

## MINUTES OF THE IHSA SPORTS MEDICINE ADVISORY COMMITTEE MEETING

January 16, 2019

The IHSA Sports Medicine Advisory Committee met at the IHSA office in Bloomington, Illinois on Wednesday, January 16, 2019, beginning at 9:00 a.m. Committee members present were: Amanda Baugher, Collinsville; Dustin Fink, Mt. Zion; Sara Flanigan, Wauconda; Greg Gaa; Dr. Cynthia LaBella; Chris Murphy, Lombard (Glenbard East); Dr. Preston Wolin; and Dennis Piron, Batavia. Also present were IHSA Assistant Executive Director, Stacey Lambert and IESA Associate Executive Director, Nicole Schaeftbauer. Not present were members Todd Wilson, Dr. Darr Leutz and Dr. Darren Hancock.

**RECOMMENDATION:** The Committee recommends the following adjustment to the Weekly Player Limitations Policy for Football:

1. A player shall not play in more than 2 games in any one week, and shall not play in more than one game in a single day. For the purposes of this section, a week is defined as the seven-day period running from Monday through the following Sunday. (It is recommended that if a player does play in 2 games in a given week, both of those games are as a one-way player. [i.e., only plays on offense or defense or special teams])

2. Players cannot be involved in live contact/thud in practice the day after playing in a game.

3. 1 play in a game equals a game played. An exception to this would be:

a. Specialized players (kicker, punter, holder only) can participate in back to back games on the same day.

b. A player who enters the game for one play only due to an equipment failure or injury, will not have that play counted against them as a game.

NOTE: If a player plays in a game that is stopped due to weather or other circumstances and completed the next day, the player can participate in the resumed game the following day. This is allowed because the exposure is considered equivalent to a full game being played the night before.

This rule will continue to be evaluated.

**RATIONALE:** While the Committee would still believes the original policy passed by the Board in June is strong, there are some issues that they found after further evaluation. The committee feels this updated proposal clears up some of the questions from the earlier proposal.

**Approved by Consent**

**RECOMMENDATION:** The Committee recommends the following Policy for Fall Sport Acclimatization:

### Summary of the 14-Day Acclimatization Period

#### Days 1-5

1. Days 1 through 5 of the acclimatization period consist of the first 5 days of formal practice. During this time, athletes are not allowed to participate in more than 1 practice and 1 walk-through per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice may recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during Days 1-5 of the acclimatization period. A 3-hour recovery period is required between the practice and walk-through (or vice-versa).
  - a. The 3-hour recovery period should take place in a cool environment, with no sport- or conditioning-related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permitted as is classroom work and/or video review.
  - b. A walk-through is defined as a teaching opportunity with athletes not wearing protective equipment (helmets, shoulder pads, or other protective equipment). During a walk-through, no running or running activities by team members is allowed and no protective equipment of any kind should be present.
4. During Days 1-2 of the acclimatization period in sports requiring helmets or shoulder pads, a helmet is the only protective equipment permitted (goalies, as in the case of field hockey and related sports, may not wear full protective gear or perform activities that would require protective equipment. During Days 3-5, only helmets and shoulder pads may be worn. Beginning on Day 6, all protective equipment may be worn and full contact may begin.
  - a. Full-Contact Sports: 100% live contact drills may begin no earlier than Day 6.

#### Days 6-14:

1. Beginning no earlier than Day 6 and continuing through Day 14, double-practice days must be followed by a single-practice day.
  - a. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3-hours continuous rest.
  - b. When a double practice day is followed by a rest day, another double-practice day is permitted after the rest day.
  - c. The 3-hour recovery period should take place in a cool environment, with no sport- or conditioning-related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permitted as is classroom work and/or video review.
2. On a double-practice day neither practice may exceed 3 hours in duration nor may student-athletes participate in more than 5 total hours of practice.
  - a. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities must be included as part of the total practice time.
  - b. The 2 practices must be separated by at least 3 continuous hours in a cool environment.

c. The 3-hour recovery period should take place in a cool environment, with no sport- or conditioning-related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permitted as is classroom work and/or video review.

3. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, it is recommended that an athletic trainer be on site before, during and after all practices. This is not required.

Day	Heat Acclimatization Practice Plan	Equipment Allowed
1	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet only
2	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet only
3	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet & Shoulder pads
4	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet & Shoulder pads
5	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet & Shoulder pads
6-14	<ul style="list-style-type: none"> <li>• May begin double practice sessions</li> <li>• Double practice cannot exceed 5 total hours, 3 hour maximum per session. 3 hours rest between practice sessions</li> <li>• Double practice day must alternate with a single practice day or rest day</li> <li>• Single practice days are 3 hour maximum with a 1 hour walkthrough following a 3 hour rest</li> <li>• If practice occurs on 6 consecutive days during acclimatization 1 full day of complete rest is required(traditionally Sundays)</li> </ul>	Full pads

Minimum practices :

Each athlete must complete a minimum number of practices prior to competition

- Cross Country, Girls Volleyball, Girls Swimming, Boys Soccer: 9 practice days
- Girls Tennis: 7 practice days
- Football: 12 practice days
- Golf will be exempt from the Heat Acclimatization Policy

*Adopted from Missouri State High School Activities Association Heat Acclimatization Policy.  
October 23, 2018*

**RATIONALE:** While the Committee believes it is time for an acclimatization policy to be adopted for all fall sports similar to the one we have been using for years for football. The proposed policy that the committee is recommending was adopted from the MSHSAA and the Kory Stringer Institute recommendation. As noted this proposal would set a minimum number of practices for Cross Country, Girls Volleyball, Boys Soccer, Girls Tennis, Girls Swimming, and Football prior to any competition.

**Approved by Consent**

**ITEMS OF GENERAL DISCUSSION:**

1. The Committee discussed Sudden Cardiac Arrest, they talked about the pregame medical timeouts that aren't happening consistently throughout the state. The Committee agreed to work on educational pieces that can be shared throughout the school year with schools. The Committee is also going to work on a medical pregame checklist
2. The Committee discussed the opioid crisis and mental health. The Committee will continue to work to put education pieces together for a web update later this school year. The Committee is also looking to add a mental health professional to the group in the future. No further action was taken.
3. The Committee talked about medical alert bracelets being made out of silicone. They discussed the NFHS rules about taping medical bracelets down. The committee talked about how coaches need to know what is going on with an athlete and should be able to alert the official/trainer as to what the athlete needs.
4. The Committee talked about researching which schools have and don't have either an ATC or medical personnel.
5. The Committee discussed the 13 month duration for physicals and if physical forms should be on file with the school prior to summer participation. The Committee talked about working on a By-Law proposal to recommend that students have physicals prior to summer participation.
6. The Committee talked about the updated PPE form. The IHSA will move to use the updated form starting with the 2019-20 school year.
7. The Committee discussed athletes wearing concussion head bands. These bands continue to be illegal without an approved accommodation request form. No further action was taken.
8. The Committee talked about adding a field to the concussion reporting so that ATC's could enter non-sports concussions. They also talked about the reporting they see through the year, they asked that the IHSA use a spreadsheet to compare past years.
9. The Committee talked about E-Sports and Gaming. Research is showing that the more time students spend in front of screens, the higher the rate of obesity as well as the higher rate of depression, anxiety, etc. The Committee talked about recommending screen time limitations to coincide with the IHSA

looking to start E-Sports. The Committee is going to continue to look for additional research discussing how much screen time is appropriate outside of school screen time.

10. The Committee discussed the Free NFHS Course on Mental Health and Suicide Prevention. The course will be linked to on the IHSA website along with further information under the mental health topic.

11. The Committee discussed setting monthly conference calls to keep everyone on track with updates or just general conversations about related topics. February 12 and March 12

12. The Committee's next formal meeting will be online on April 10.