



University Interscholastic League

Summer of 2020

**Summer Strength -
Conditioning Programs
& Sport Specific Skill
Instruction**

Summer Strength/Conditioning Programs & Sport Specific Skill Instruction

Section 1206 (h) of the UIL C&CR

Summer of 2020 (COVID-19)

1. **Limitations:** Sessions for both strength & conditioning and sport specific skill instruction may be conducted by school coaches for students in grades 7-12 from that coaches attendance zone with a start and ending date set forth by the UIL calendar. A strength and conditioning session shall be no more than two hours per day, Monday through Friday, and a student shall attend no more than one session per day. Sport specific skill instruction may be conducted in addition to the strength and conditioning session(s), and a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport, Monday through Friday.
2. **Activities Allowed:** Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. No specific sports skills shall be taught and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used. Sport specific skill sessions may include specific sports equipment, but contact equipment (restricted equipment) is not allowed. School shorts, shirts and shoes may be provided by the school (local school option).
3. **Attendance:** Attendance shall be voluntary and not required in order to try out for or participate in any UIL activity. Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
4. **Fees:** Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.

Important points to remember for coaches, athletes and parents are as follows:

- Sessions may be conducted by school coaches only in the given time frames.
- Strength and conditioning sessions conducted by school coaches shall be no more than two consecutive hours per day.
- An athlete may attend up to 90 minutes of sport specific skill instruction per day in addition to the strength and conditioning session. However, A student-athlete shall only attend a maximum of 60 minutes per day of sport specific training in a given sport.
- Sessions conducted by school coaches shall only include students who are incoming seventh graders or above from their attendance zone.
- Sport specific skill instruction is prohibited during the strength and conditioning session.
- Sport specific skill instruction does not have to precede or immediately follow a strength and conditioning session.
- Sport specific skill instruction does not allow for a school coach to instruct student-athletes in his attendance zone in grades 7-12 in non-school events.
- Sports specific equipment (balls, dummies, sleds, contact equipment) is prohibited during the strength and conditioning session.
- School shirts, shorts and shoes may be provided by the school (local school option).
- Attendance shall be voluntary. Coaches shall not require athletes to attend in order to try out for or participate in any UIL sport.
- Fees, if any, shall be established and approved by the superintendent and collected by the school.
- Any payment for conducting strength and conditioning sessions to school coaches who instruct students from their attendance zone shall be from the school and no other source.

Important dates for coaches, athletes, and parents pertaining to Section 1206 (h) of the UIL C&CR:

- Beginning Date for Summer Strength/Conditioning Programs and Sport Specific Skill Instruction
 - The starting date shall be set forth by the UIL calendar. **START DATE: JUNE 8, 2020**
- Ending Date for Summer Strength/Conditioning Programs and Sport Specific Skill Instruction
 - Junior High (incoming 7th and 8th grade) – Programs may run up to the day prior to the first day of school.
 - High School (incoming 9th grade through 12th grade) – Programs may run up to the day prior to the first day of school or the first day of the sports season, whichever is earlier. For athletes that participate in a sport that may start prior to the first day of school (football, volleyball, tennis, & cross country), those athletes may not attend a summer strength/conditioning program or sport specific skill session in any sport once their sport season has begun.
- Period of No Activity – During a “Period of no Activity”, no school facilities may be open for student-athletes.
 - Friday, July 3, 2020
 - Tuesday, July 7 and Wednesday, July 8, 2020
 - Monday, July 20 and Tuesday, July 21, 2020

UIL Summer S&C/Sport Specific (COVID-19 Regulations)

COVID-19 Strength and Conditioning and Sport Specific Instruction

UIL schools may, but are not required to, begin UIL Summer Strength and Conditioning and Sport Specific Instruction beginning June 8, 2020 under the requirements described below. UIL will continue to work with state officials and monitor CDC and other federal guidance to determine any potential modifications.

