

## **2010 SRI Bulletin #1 – November 4, 2010**

This is the first of many SRI Bulletins for the season. Please review and pass this information on to your fellow Referees. Email me at [ricklind@teleport.com](mailto:ricklind@teleport.com) with your comments and questions.

If you have topics you would like me to address in a bulletin, let me know and I will put one together.

### **HUB**

A. Evaluation Tournaments are listed on the HUB. If you would like to get an Referee in one of these tournaments, contact the person listed to see if that is possible. If you have a tournament you feel would be good for evaluations let me [ricklind@teleport.com](mailto:ricklind@teleport.com) or Ron Haverkost [Ronald.L.Haverkost@state.or.us](mailto:Ronald.L.Haverkost@state.or.us) know. In order for it to be an evaluation tournament you will need to invite Referees from other associations to work the tournament and get evaluators scheduled.

B. Clinics will also be listed on the HUB. Currently there is one scheduled for November 21, 2010 at North Medford HS. If you would like to have someone attend this clinic let Lester McFall know at [mcfalladventures@charter.net](mailto:mcfalladventures@charter.net) so he can make arrangements for food.

We are planning another clinic for the Portland or Salem area on December 11, 2010. The Portland association is working on this clinic currently and details will be sent to commissioners and posted on the HUB. Stay tuned for more.

C. The OCEP Clinic resources are now posted on the HUB. Minor changes will be made in the next couple of days but as of now, you can look at the PowerPoint, clinic videos and clinic handouts. These can be viewed by anyone and also downloaded for later viewing. Please feel free to use this material in your meeting training sessions.

D. There are now narrated PowerPoint slides on the HUB. These are the actual PowerPoint slides from the new rules presentation with a narration by yours truly. Please share these with your members or let them know so they can view them.

E. The Tough Calls 2010 is now posted on the HUB. Feel free to watch it as a group if you have a viewer/projector or let your Referees know about it for viewing at home.

F. There is a Concussion Video (9 minutes) on the HUB. This is an excellent video about concussions and the Referee's new role. I have also included concussion mechanics later in this bulletin.

## **SKIN CHECKS**

Remember, skin checks are mandatory at all matches/meets. Please make sure you Referees are performing skin checks every night.

Also on the HUB is a section from the Mat Doc regarding a handout and video about skin disease. Brad was not able to get OSAA to buy these for us but will put together an order, prepay for them and bill the associations later. If you are interested in either the handout and/or the video, let Brad know by November 19<sup>th</sup>. He will then process one order for the state and get a discount.

## **CONCUSSION MECHANICS**

The following is the OSAA mechanic for a Wrestling Referee to deal with concussions on the mat.

- A. Referee notices a wrestler who exhibits signs, symptoms or behaviors consistent with a concussion (such as loss of consciousness, headache, dizziness, and confusion or balance problems).
- B. Referee stops the match, starts injury time (or recovery time if applicable) and notifies the coach that his wrestler is exhibiting signs, symptoms, or behaviors consistent with concussion.
- C. Appropriate health care professional will evaluate the wrestler and decide:
  1. Wrestler does not have a concussion, or
  2. Wrestler does have a concussion.
- D. If wrestler does not have a concussion:
  - Wrestler returns to mat, injury time (or recovery time if applicable) is stopped and recorded and wrestling is resumed.
  - If wrestler again exhibits signs, symptoms or behaviors consistent with a concussion the Referee will again stop the match, start injury time and notify the coach again.
    - If this is a second injury timeout, opponents choice of position rules apply.
    - If no injury time is left, match is terminated as a default
    - Remember, once wrestling is resumed following a recovery time stoppage, the next time out would be an injury timeout.
  - Appropriate health care professional will again look at the wrestler and decide if a concussion has occurred and the procedure will start over again.
  - All injury/recovery timeout rules apply
    - 1.5 minutes of injury time.
    - 2 minutes of recovery time.
    - Second timeout for injury, opponent gets choice of position on restart.
    - Third injury timeout results in a default.

- E. If wrestler is diagnosed with a concussion by the appropriate health care professional:
- Wrestler can not return to the mat without the approval of an appropriate health care professional
    - ❖ In Oregon, appropriate health care professionals are designated by Oregon Revised Statute as one of the following: Medical Doctor, Doctor of Osteopathic Medicine, Nurse Practitioner or a Physicians Assistant.
  - Match is terminated at this point as a default.
  - Remember, no written approval is required for a wrestler to return to the mat.