

Joint Commission on Sports Medicine and Science
Friday, February 16, 2024

Sport Science Institute Overview

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Director, Sports Medicine



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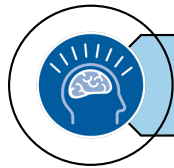
Health and Safety & NCAA

- Foundational components of NCAA mission.
- Priority for over 100 years.
- Embedded into the NCAA Constitution.

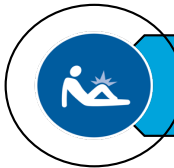


NCAA Health and Safety Priorities

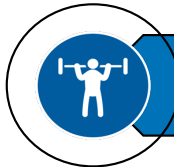
Endorsed by the NCAA Board of Governors



Mental and Physical Health.



Sport-related Illness and Injury.



Training and Performance.



Education and Policy.



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Competitive Safeguards and Medical Aspects of Sports

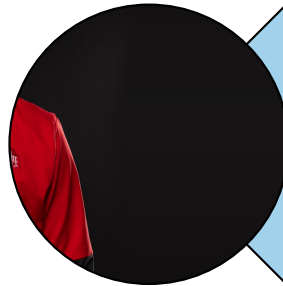
CSMAS
MISSION

To provide expertise and leadership to the Association in order to promote a healthy and safe environment for student-athletes through research, education, collaboration and policy development.



CSMAS Composition

- 25 members total, Association-wide.
- Includes athletics administrators, coaches, sports medicine staff, researchers, faculty and student-athletes.
- Divisional governance representation.



