

## BOARD OF HEALTH MINUTES

January 7, 2015

The meeting was called to order at 7:13 p.m. Present were Thomas Klem (TK), Chair, Michael Bean, M.D. (MB) and Cynthia C. Hill (CH). Also present was Julia Junghanns (JJ) Director of Public Health and Patti White, Department Assistant.

Public Comment- there were none

7:15 p.m. Artificial Turf and Concussions Policy Discussion- Guests- Recreation Director- Jessica Brodie (JB), Recreation Commissioner Brud Wright(BW) and School Committee Liaison Malcolm Astley(MA)

CH: CH and MA are working together to look at the School Concussion Policy. CH has done much investigation of news pieces regarding professional injuries and has read the book by Dr. Cantu. She wants to be sure the policy in place is protecting the children and educating parents to the risks and dangers. She would like to see a collaborative effort with the Recreation Commission, School Committee and the Health Department to be sure the parents understand the signs and symptoms of Concussions. The most serious problem is when the athletes go back out on the field after the first injury (possibly in the same game) and are injured a second time, and it is believed that is when the most serious damage may occur.

CH has presented a document regarding Background/Familiarization Videos (not courses).

BW: He knows that there may not be enough supervision (Trainers) on the fields during youth activities. CH: Do you feel the parents are sufficiently educated? BW: no, and I don't feel the coaches are either. Wayland Youth soccer (Reed Newton) was interested in more in depth concussion policy along with baseline testing to be done.

JB: I was formerly employed as a ski instructor and had a family member in football and know there are concussions issues in both of these sports. She has contacts in Brookline, and they have updated their Concussion Policies and they also do baseline testing. The baseline testing is done on a computer (30 to 45 minutes) and it required a specific company's software program to access the information. Some questions posed; where this would be done? Who would perform the testing? What is involvement of school nurses? JJ: how is baseline administered? JB: Dover did it for middle school football; it was done in a computer lab in several sessions.

MA: The School Committee is asking that a task force be formed with a representative from Recreation, sports groups, Health Department and School Department. It is hoped that the task force would review current data regarding concussions, what is credible, what is not, understand what is being presented and where are the gaps and make recommendations to School Committee for their support. Points of interest and concerns:

The process for change would include looking at current policy; the credibility of it and how do we check the quality of information. Verify the current procedures, collect professional recommendations and investigate the steps needed to enact changes.

CH: Malcolm- each of the 6 questions you presented are answered in the book by Dr. Cantu.

The Board has requested "Concussions" to be an ongoing Board Priority to be discussed at the future meetings as information is received and meetings are set up with professionals for their input.

Astroturf discussion:

CH: the more you read, the more confusing the subject appears. Dr. Brewer had shared with the Board that her daughter was a soccer goalie in Wayland and when she came home, she had the little black pellets (crumb rubber) from the field in her clothes and she was aware that she had eaten some from times when she dove to make a save and hit the ground.

Nike grind is a new product being introduced. You cannot use carcinogens in sneaker soles and Nike has begun collecting used sneakers, and producing this healthier item to be used in place of the tire grind (crumb rubber).

BW: there is also a synthetic product, but it has not been extensively tested. The crumb rubber presently used is the less expensive option.

JB: the synthetic turf tends to hold moisture and enhances the growth of bacteria, but our New England weather kills the bacteria. There is a collection system for the run-off water that is in place in Wayland under the existing artificial turf field.

7:53 p.m. Mike Wegerbauer had joined the meeting

BW: Use of artificial turf in the spring and wet seasons reduces the heavy wear and damage to the natural fields; It is expensive to repair the natural fields if they have been overused. A town is well served with a mix of natural and artificial turfs: Recreation & Parks have to decide to open/close field which can cause problems with scheduling. Natural fields can be rotated out to be reseeded. Having two artificial fields and one more natural field would allow for rotation and proper care of fields.

MW: the Town is looking at the Nike site for a natural field, BW: they are looking to do a simple natural grass field there. There is support from the Finance committee and the DPW. Mike has some designs from former DPW director and he will get them to Jessica.

CH: a Soccer coach in Washington State has started collecting information after discovering a high number (38) of cancer cases of soccer players in state, 34 of those were goalies.

