

Summer/Offseason Conditioning Protocols

- Every student participant has a signed Consent and Release from Liability Certificate. This form is valid for 365 calendar days from the date of the most recent signature.
- Every student participant has a completed Pre-participation Physical Evaluation on file. This form is valid for 365 calendar days from the date of the evaluation as written on page 2 of the form.
- All offseason activities sponsored by the school must be supervised by school personnel.
- No helmets or pads shall be used during offseason conditioning. This shall not preclude the school from issuing school owned equipment to a student athlete for his/her use at a summer football camp, provided the camp is organized, operated and conducted by a third party.
- Participation shall be voluntary and shall not be required, either directly or indirectly from membership on an interscholastic team.
- Outside conditioning shall not be conducted during the midday hours of 11:00am-4:00pm.
- Every student participant shall have insurance information on file.
- The school supervisor shall carry a weatherbug phone with him/her during all outside activities.
- For all outside activities, ensure there is adequate water available and access to water for student athlete hydration.
- Know where the nearest AED machine is located.
- Build rest breaks and hydration breaks into the schedule of activities.