Chair: James "Jamey" Houle, PhD, ABPP

The Ohio State University
Term ends: 8/31/24



Vice Chair: Deena Casiero, MD

University of Connecticut
Chair term begins: 9/1/24

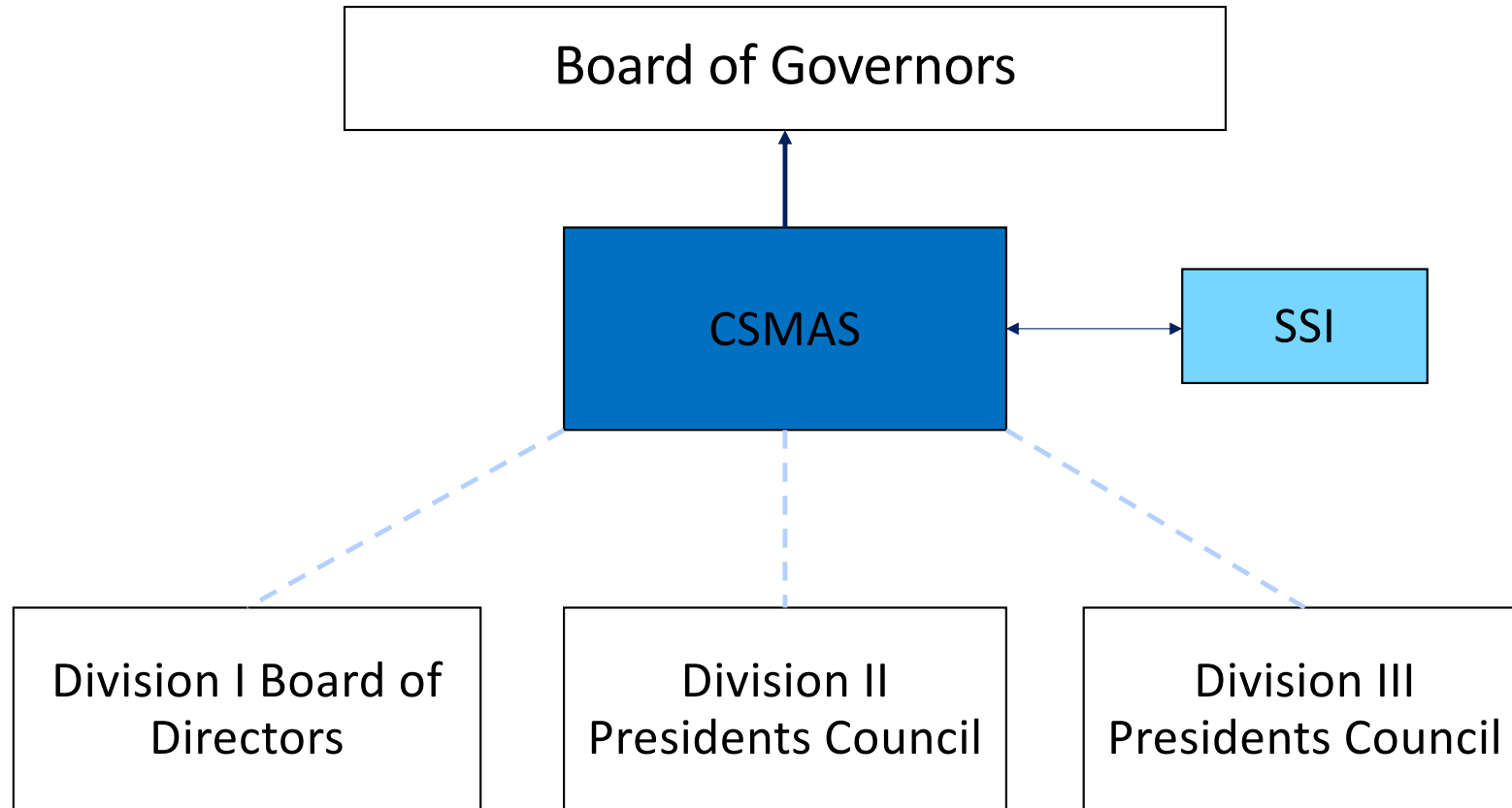


NCAA Sport Science Institute

- Created to advance health and safety strategic priorities.
- Association's national center of excellence for health and safety.
 - Created in 2013 and led by NCAA Chief Medical Officer.
 - 11 staff.
- Committed to serving and educating the membership.



Health and Safety & Governance Structure



Current Topics

- NCAA President
- Mental Health Best Practices.
- Cannabinoids.
- Transgender student-athlete participation.
- Athletic trainer workforce issues.
- Training and Performance Advisory Group.
- Helmet add-ons/neck laceration protection

President Charlie Baker

- March 1, 2023
- 6th President
- Former Massachusetts Governor
- Harvard University Student-Athlete



| Consensus Document:

