

Sports Medicine Guidelines approved by AAA Board, June 2011

1. Football Pre-season Regulations

1. Football practice may begin on Monday of week #5.
2. Schools cannot have consecutive days of “two-a-day” practices.
3. Three days of conditioning with only football helmets and shorts are mandatory before full pads are worn.
4. Thursday of week #5 is the first permissible practice with full equipment.
5. Student athletes shall not engage in more than three hours of practice activities on those days during which one practice is conducted.
6. Student athletes shall not engage in more than five hours of practice activities on those days when more than one practice is conducted.
7. The maximum length of any single practice session is three hours.
8. On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.

When determining how to count time spent as “practice activities” please consult the following chart:

What Counts	What Doesn't Count
Actual on field/court practice	Meetings
Sport specific skill instruction	Weight training
Mandatory conditioning	Film Study
Voluntary Conditioning	Water breaks
	Rest breaks
	Injury treatment

No activities (including meetings, weight training, and film study) can occur during the one hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled). **This time is exclusively for students to rest/recover for the following practice session.**

2. Emergency Action Plans and Procedures for Hot Weather Practice

Each member school must develop (1) emergency action plans for each individual athletic venue and (2) procedures for hot weather practices. The emergency action plans should be reviewed each year with staff and local EMS provider. The AAA has created a guide entitled, “**Sample Athletic Healthcare Plan Guide.**” The guide will help member schools create and implement emergency action plans and procedures for hot weather practices, **it is available on the AAA Website in the Sports Medicine Section.** The emergency action plans and procedures for hot weather practices must be completed by August 1st or six weeks prior to the beginning of their season.

3. Required Sports Medicine Training

Every three years all coaches of member schools are required to receive training on concussion, heat illness, and MRSA. The AAA will create the research based on-line professional development sessions. The training will be created over a three-year period: heat illness, concussion, and MRSA. In the 2011 – 2012 school year, heat illness and concussion training will be required by August 1st or six weeks prior to the beginning of their season.

The AAA will allow a school to use a certified athletic trainer to provide the heat illness training. The certified athletic trainer **MUST** use the curriculum created by the AAA Sports Medicine Advisory Committee.

NFHS Concussion Course is available through NFHS website at <http://nfhslearn.com/electiveDetail.aspx?courseID=15000>

The on-line heat illness training is available through ArkansasIDEAS at <http://ideas.aetn.org/>

The Arkansas Department of Education has partnered with the Arkansas Educational Television Network to meet the professional development needs of K-12 licensed educators by offering research-based, technology-delivered professional development courses to improve academic and teaching knowledge and skills of certified personnel. This partnership brings to the teachers of Arkansas, ArkansasIDEAS.

This resource is available to all Arkansas licensed teachers. If you have used the ArkansasIDEAS site before, log in with your user id and password. If you have never used the site before, call 1-800-488-6689 in order to obtain your STIN (State Teacher Identification Number).

Once you have registered and logged in, you will go to “My Courses” then “Health and Wellness Library” then “AAA Exertional Heat Illness Training.” The training contains the following sections:

- 1) A link to the AAA website
- 2) A copy of the Exertional Heat Illness Training PowerPoint
- 3) A copy of ACT 1214 of 2011
- 4) The training video and test questions
- 5) Survey

Once the status of each section is completed, click the gold arrow to go back to the course title, then click on the icon on the left and in the pop up window scroll down and click the button that says “print certificate of completion.”

Be sure to call the ArkansasIDEAS help desk if you have difficulty navigating the site, 1-800-488-6689.

A copy of the presentation has been mailed to the voting representative of each member school. The copy can be used for “volunteer coaches” to view since only licensed teachers can log on to the ArkansasIDEAS website.

4. Preseason Football Meeting with Parents and Students Concerning Heat Illness

Each member school football team will be required to conduct an annual preseason meeting with parents and students to review how to identify and treat heat illness. The AAA has partnered with the Kendrick Fincher Hydration Foundation to provide a short, informative, and research-based training program for member schools to utilize.