JB: when Wayland Recreation talked to Gill Associates about the health risks of artificial fields, they were told that particular news article stems from a study regarding a world cup game. High level games require premium grass fields, and artificial turf is a comparable product. Penn State has a lot of studies. Let's look at the studies and be sure that we are giving the town what they need.

TK: let's table this to the near future while we look through the information presented.

8:00 p.m. **8 Tally Ho Lane- Addition of 4<sup>th</sup> bedroom on an undersized lot in a Zone II- question of requiring Innovative and Alternative Technology- Registered Sanitarian- David Schofield (DS)**

DS: I asked DEP what determines the current size (number of bedrooms) of a system and they said the Septic Permit, which shows 4 bedrooms, dated in 1973. The lot is 20,857 sq. ft.

JJ: the property is assessed as a 3 bedroom. If they are looking to have a new four bedroom system, as they are replacing their existing 4 bedroom system. Due to the Zone II it may need to be an I/A system. It appears that the house was built as a 3 bedroom house, and the 4<sup>th</sup> bedroom was never added. JJ has contacted DEP and

the BOH has the option to require the system to be an I/A. Are they adding a bedroom? The original system was 4 bedroom, but the house is 3.

**TK: Motion to approve installation of an I/A system for 4 bedroom at 8 Tally Ho Lane plans dated 11/21/2014, subject to staff review of updated plans. Board of Health notes the location as an undersized lot in a Septic Zone II. Second MB Yes: TK, MW, MB No: CH.**

8:50 p.m. Discussion regarding using a temporary Community Health Nurse rate for a long-term Sub-Nursing Assignment

See attached document from School nurse Leader/Public Health Nurse regarding this situation. There has been a long term medical leave in the Middle School and a sub-nurse has been covering. There have been discussions with the Human Resources Director, JJ and RM regarding the need to determine how this position should be paid while covering for a full-time CHN position (responsibilities are very different, sub-nurse –vs- full-time school nurse (CHN)). There is no identified salary grade for a long term sub-nursing assignment. The sub nurse has been handling all duties at the school that the full-time nurse would be handling. The salary is lower for the sub-nurse and sub nurses do not receive benefits, sick time or vaca pay.

**TK: A sub nursing assignment greater than 30 days will be compensated at the Community Health Nursing step 7. Second CH Vote 4-0 all in favor**

**MW: Motion to compensate Noreen D’Amico at the community health nurse step 7 rate retroactive to November 20<sup>th</sup>, 2014. Second TK vote 4-0 all in favor.**

9:15 p.m. The bills have been signed and the Directors report has been reviewed.

9:20 p.m. River’s Edged Project Site- update on Site Assignment and BoH involvement.

Julia updated the Board on her conference call meeting regarding this Site Assigned land (for landfill use) on a portion of the property of the River’s Edge lot (this area was not known to ever be used for actual land filling of refuse). The BoH originally assigned this land for landfill purposes so it would need to be involved with a hearing process to formally un-assign the land. Information has to be gathered to format the BoH process regarding the Rivers Edge site and the process for “un-assigning the site for landfill use”. She is waiting for a meeting date with DEP. The Board has requested Julia consult the Town Administrator regarding how the Board of Health proceeds with a request for Legal representation. Can we get advice regarding if the request will have to be put out to bid, (RFP) or will the dollar amount be under the limit.

Linda Segal: Mark Lanza is not an environmental attorney, request special counsel.

9:39 p.m. Intern/Trainee for Health Agent/Inspector position- Julia will be reaching out to get help with the process to bring in a person to be trained.

9:40 p.m. Minutes of December 8, 2014

Add wording (nitrogen and phosphorus wording- JJ)

**TK: motion to approve minutes of December 8, 2014, as amended. Second MW vote 4-0 all in favor**

9:43 p.m. Discussion regarding BOH offices expiring- Cynthia Hill (2012) and Michael Bean (2009) are up for reappointment. Nomination papers with the required number of signatures must be returned by February 10<sup>th</sup>.

9:55 pm. TK: Motion to adjourn, second MB vote 4-0

Respectfully submitted  
Patti White  
Department Assistant  
Wayland Health Department  
010715minutes  
Approved08/26/15