MENTAL HEALTH BEST PRACTICES

Understanding and Supporting Student-Athlete Mental Wellbeing



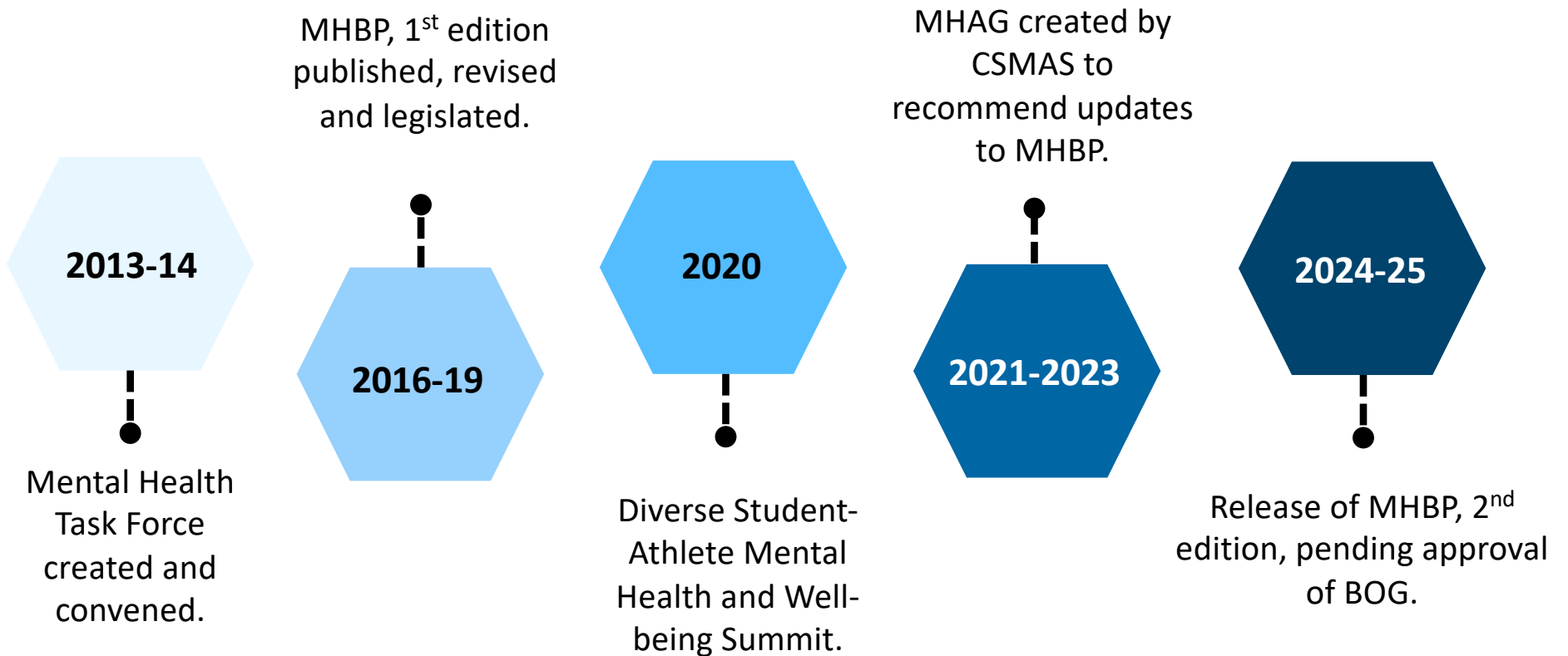
MENTAL HEALTH BEST PRACTICES



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Mental Health Timeline



ADVISORY G R O U P



Mental Health Advisory Group

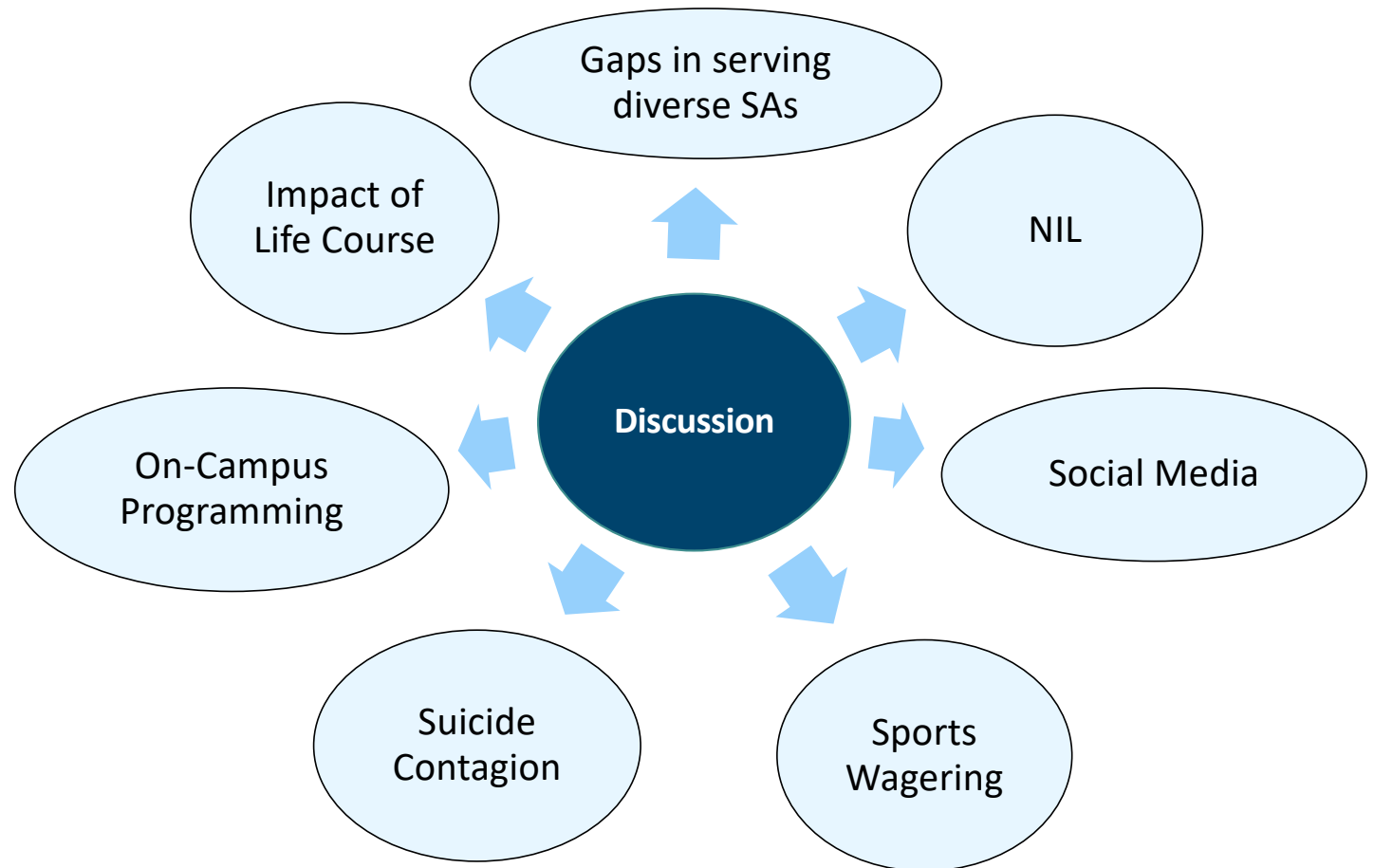
- Created by CSMAS after Diverse SA and Mental Well-Being Summit.