Deciding Whether to Offer In-Person Summer Strength and Conditioning

Schools should take their local context into account when deciding whether to offer summer strength and conditioning on campus by monitoring the situation on the Texas Department of State Health Services dashboard. Schools should follow all local and state requirements when considering strength and conditioning activities.

Requirements for All Workouts
Attendance at workouts must be optional for students and in compliance with the rules for Summer Strength/Conditioning Programs & Sport Specific Skill Instruction. In addition to on-campus workout options, schools should consider providing students guidance for working out at home or remotely away from school. This can include virtual workouts, emailed or otherwise electronically delivered workout instructions, or any delivery model approved by the local school district.
Attendance records shall be kept, however, students shall not be required or allowed to make up missed days or workouts.
Fees, if any, shall be established by the superintendent and collected by the school. Any payment to coaches shall be from the school and from no other source.
Students may not be given access to locker rooms or shower facilities. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.
During workouts, schools must have at least one staff member per twenty students in attendance to ensure appropriate social distancing, hygiene, and safety measures are implemented.
Schools must have hand sanitizer or hand-washing stations readily available in the workout area. Students and staff should be encouraged to use it frequently.
All surfaces in workout areas must be thoroughly disinfected throughout and at the end of each day.
No clothing or towels may be laundered on site or shared during workouts.
There can be no shared water or food.
Before the start of summer workouts, and at the start of every week of summer workouts, schools should consider pre-screening all students for COVID symptoms that they or others living in their house may experience. This can be completed by phone prior to the first day of workouts, in person or in writing. Students and staff must self-screen every day for COVID-19 symptoms for themselves and family members. Schools should consider taking the temperature of each student each day at the start of the conditioning sessions, if possible.
Schools should plan for entry and exit procedures that reduce the number of students and parents congregating outside and/or mixing around the workout areas and parking areas. Consider staggering start and end times, assigning students to entries and exits to ensure even distribution of students entering/exiting at each entry point, providing guidance to students to enter one at a time and wait six feet apart outside the entrance.
If the school is planning to offer transportation for summer activities, schools should follow all TEA guidance and local guidance related to such transportation.

* Schools should consider having students remain with a single group or cohort to minimize the number of students and staff that must isolate if a case is confirmed.

Strength and Conditioning Workouts

A strength and conditioning session shall be **no more than two consecutive hours per day**, Monday through Friday.

Strength and conditioning sessions shall include only strength and conditioning instruction and exercises. **No specific sports skills shall be taught** and no specific sports equipment, such as balls, dummies, sleds, contact equipment, etc., shall be used.

Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.

A student shall attend no more than one session per day.

Any equipment must be thoroughly disinfected before and after each use. If a student uses a piece of equipment, that equipment must be thoroughly disinfected before another student uses it. Schools should limit the use of equipment to further reduce the risk of spreading the virus.

Sport Specific Instruction

Sessions may be conducted in addition to the strength and conditioning session(s), and **a student shall attend no more than 90 minutes per day of sport specific skill instruction with no more than 60 minutes per day in a given sport**, Monday through Friday.

Sport specific skill sessions **may** include specific sports equipment, but **contact equipment (restricted equipment) is not allowed**. School shorts, shirts and shoes may be provided by the school (local school option) but may not be laundered on-site.

Sport Specific Activities Conducted Outdoors - Students may be placed in **working groups no larger than 15 total students**. Each working group should maintain appropriate distance from other working groups.

Sport Specific Activities Conducted Indoors - Students may be placed in **working groups no larger than 10 total students**. Each working group should maintain appropriate distance from other working groups.

No competitive drills involving one or more students on offensive against one or more students on defensive may be conducted.

Any equipment, such as sports balls, should be regularly disinfected during workout sessions. This equipment should not be shared between groups. After a group has used such equipment, that equipment must be thoroughly disinfected before being used by a different group.

Sessions may be conducted by school coaches for students in grades 7-12 from that coach's attendance zone.

Indoor workout activities can be conducted up to a maximum of **25% capacity**.

Schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.

Except for reasonable safety considerations, such as spotting, students and staff must maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches must maintain at least ten feet of distance from all sides when possible.

Workout stations must be spaced to allow for at least ten feet of distance between them in all directions. Some exercises may require more than ten feet of distance.

Summer Strength and Conditioning FAQ's

- Q: In what activities are school coaches allowed to give instruction during these summer strength and conditioning sessions?
A: *Weight training, including a specific workout plan for each individual, agility, running programs, plyometrics, running bleachers and other conditioning exercises. Note: all Covid-19 guidelines concerning social distancing must be followed.*
- Q: May a student go into the locker room to get workout apparel or use the restroom?
A: *No, students may not be given access to locker rooms or shower facilities.*
- Q: Are schools allowed to use outdoor courts and parking lots for training?
A: *Yes, all Covid-19 guidelines concerning social distancing must be followed*
- Q: May a school have as many coaches on the field as they choose?
A: *Yes, the school must have at least ONE coach on the field for every 20 students. Students must maintain at least ten feet of distance from all sides, and Coaches and staff must maintain at least ten feet of distance from all sides during activity.*
- Q: May a school have multiple coaches working out students in “groups of 15” on the field at one time?
A: *Yes, as long as students maintain at least ten feet of distance from all sides, and coaches and staff maintain at least ten feet of distance from all sides during activity.*
- Q: May we have towels, clothing, and water available for students?
A: *No, clothing or towels may not be laundered on site or shared during workouts, and there can be no shared water or food.*
- Q: Do we have to shut down all in-person instruction if we have a student test positive for COVID-19 that has been participating in our program?
A: *You must follow TEA Guidelines if you have a student test positive. [TEA LINK](#)*
- Q: May we use school transportation?
A: *Yes, as long as you follow the TEA Guidelines for transportation. [TEA LINK](#)*
- Q: What does self-screening involve?
A: [TEA LINK](#)
- Q: May a school allow outside groups to conduct strength and conditioning sessions?
A: *Yes, outside groups must adhere to all S&C Covid-19 guidelines.*
- Q: If we use an outside group to run our S&C program during this time, does the outside group need to follow these same regulations?
A: *Yes, anyone using school facilities must adhere to all S&C Covid-19 guidelines.*
- Q: May outside groups or individuals hire school coaches to conduct strength and conditioning programs for students from the coaches' attendance zone?
A: *Yes, provided they comply with the aforementioned guidelines regarding limits on time, equipment, fees, payment, etc.*
- Q: May school coaches be paid for conducting these sessions?
A: *Yes, if payment is provided by the school and no other source.*
- Q: May school booster clubs pay coaches for conducting these programs?
A: *No. However, school booster clubs may provide funds to the school to offset expenses associated with school sponsored strength and conditioning programs.*
- Q: May school booster clubs pay fees for an individual athlete to participate in a school sponsored summer strength and conditioning program?
A: *No. However, a school booster club could provide funds to the local school to help offset the cost of the program for the school. Funds are not to be specified for any particular athlete or group of athletes.*
- Q: May schools waive or reduce fees for strength and conditioning programs sponsored by the school?
A: *Yes, The Texas Education Code requires school districts to adopt procedures for waiving fees charged for participation if a student is unable to pay the fee, and the procedures must be made known to the public. Fees for all other students shall be paid by the students and/or their parents.*
- Q: Who determines what fees, if any, are to be charged to the student?
A: *The school superintendent.*
- Q: Are students required to have a physical on file with the school district in order to participate in the summer strength and conditioning program?
A: *Yes. Please refer to the new restrictions concerning Physicals for 2020. [Physical Language](#)*
- Q: What penalty will be assessed to a coach for requiring a student to participate in a strength and conditioning program?
A: *A range of penalties from private reprimand to suspension.*
- Q: Are athletes allowed to attend an open gym or weight room during the “Period of no Activity”?
A: *No, school facilities may not be available to students during a “Period of no Activity”.*
- Q: Is there a capacity limit for the total number of students that may participate in an outdoor workout?
A: *No, however all social distancing requirements and group requirements must be followed.*
- Q: Do we determine what the 25% capacity is for our indoor facilities?
A: *Yes, the capacity limit for your indoor facilities are determined by the local school district.*
- Q: Are open gyms, open cages, or open weight rooms allowed at this time?
A: *No, only supervised workouts may be conducted at this time in school facilities.*
- Q: Are schools sponsored summer camps and/or non-school leagues allowed?
A: *At this time, per TEA, schools cannot use indoor facilities for reasons other than summer strength and conditioning and skill development. Non-school leagues and sport camps are not allowed in indoor school facilities. Outdoor*

