

Certified Body Fat Testers

All IHSA Body Fat Assessors certified prior to the fall of 2015, and any new Body Fat Assessors will be required to attend a “live” body fat training course. (Body fat assessors who attended a class in the fall of 2015 were trained on the new protocol, therefore they do not need to attend another “live” body fat training course until 2019.) The classes for this year are listed below. We intend to offer this class again in the spring and fall of 2018. If you do not take the test within this time period, you will be put on probation and have one year to complete a class or you will be suspended. **PLEASE NOTE: If you wait until you are on probation to take a class, you may not be able to register as classes are limited to 30 students per class on a first come basis.**

Date	Location	Address	Time
Tuesday, September 19	Normal (Community West)	501 N Parkside Rd Normal, IL 61761	10:00am – 1:30pm
Wednesday, September 20	Effingham High School	1301 Grove Ave Effingham, IL 62401	10:00am – 1:30pm
Thursday, September 28	Leyden High School	3400 Rose St Franklin Park, IL 60131	6:00pm – 9:30pm
Friday, September 29	Minooka High School	301 S Wabena Ave Minooka, IL 60447	10:00am – 1:30pm
Monday, October 2	Wauconda High School	555 N Main St Wauconda, IL 60084	6:00pm- 9:30pm
Thursday, October 12	St. Rita High School	7740 S Western Ave Chicago, IL 60620	10:00am – 1:30pm
Friday, October 13	Wheeling High School	900 S Elmhurst Rd Wheeling, IL 60090	10:00am – 1:30pm

We need to know the number of people attending each training session as classes are limited to 30 students per class, so it is important to contact Lauren Matson (lmatson@ihsa.org) at the IHSA office to register for one of the training sessions.

First Name	Last Name	IHSA Officials ID	Cell Phone #	Address	City	Zip	E-mail

The cost of the initial body fat testing class is \$35. Checks are payable to the IHSA and should be submitted to the class instructor at the class site. Starting in the 2017-18 school year, all certified Body Fat Assessors must renew their certification by watching an online video and completing an online exam in the IHSA Officials Center. The cost of this training will be \$10.

As a part of the new body fat testing program, all body fat testers will receive Continuing Education Units (CEUs).

Re-certified Body Fat Assessors and new Body Fat Assessors must always make sure they have a current e-mail address listed in the Officials Center. Reminders are sent to e-mail addresses on file in the Official’s Center.