- Charged with recommending updates to Mental Health Best Practices.
 - Using consensus process to recommend possible updates to Mental Health Best Practices.
 - CSMAS recommended BOG approve in December 2023.
 - BOG asked to approve January 2024.



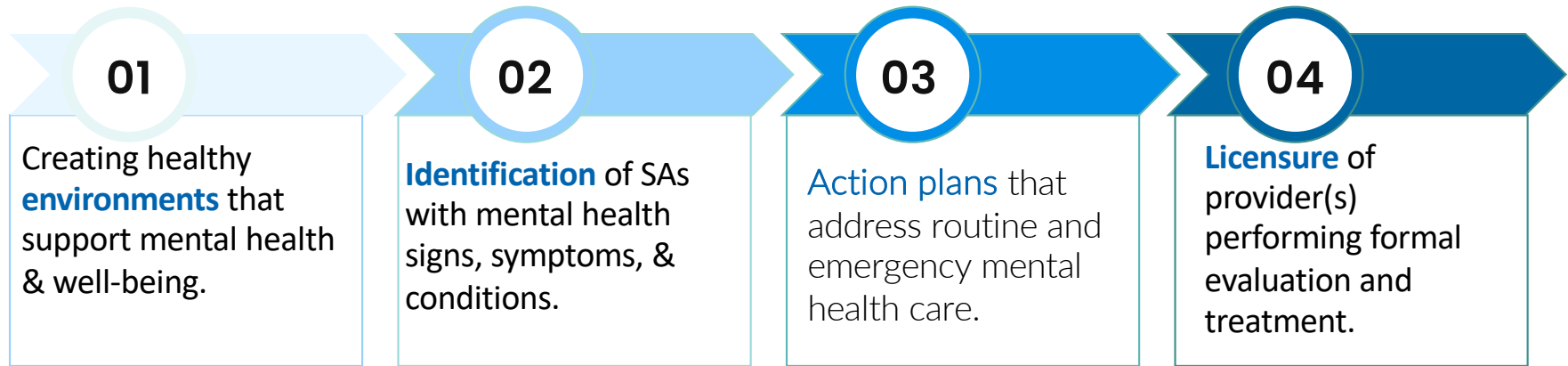
BEST PRACTICES UPDATE

- MHAG used a consensus process.