facilities may be used if in compliance with guidance issued by the Department of State Health Services. That guidance currently allows four or less participants, and those participants cannot come into contact with each other.

Sport Specific Instruction FAQ's

- Q: May the sport specific skill instruction session be conducted in addition to the strength and conditioning session.
A: Yes.
- Q: May a student go into the locker room to get workout apparel or use the restroom?
A: No, students may not be given access to locker rooms or shower facilities.
- Q: May school equipment be used during the sport specific skill sessions?
A: Yes. NOTE: For football, restricted equipment (contact equipment) is prohibited, and all COVID-19 guidelines must be followed.
Link: [Restricted and Non-Restricted Football Equipment](#)
- Q: May a school have as many coaches on the field as they choose?
A: Yes, the school must have at least ONE coach on the field for every 20 students. Students must maintain at least ten feet of distance from all sides, and Coaches and staff must maintain at least ten feet of distance from all sides during activity.
- Q: May a school have multiple coaches working out students in “groups of 15” on the field at one time?
A: Yes, as long as students maintain at least ten feet of distance from all sides, and coaches and staff maintain at least ten feet of distance from all sides during activity.
- Q: May we have towels and water available for students?
A: No, clothing or towels may not be laundered on site or shared during workouts, and there can be no shared water or food.
- Q: Do we have to shut down all in-person instruction if we have a student test positive for COVID-19 that has been participating in our program?
A: You must follow TEA Guidelines if you have a student test positive. [TEA LINK](#)
- Q: May we use school transportation?
A: Yes, as long as you follow the TEA Guidelines for transportation. [TEA LINK](#)
- Q: What does self-screening involve?
A: [TEA LINK](#)
- Q: May school coaches be paid for conducting these sessions?
A: Yes, if payment is provided by the school and no other source.
- Q: Are students required to have a physical on file with the school district in order to participate in the summer strength and conditioning program?
A: Yes. Please refer to the new restrictions concerning Physicals for 2020. [Physical Language](#)
- Q: Can the football coach conduct a session with an athlete for 30 minutes and the basketball coach conduct a session for another 30 minutes?
A: Yes, an athlete may attend up to 90 minutes of sport specific skill instruction per day in addition to the strength and conditioning session. However, A student-athlete shall only attend a maximum of 60 minutes per day of sport specific training in a given sport.
- Q: May a student receive 60 minutes of instruction from the basketball coach, and an additional 60 minutes of instruction from the volleyball coach in the same day?
A: No, each student is allowed a maximum of 90 minutes per day of sport specific skill instruction.
- Q: Is a school coach limited to 90 minutes of sport specific instruction per day?
A: No, a school coach is not limited to 90 minutes of instruction per day, however each student is limited to 90 minutes of sport specific instruction per day with a maximum of one hour in any given sport.
- Q: Does the sport specific skill instruction session have to immediately follow the strength and conditioning session?
A: No, the sport specific skill session may be held at a time determined by the school coach.
- Q: Can a school coach instruct a student in grades 7-12 in his attendance zone during a summer league basketball game, 7 on 7 game, etc?
A: No, school coaches may not give instruction at non-school events.
- Q: May incoming 7th graders (students who just finished 6th grade) participate in sport specific skill training?
A: Yes, incoming 7th grade through 12th grade students may participate.
- Q: Are athletes allowed to attend an open gym or weight room during the “Period of no Activity”?
A: No, school facilities shall not be available to students during a “Period of no Activity”?
- Q: If we use an outside group to run our S&C program during this time, does the outside group need to follow these same regulations?
A: Yes, anyone using school facilities must adhere to all S&C Covid-19 guidelines.
- Q: Is there a capacity limit for the total number of students that may participate in an outdoor workout?
A: No, however all social distancing requirements and group requirements must be followed.
- Q: May athletes participate in one on one drill or work or competitive group drill work? (Example: 3 on 3 basketball, 7 on 7, soccer scrimmaging, baseball/softball inter-squad?)

