

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. https://tea.texas.gov/sites/default/files/covid19-summer_program_operational_considerations.pdf*
- Q: May we use school transportation?
A: *Yes, as long as you follow the TEA Guidelines for transportation. https://tea.texas.gov/sites/default/files/covid19-summer_program_operational_considerations.pdf*
- Q: What does self-screening involve?
A: https://tea.texas.gov/sites/default/files/covid19-summer_program_operational_considerations.pdf
- 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. <https://www.uiltexas.org/files/policy/proposed-amendment-sections-1205-and-1478.pdf>*
- 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 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 FAO'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: <https://www.uiltexas.org/football/page/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. https://tea.texas.gov/sites/default/files/covid19-summer_program_operational_considerations.pdf*

Q: May we use school transportation?

A: *Yes, as long as you follow the TEA Guidelines for transportation. https://tea.texas.gov/sites/default/files/covid19-summer_program_operational_considerations.pdf*

Q: What does self-screening involve?

A: https://tea.texas.gov/sites/default/files/covid19-summer_program_operational_considerations.pdf

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. <https://www.uiltexas.org/files/policy/proposed-amendment-sections-1205-and-1478.pdf>*

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: May athletes participate in sport participate in inter-squad scrimmages during sport specific skill instruction?

A: *No, all team sports (volleyball, football, basketball, soccer, softball, baseball) are prohibited from participating in inter-squad scrimmages. Athletes must keep a distance of ten feet in all directions when possible during activity.*

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 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 FAO'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 outdoors?
- 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.*