- Statements rated for agreement and feasibility.



Reorganizing MHBP Recognizes Role of Health Promotion



Foundational principles for understanding and supporting student-athlete mental health.



Additional considerations provide menu of options for campus to consider based on local circumstances/resources.



A photograph of two laboratory glassware items, a test tube and a graduated cylinder, containing liquids. The test tube on the left contains a dark green liquid and a cannabis leaf. The graduated cylinder on the right contains a yellowish liquid and a cannabis leaf. The background is a blurred green leaf.

CANNABIS POLICY



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Cannabinoids Recommendation - Rationale

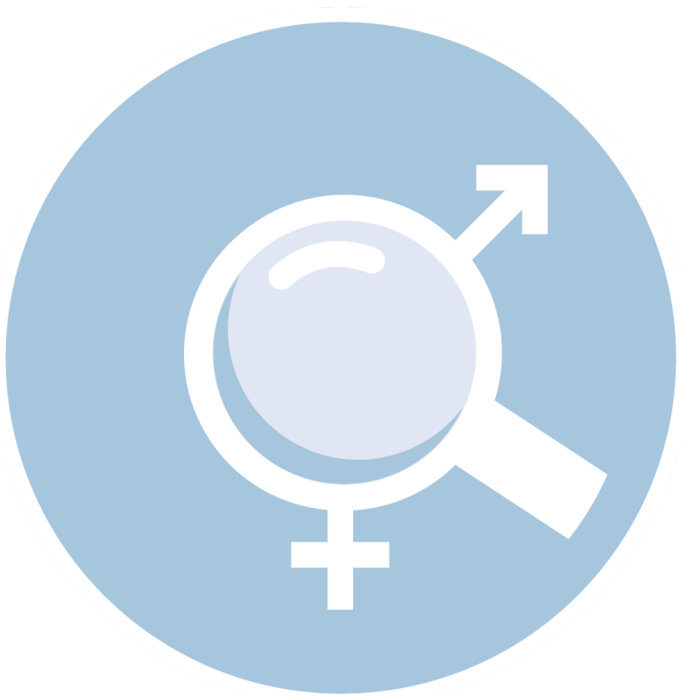
- **Ineffectiveness of existing policy to decrease use (supported by recent survey data).**
- **NCAA drug-testing meant to address only performance-enhancing substances.**
- **Change recenters SA health by promoting education, local screening and local harm-reduction strategies.**
- **Emphasizes importance of move to harm-reduction strategy, similar to alcohol use that prioritizes education and management over penalty.**
- **Shifting membership opinion.**



Cannabinoid Recommendation Timeline

- **2021-22:** Penalty changes & DII/DIII recommendation.
- **December 2022:** Summit on Cannabis in Collegiate Athletics.
- **September 2023:** CSMAS recommendation to remove.
- **November 2023:** Q/A document released.
- **December 2023:** Summit consensus-process completed.
- **January 2024:** All Divisions introduced proposal during NCAA Convention.
- **February 2024:** CSMAS to consider education plan.
- **Spring 2024:** Updated materials, webinars, etc.





