

National Federation of State  
High School Associations



## **NFHS STATEMENT ON MEDICAL APPLIANCES**

**National Federation of State High School Associations (NFHS)  
Sports Medicine Advisory Committee (SMAC)**

Although still relatively rare, the use of insulin pumps by athletes with diabetes has become more commonplace over the past few years. With the wider use of insulin pumps, as well as other medical devices such as heart monitoring equipment, concerns have been raised regarding the safety of the athlete wearing the device, teammates, opponents, and the device itself. The NFHS SMAC has discussed these issues and come to the following conclusion:

When it is necessary for an athlete to wear a medical appliance (such as an insulin pump) during athletic competitions, the device shall be padded and securely attached to the player's body underneath the uniform. Devices attached to the head (such as hearing aids and cochlear implants) do not need to be padded, but shall be firmly secured to the body. No medical appliance should pose a risk of injury to others. It is recommended that the athlete notify the official of the presence of the medical appliance prior to a contest.

**Approved in October 2009**