

IHSA SMAC Minutes

The IHSA Sports Medicine Advisory Committee met virtually on April 23, 2024. Members present were Dr. Cynthia LaBella; Eric Benson, principal at Somonauk; Greg Garofalo, athletic trainer at Hoffman Estates; DeVale Stubbs, Athletic Director at Calumet City (Thornton Fractional North); Chad Hohenbery, Official from Bartonville; Dr. Darren Hancock; Heater Larson, coach from Stockton; Dr. Karan Rai; Mark Bacys, Athletic Director from Danville (H.S.); Tanner Krumwiede; and Athletic Trainer from Jerseyville (Jersey). Guests present were Dustin Fink, Athletic Trainer from Mt. Zion; Aaron Kremmel, Athletic Trainer from Belleville (East); and Greg Gaa. Nicole Schaeffbauer, Executive Director of the IESA and Stacey Lambert, Assistant Executive Director of the IHSA were also present.

1) Recommendation: 39. Sport Acclimatization/Risk Minimization

Fall Sports:

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.

| <u>Day</u> | <u>Heat Acclimatization Practice Plan</u> | <u>If Equipment Required</u> |
|------------|--|------------------------------|
| 1 | One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest | Helmet only |
| 2 | 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"> • May begin double practice sessions • Double practice cannot exceed 5 total hours, 3 hour maximum per session. 3 hours rest between practice sessions • Double practice day must alternate with a single practice day or rest day | Full pads |

- Single practice days are 3 hour maximum with a 1 hour walkthrough following a 3 hour rest
- If practice occurs on 6 consecutive days during acclimatization 1 full day of complete rest is required (traditionally Sundays)

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
- Fall Baseball: 4 practice days
- Fall Softball: 4 practice days

Winter and Spring Sports

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 minimum 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.

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3. It is recommended that an athletic trainer be on site before, during, and after all practices. This is not required.

| Day | Acclimatization Practice Plan | If Equipment Required |
|------|---|------------------------|
| 1 | One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest | Helmet only |
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- If practice occurs on 6 consecutive days during acclimatization 1 full day of complete rest is required (traditionally Sundays)

All Sport Seasons:

- Once contests start teams are allowed no more than one practice per day of no longer than 3 hours. An additional 30 minutes can be applied to the 3-hour practice limit only if that 30 minutes is used for warm-up, cool down, or stretching as a part of injury prevention. (The time practice limitations would also apply to off-season training.)
- Teams are required to have one day of rest in every week.
- Coaches should review the heat policy for hydration break recommendations.
- Practice time includes but is not limited to warm-ups, cool down, team meetings, and other daily team activities. Team meals, team building, and individual player rehab appointments do not count toward the 3 hours practice time limits.

Rationale: The Advisory Committee feels this recommendation will help ensure that athletes are not overused during or leading up to the regular season. This provides modest restrictions on practice times allowing for more time away from sports during the school week as well as provides for 1 day off per week.

2.) Recommendation: 39. Sport Acclimatization/Risk Minimization

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|------------|---|------------------------------|
| 6 | One practice per day (3 hours maximum), 1 hour walkthrough after 3-hour rest | Helmet only |
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| 8 | One practice per day (3 hours maximum), 1 hour walkthrough after 3-hour rest | Helmet & Shoulder pads |

| | | |
|------|--|------------------------|
| 9 | One practice per day (3 hours maximum), 1 hour walkthrough after 3-hour rest | Helmet & Shoulder pads |
| 10 | One practice per day (3 hours maximum), 1 hour walkthrough after 3-hour rest | Helmet & Shoulder pads |
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- Fall Softball: 4 practice days

Rationale: The Committee recommends putting the newly adopted Girls Flag Football into the acclimatization category with boys' soccer, as the 2 sports would be at similar conditioning levels

3) Recommendation: 39. Sport Acclimatization/Risk Minimization

CPR/AED TRAINING: All coaches (paid and volunteer) must be trained in CPR/AED by a recognized provider whose curriculum is like the American Red Cross or American Heart Association.

Rationale: The Committee feels after the successful implementation of the CPR/AED training last year, it was time to adjust require all coaches to take and pass CPR/AED training.

Discussions Items:

1) The Committee discussed putting additional training modules out for coaches to utilize, especially in sports such as girls flag football and girls' soccer where we are seeing the most lower body injuries. Stacey will work to collect and publish this information, such as [fifa 11.pdf](#)

2) The Committee discussed the PPE form questions asking about menstrual periods. The Committee felt these questions were important for physicians to ask in order to rule out other injuries/illness as well as for educational purposes for the patient. The next addition of the AAP physical form is being worked on now and will be available for the committee's review for potential adoption sometime in 2026.

The Committee discussed the pages of the PPE that the school needs to receive. There is no need to keep the entire document on file at the school, just the page the physician signs off on, as the liability is on the physician once they say the athlete is cleared for participation. Stacey and Nicole are going to work together with their Boards of Directors to share the message.

3) The Committee discussed Athletic Trainer shortage concerns. They heard how the IATA is working to grow the field. They also heard how numbers are not necessarily down, but ATCs are not taking available jobs because of workload and compensation.

4) The Committee discussed HB 5394 and emergency action plans. Stacey is going to work to publish EAP's in the school center for schools to utilize, as well as update the pregame medical huddle information for officials. A further promotion for implementation and practice of the plans will start with the kickoff of the 2024-25 school year. The NATA is also producing an updated position statement coming out in July 2025, that SMAC will review upon publication.

5) The Committee discussed KT tape being worn by swimmers and water polo players and the requirement of a note from officials. Stacey is going to determine if this is a new NFHS rule or just a new practice officials are implementing.

6) The Committee heard a report from Stacey about the [Prevention Playbook](#) initiative. More information will be coming out to schools in late summer, gearing up for the national take back day on October 28th.