- A: *Athletes must keep a distance of ten feet in all directions when possible during activity. EXAMPLE: Examples (including but limited to): Basketball players can shoot or execute individual drills, but cannot conduct drills / activities against another participant. In football, offensive / defensive drills are allowed, but no 7 on 7, or offense vs defense drills are allowed, etc. Wrestlers may skill and drill with no physical contact with other wrestlers.*
- Q: Do we determine what the 25% capacity is for our indoor facilities?
- A: *Yes, the capacity limit for your indoor facilities are determined by the local school district.*
- Q: Are open gyms, open cages, or open weight rooms allowed at this time?
- A: *No, only supervised workouts may be conducted at this time in school facilities.*
- Q: Are schools sponsored summer camps and/or non-school leagues allowed?
- A: *At this time, per TEA, schools cannot use indoor facilities for reasons other than summer strength and conditioning and skill development. Non-school leagues and sport camps are not allowed in indoor school facilities. Outdoor facilities may be used if in compliance with guidance issued by the Department of State Health Services. That guidance currently allows four or less participants, and those participants cannot come into contact with each other.*

Equipment & Safety FAQ's

- Q: May we transport weight equipment outside to conduct S&C training?
- A: *Yes, all Covid-19 guidelines concerning social distancing & sanitation must be followed.*
- Q: How do we have spotters if we are able to conduct strength training?
- A: *All Covid-19 guidelines concerning social distancing & sanitation must be followed. Coaches and students should maintain a distance of ten feet where possible. A coach or student may be less than ten feet should there be a safety concern*
- Q: If we have a group using weight equipment, do we have to disinfect the equipment each time an individual touches it?
- A: *Yes, any equipment must be thoroughly disinfected before and after each use.*
- Q: If we have a group of volleyball, football, or basketball players etc., do we have to disinfect the ball or sport specific equipment each time an individual touches it?
- A: *From a sport specific standpoint, the equipment would need to be disinfected once the group of is finished using it. It would not need to be disinfected while the group of is using the equipment in a particular exercise or drill.*
- Q: If we have a group of students in a batting cage, when do we need to disinfect the equipment?
- A: *Once the group of has completed their time in the batting cage, all equipment must be disinfected prior to another group using it.*
- Q: May I have one QB throw to a group of 4 receivers?
- A: *Yes, groups of 15 may work together. Once a group of 15 has worked with a specific piece of equipment, the equipment used should be sanitized prior to another group using it.*
- Q: If I am working out a group of students using cones and spacers, do I have to disinfect them when for the next group?
- A: *Yes, each time a new group comes into contact with any equipment, it must be disinfected.*
- Q: Do we have to take each coach and student's temperature prior to a workout?
- A: *It is recommended that each coach and student has their temperature checked each day, but that is a local district decision.*
- Q: Do coaches and/or students have to wear a protective masks?
- A: *Schools should consider requiring students who are not actively exercising, but are spotting, to wear cloth face masks.*
- Q: If our locker room is the only available restroom, may our kids use the locker room for restroom purposes only?
- A: *This is up to the local school district, all social distancing requirements should be met.*