

**MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING**  
**April 25, 2013**

The IHSA Sports Medicine Advisory Committee met via teleconference on Thursday, April 25, 2013, beginning at 11:00 a.m. Committee members present on the call were Dr. Richard Everett; Gregory Gaa, Dr. James Green, Adam Tarr, Rick Vincenzi, and Dr. Preston Wollin. Also in attendance were Associate Executive Director Kurt Gibson and Assistant Executive Director Craig Anderson. Not present were members Dr. Cynthia LaBella and Darcie Kubinski, Minooka.

**POLICY RECOMMENDATIONS:**

**1. Football Pre-Season Practice**

**Recommendation:** The committee recommended adopting a more defined practice model during the first 14 calendar days of football practice, also known as the acclimatization period. During the acclimatization period, the standards below would be used by all football-playing schools in Illinois. If approved, this recommendation would be inserted in IHSA Policy 13 (Football Policies).

<b>Day of week IHSA calendar</b>	<b>FB calendar day</b>	<b>Practice Type</b>	<b>Allowed Equipment</b>
Wed WK 6	1	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Helmet only
Thurs WK 6	2	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Helmet only
Fri WK 6	3	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
Sat WK 6	4	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
<b>Sun WK 7</b>	<b>5</b>	<b>no practice allowed - day of rest</b>	
Mon WK 7	6	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Helmet and Shoulder Pads
Tues WK 7	7	5 hours of practice limit. No single practice can exceed 3 hours. At least 2 hours rest between practices.	Full pads
Wed WK 7	8	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Full pads
Thurs WK 7	9	5 hours of practice limit. No single practice can exceed 3 hours. At least 2 hours rest between practices.	Full pads

Fri WK 7	10	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Full pads
Sat WK 7	11	5 hours of practice limit. No single practice can exceed 3 hours. At least 2 hours rest between practices.	Full pads
<b>Sun WK 8</b>	<b>12</b>	<b>no practice allowed - day of rest</b>	
Mon WK 8	13	5 hours of practice limit. No single practice can exceed 3 hours. At least 2 hours rest between practices.	Full pads
Tues WK 8	14	3 hours of practice limit and 1 hour walk-through. At least 2 hours rest between all practices and w-t.	Full pads
<b>End of Acclimatization Period</b>			

**Rationale:** The committee believes that a more defined practice model for the pre-season acclimatization period is necessary to create a safer environment for student-athletes in the sport of football. This model incorporates a number of measures supported by scientific research to reduce risk for heat illness. The committee also emphasizes that during the rest time between practices and/or walk throughs, student-athletes should refrain from any strenuous activity that would prevent their core body temperatures from returning to normal levels. During the rest time, student-athletes should get in a cool environment and engage in no sport or conditioning related activity. It is also very important that during the rest break student-athletes have a substantial meal and rehydrate appropriately.