

To: Administrators, Athletic Directors, and Coaches

From: Joey Walters, Ed. D.

Date: June 2011

RE: New Sports Medicine Requirements

Enclosed is a complimentary copy of the NFHS Sports Medicine Handbook. **The handbook will be extremely useful** as you prepare to meet the new sports medicine requirements in accordance with ACT 1214 and the new Arkansas Activities Association sports medicine requirements. Please keep the handbook on file as we will be referencing it throughout each school year.

The Arkansas Activities Association Board of Directors approved the following guidelines effective immediately:

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 will create 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 will be available on the AAA Website in the Sports Medicine Section Tuesday, June 14th.** 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. The online training for heat illness and concussion will be available July 18th.

Training dates for heat illness, emergency action plans, and procedures for hot weather practices:

AHSCA Coaches Clinic June 21 – 23 (Cosmopolitan Hotel, Fayetteville)

June 21 at 1:00 pm Town Center

June 22 at 8:30 am room 402

June 22 at 11:00 am Town Center

June 22 at 1:00 pm Town Center

June 23 at 8:30 am room 409

AAA Building (3920 Richards Road, North Little Rock Arkansas) in conjunction with Arkansas Education Service Centers via CIV:

July 6, 10:00 – 11:30 am

AAA Building

Dawson Education Service Center (Dawson #2)

Great Rivers Education Service Center (Great Rivers Computer Lab)

Northwest Arkansas Education Service Center

Ozarks Unlimited Resource Center (OUR 1)

South Central Education Service Center

Southwest Arkansas Education Service Center (SW Lab 1)

Wilbur D. Mills Education Service Center (Riverview High School)

July 18, 10:00 – 11:30 am

AAA Building
Dawson Education Service Center (Dawson #2)
Great Rivers Education Service Center (Great Rivers Helena)
Northwest Arkansas Education Service Center
Ozarks Unlimited Resource Center (OUR 1)
Southwest Arkansas Education Service Center (SW Lab 2)
Wilbur D. Mills Education Service Center

July 19, 10:00 – 11:30 am

AAA Building
Dawson Education Service Center (Dawson #2)
Northeast Arkansas Education Service Center (Sloan Hendrix and Marmaduke)
Northwest Arkansas Education Service Center
Ozarks Unlimited Resource Center (OUR 1)
Western Arkansas Education Service Center (WAESC #1)
Wilbur D. Mills Education Service Center (Room 1)

July 20, 10:00 – 11:30 am

AAA Building

July 22, 10:00 – 11:30 am

AAA Building
Dawson Education Service Center (Dawson #2)
Great Rivers Education Service Center (Great Rivers Computer Lab)
Northwest Arkansas Education Service Center
Ozarks Unlimited Resource Center (OUR 1)
Wilbur D. Mills Education Service Center (Room 1)

July 26, 10:00 – 11:30 am

AAA Building

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.

The program will be highlighted at the 2011 AHSCA Coaches Clinic. Rhonda Fincher will have a booth at the clinic to promote and share information about the program. The program will also be explained during the sessions at the AAA Building.