

Certified Body Fat Assessors

All IHSA Body Fat Assessors certified prior to the Fall of 2015 are required to attend a “live” body fat training course. (Body fat assessors who attended a class in the Fall of 2015 or Fall of 2016 were trained on the new protocol, therefore they do not need to attend another “live” body fat training course for three years from the date they attended this class.) The classes for Spring 2017 are listed below. **This class is only for current body fat assessors.** We intend to offer more classes in the Fall of 2017 for both new and current body fat testers. If you do not take this class by the Fall of 2018, you will be put on probation and have one year to complete a class or you will be suspended and not able to body fat test after the Fall class in 2019. **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, March 28	Winnebago High School	200 E. McNair Road, Winnebago, IL	10:00am-1:30pm
Wednesday, March 29	Springfield Clinic	900 N. 1 st Street, Springfield, IL 62704	11:00am-2:30pm
Wednesday, March 29	Lindenwood University	2600 West Main St., Belleville, IL, Rm. 205	6:00pm-9:30pm
Thursday, March 30	Mt. Vernon High School	320 S. Seventh St., Mt. Vernon, IL	10:00am-1:30pm
Thursday, March 30	Champaign (Central)	610 W. University Ave., Champaign, IL	6:00pm-9:30pm
Thursday, April 6	St. Rita High School	7740 S. Western Ave., Chicago, IL	10:00am-1:30pm
Friday, April 7	East Peoria High School	1401 E. Washington St., East Peoria, IL	10:00am-1:30pm
Thursday, April 13	Oswego High School	4250 Rt. 71, Oswego, IL	10:00am-1:30pm
Friday, April 14	Wauconda High School	555 N. Main St., Wauconda, IL	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 Cheryl Charlton (ccharlton@ihsa.org) at the IHSA office to register for one of the training sessions. Please include the following information:

First Name	Last Name	IHSA Official ID	Cell Phone #	Address	City	Zip	E-Mail

The cost of the initial training is \$35, payable at the site of the training. Checks are payable to the IHSA. We will also gradually introduce an online recertification training course. 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.