

MVRHS Track & Field Proposal

MVC Presentation

March 18, 2021

David A. Halsey, M.D.
Team Physician, MVRHS

Disclosure

- I am speaking tonight at the **request of MVRHS**.
- The presentation I will provide tonight reflects **my personal opinions only** and do not represent those of Martha's Vineyard Hospital (MVH) or the medical staff at MVH.
- I have cared for student athlete's who practice and compete on the poorly maintained natural surfaces, optimally maintained natural surfaces and artificial turf

Who am I ?

- **Orthopaedic Surgeon**

- 31 years
- Team Physician
 - MVRHS
 - Kimball Union Academy, Vermont Academy, Hanover High School

- **Advocate for Injury Prevention**

- Injury Prevention Spokesman for the Am Academy of Orthopaedic Surgeons
- Precision Valley Sports Medicine Network (11 Secondary Schools in VT & NH)

- **Partner with Dr. Scott Simmons (Sports Medicine - Family Practice MD)**

- MVRHS – Team Physician
- Boston University – Team Physician

My bias

Student Athlete's Experience

- Team work skill garnered from organized sports as a school-age athlete impact positively on life skills
- Injury prevention to the extent possible in contact and collision sports
- Prepare, Practice, Performance in real world setting

What does the literature say?

- Research compares
 - NFL/College fields vs. Artificial turf (hard)
 - NO CONCENSUS for College surfaces
 - No evidence at all for school age athletics

Insights are not transferable
to MVRHS setting

Apples to Oranges

- Decision Quality depends on the quality of the data

Physical Therapy in Sport 2021

The incidence and nature of injuries sustained on grass and 3rd generation artificial turf: a pilot study in elite Saudi National Team footballers

Ortho J. Sports Medicine 2020

Epidemiology of Anterior Cruciate Ligament Injury on Natural Grass Versus Artificial Turf in Soccer: 10-Year Data From the National Collegiate Athletic Association Injury Surveillance System

Am J. Sports Med. 2013

Incidence, mechanisms, and severity of match-related collegiate women's soccer injuries on Field Turf and natural grass surfaces: a 5-year prospective study

Am. J. Sports Med. 2017

Incidence, Mechanisms, and Severity of Match-Related Collegiate Men's Soccer Injuries on Field Turf and Natural Grass Surfaces: A 6-Year Prospective Study

What is the takeaway message?

Focus on the whole athlete experience

- Focus on “best practices” for injury prevention
 - On field pre-season conditioning
 - Practice and perform on well maintained surface at all times of the year
 - Training on surface that will be used for competition

Current MVRHS athletic field do not meet these best practices

Two options for MVRHS moving forward ...

A single state of the art stadium artificial turf field

New natural turf fields each with stadium facilities

MVRHS Proposal

“A single state of the art” stadium artificial turf field

- Surface that is as close as possible to an “all season surface”
- Natural grass-like traction to limit lower extremity injuries
- Protective cushioning to address concussion prevention
- “Fill” material to address environmental and health impact
- Cooling effects to mitigate extreme heat (limit exposure)

Option 2 (No active proposal)

“Multiple new natural turf fields each with stadium facilities”

- No other peer-group school system is adopting this approach
- Impact of Title 9 regulations
- Northeast climate related constraints (not addressed)