NCAA Transgender Student-Athlete Participation Policy



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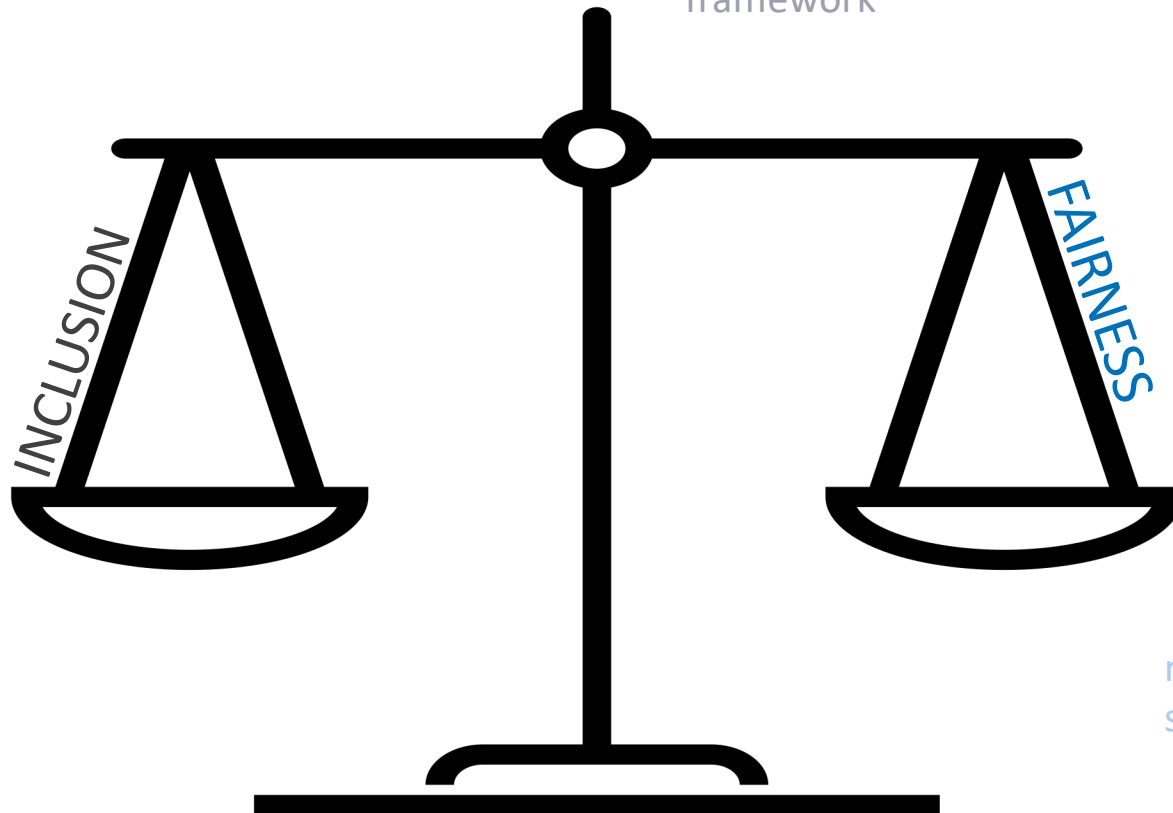
NCAA Policy Framework

