general discussion followed on how to collect data as well as how often a coach should receive a certificate on concussion training. Dr. Epstein pointed out that the certificates go with the coach, not with the team. The certificate is good for one year regardless of how many sports the coaches are involved in.

Ms. Flynn noted that once the certificate is printed from the CDC website, there is no way to go back and reprint. She went on to say that Needham Junior Football and Cheer is required to keep the CDC certificate in their roster book, it is required for roster certification. Dr. Epstein noted that this procedure is a good practice for this organization. Dr. Fogg added that she would include this information in the regulations as a reminder to volunteer coaches that once they print their CDC certificate to keep it. Ms. Flynn expressed that she would like language in the draft regulations, on page four, section five item number B to be changed to include, licensed trainer in consultation with a health care provider rather than in consultation with a licensed physician. The Board indicated that they would look into this request.

Mark Miskin, Tournament Director, Needham Memorial Day Tournament, Invitation and GPS College Showcase Soccer Club addressed the Board. Mr. Miskin stated that he runs the Memorial Day Soccer Tournament, and he utilizes over 50 Athletic Trainers. Mr. Miskin summarized protocols for evaluating players if a

concussion is suspected during this event. Mr. Miskin applauded the efforts of the BOH to draft regulations on Concussion Prevention, Education, and Training. Mr. Miskin summarized procedures for the Needham Soccer Club regarding coaches' training and licenses, positive coaches alliances, and CDC concussion training. A general discussion followed on requiring every coach to receive the CDC Concussion Training Course, providing an easier system for the volunteer coaches to complete the training, and also for the BOH to collect data.

Paul Siegenthaler, Needham Baseball and Softball, Executive Board Member (VP Baseball Operations) addressed the Board. Mr. Siegenthaler stated that he had sent a letter to the Needham Public Health Department with comments on the draft regulations. Because the Public Health Department had not received the letter Mr. Siegenthaler will send another copy. Mr. Siegenthaler stated that the Massachusetts Interscholastic Athletic Association (MIAA) has a site through the National Federation of State High Schools Associations, which offers concussion training. Mr. Siegenthaler added that this site is an alternative to the CDC's Heads-Up Concussion Training. The Board noted that the site is acceptable. Mr. Siegenthaler stated that Needham Baseball and Softball supports the efforts of the Board of Health to implement Concussion Prevention, Education, and Training regulations. Mr. Siegenthaler stated that Needham Baseball and Softball utilizes approximately 350 volunteer coaches during the year, and per the draft regulations, coaches must certify concussion training 21 days before the first practice. Mr. Siegenthaler noted that although all volunteer coaches are required to have a CORI, there might be some timing challenges in getting the volunteer coaches to complete the concussion training. A discussion followed on possible options.

Mr. Siegenthaler referred to section VII of the draft regulations and asked the Board to consider fining an organization if there are no concussion trained coaches at an event rather than one individual coach. Dr. Epstein stated that it is the expectation of the Board that there would be no fines, that the process would be easy for everyone in compliance with the regulations. A general discussion followed on ImPACT Testing. Dr. Epstein described some of the concerns with the ImPACT Testing product. Dr. Epstein stated that the important issue is to ensure that when a player is pulled from a game that he or she is seen by a doctor to ensure that the brain has had time to heal.

Sarah Smith Needham Girls Youth Lacrosse, Executive Board Member (Registration) addressed the Board. Ms. Smith stated that her organization has about 40 volunteer coaches and that all coaches are required to be in compliance with concussion training

protocol. Ms. Smith stated that her organization has no athletic trainers for any of their games. Dr. Epstein stated that the Board does not require athletic trainers in youth sports but rather that all youth sport coaches be trained in recognizing a potential concussion that would initiate a player being pulled from the game, which is the safety issue. A general discussion followed on the potential to have a town wide data base on concussion protocol training and a web based centralize reporting system as well as parent education.

Ms. Miskin expressed that to require an organization to keep a copy of the doctor's note regarding return to play for three years is a huge administrative burden for the volunteer sports organization. A general discussion followed on how long to keep this information.

David DiCicco, Park and Recreation Commission, Vice Chairman addressed the Board. Mr. DiCicco spoke from a coach's point of view and talked about procedures for return to play. Mr. DiCicco explained a very thorough process that keeps the players safe. Mr. DiCicco spoke also from a Park and Recreation Commission point of view. Mr. DiCicco noted that a lot of points from tonight's discussion were brought up at his meeting last night with the Park and Recreation Commission. Mr. DiCicco added that it is the general consensus of the Parks & Recreation Commission to recommend that the Board of Health institute a policy rather than a regulation and to eliminate the fines. Mr. DiCicco added that the Commission wanted to know who was going to fund the regulation and had question about tracking data and that some of the sports organization's insurance may already require concussion training. Mr. DiCicco stated the Commission believes that all groups should require concussion training, not just the volunteer organizations. A discussion followed on tracking data and finding an electronic solution that works for the Town.

Dr. Fogg closed the Public Hearing on Concussion Prevention, Education, and Training Draft Regulations. Dr. Fogg expressed her appreciation for tonight's discussion, noting that the comments were extremely helpful.

Mr. McDonald stated that he would get out additional information to everyone who has signed in and left their email information. Mr. McDonald stated that revisions would be made and a second draft would be produced. Additional written comments can be submitted to www.needhamma.gov/health.

Adjournment -

Upon motion duly made and seconded, that the February 24, 2015 BOH meeting adjourn at 8:26 p.m. The motion carried. Unanimous vote.