non-discrimination

opportunity

collegiate values

informed by IOC
framework



evidence-based
requirements

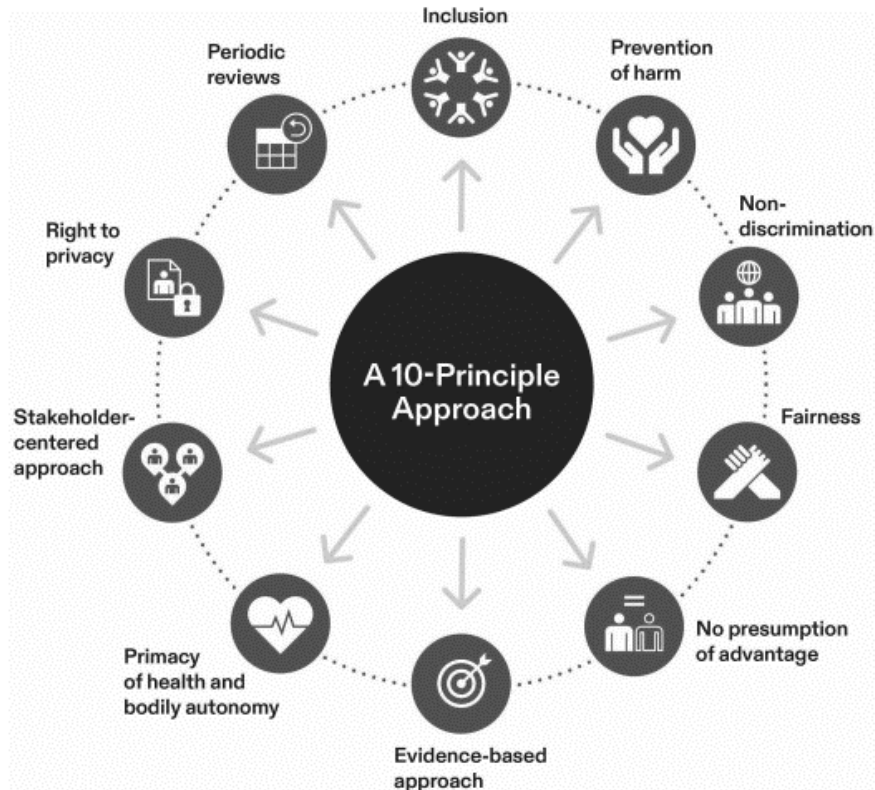
recognize diverse
sources of advantage

*Not if trans athletes are included, but how.



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IOC Policy Framework



- 2021 Framework developed to support IFs in developing policy.
- Based on 10-principle approach built on values of fairness, inclusion and non-discrimination.
- Not one-size fits all sports.
- Supports NCAA approach.
 - Many governing bodies do not have policies.



2022 Update to NCAA Policy

CSMAS recommendation approved by Board of Governors.

1

Continue to meet 2010 policy.

Trans Men

Medical exception for testosterone.

Trans Women

Hormone suppression \geq 1 year.

AND

2

- Meet sport-specific eligibility requirements **reviewed and approved** by CSMAS and **informed by** sport-governing body policy.
- Must submit documentation to NCAA ~3 times annually.

AND

3

Phased implementation.

2024-25 Discussion: Phase Three?

- **Phase Three challenges:**
 - Administrative.
 - Value alignment?
- **Emerging info / policy trends.**
- **Need for simplification.**
- **Consideration of divisional differences.**
- **State legislation / Title IX.**

January 2023
BOG APPROVED

Extend Phase Two
through 2023-24 AY.

CSMAS
recommended

Extend Phase Two
through 24-25 AY;
continue review of
policy.



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Athletic Trainers Workforce

- Finding and retaining
- Discussions with AT Strategic Alliance
- Stakeholder meeting in June 2023
- DIII created working group to discuss work force issues
- CSMAS released statement emphasizing possible solutions in September 2023



Resources



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Health and Safety Resources



www.ncaa.org/ssi



NCAA ▾

STUDENT-ATHLETES ▾

DIVISION I ▾

DIVISION II ▾

DIVISION III ▾

MEDIA CENTER ▾



MEMBERSHIP ▾

SPORT SCIENCE INSTITUTE

COVID-19

Health and Safety Topics ▾

Programs ▾

Key Publications ▾

About the SSI ▾



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As the Association's national center of excellence, the NCAA Sport Science Institute works closely with the [Committee on Competitive Safeguards and Medical Aspects of Sports](#) and is committed to serving and educating student-athletes and our membership. The SSI aims to provide college athletes with the best environment for safety, excellence and wellness through research, education, best practices, and collaboration with member schools, national governing bodies, key medical and youth sport organizations, and the public and private sectors.



Student-athlete well-being is a foundational component of the NCAA mission and has been a priority for the NCAA for more than 100 years.



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