



University Interscholastic League

*Summer of 2020 (*Updated for July 13th)*

**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.
 - ***There are NO Dead Dates for 2020***

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

Deciding Whether to Offer In-Person Summer Strength and Conditioning

Schools should take their local context into account when making decisions related to summer strength and conditioning on campus. Schools should follow all state requirements when considering strength and conditioning activities.

Schools should consider developing a plan consistent with the guidance below for mitigating COVID-19 spread for these activities and posting this plan on the school's website. Schools are required to develop these plans for the 2020-2021 school year, and may choose to do so for summer activities as well. These plans do not require further approval by UIL.

Requirements for All Workouts

Face Coverings- Executive Order GA-29

For the purposes of summer workouts, schools must require students, staff, and visitors to wear face coverings when entering and exiting facilities and practice areas, and when not actively exercising. Schools may, for example, allow students who are actively exercising to remove face coverings as long as they maintain at least six feet of distance from other students and staff who are not wearing face coverings. However, schools must require students and staff to wear face coverings as they get into positions that allow them to maintain safe distancing.

1. Exceptions to the wearing of face coverings or face shields include:
 - a. Any person with a medical condition or disability that prevents wearing a face covering;
 - b. While a person is consuming food or drink;
 - c. While the person is in a pool, lake, or similar body of water.
 - d. When a congregating group of persons maintains at least 6 feet of social distancing; or
 - e. Any other reason or circumstance indicated under [Executive Order GA-29](#).

Staff – *Required* Screening before attending or participating in activities:

Schools must follow TEA screening requirements and screen staff members before allowing staff to participate in UIL activities. Schools may consider screening students for COVID-19 as well. These protocols mirror the guidelines issued by TEA for school operations.

If a student or staff member has been screened by the school for purposes of participating in instruction, there is no reason to screen separately before allowing the staff or student to participate in UIL activities. Please see the TEA website for the most current screening guidance. [TEA website](#)

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

Schools must develop mitigation plans in order to provide students access to locker rooms and shower facilities beginning July 13, 2020. Students may not be given access to locker rooms or shower facilities prior to that date. Students should report to workouts in proper gear and immediately return home to shower at end of the workout.

Indoor workout activities can be conducted up to a maximum of 50%. *This is subject to change pending new guidance or occupancy restrictions announced by the Office of the Governor.*

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 *should* maintain at least six feet of distance from all sides when not actively exercising. When actively exercising, students and coaches *should* maintain at least ten feet of distance from all sides when possible.

Workout stations *should* 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.

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.

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

Competitive drills involving one or more students on offense against one or more students on defense may be conducted beginning July 13, 2020.

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 should be thoroughly disinfected before being used by a different group.

****Competitive drills involving one or more students on offense against one or more students on defense may be conducted beginning July 13, 2020. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings as described above.***

Individuals Confirmed, Suspected, or Exposed to COVID-19

1. Any individuals—including teachers, staff, students, or other campus visitors—who **themselves** either: (a) are lab-confirmed to have COVID-19; or (b) experience the symptoms of COVID-19 (listed below) must stay at home throughout the infection period, and cannot return to campus until the school system screens the individual to determine any of the below conditions for campus re-entry have been met:
 - In the case of an individual who was diagnosed with COVID-19, the individual may return to school when all three of the following criteria are met:
 - i. at least three days (72 hours) have passed since recovery (resolution of fever without the use of fever-reducing medications);
 - ii. the individual has improvement in symptoms (e.g., cough, shortness of breath); and
 - iii. at least ten days have passed since symptoms first appeared.
 - In the case of an individual who has symptoms that could be COVID-19 and who is not evaluated by a medical professional or tested for COVID-19, such individual is assumed to have COVID-19, and the individual may not return to the campus until the individual has completed the same three-step set of criteria listed above.
 - If the individual has symptoms that could be COVID-19 and wants to return to school before completing the above stay at home period, the individual must either (a) obtain a medical professional’s note clearing the individual for return based on an alternative diagnosis or (b) receive two separate confirmations at least 24 hours apart that they are free of COVID via acute infection tests at an approved COVID-19 testing location found at <https://tdem.texas.gov/covid-19/>.
2. Individuals—including students, teachers, staff, or other campus visitors—who **have had close contact with someone** who is lab-confirmed to have COVID-19, as narrowly defined in this document and as determined by the appropriate public health agency, should stay at home through the 14-day incubation period, and should not be allowed on campus.
 - School systems should screen individuals after the incubation period has concluded, and if the individual did not experience COVID-19 symptoms during that period, the individual can be allowed back on campus. If the individual experienced symptoms, they must stay at home until the conditions outlined above have been met.

This document refers to “close contact” with an individual who is lab-confirmed to have COVID-19. Close contact is determined by an appropriate public health agency. For clarity, close contact is defined as:

- ***being directly exposed to infectious secretions (e.g., being coughed on while not wearing a mask or face shield); or***
- ***being within 6 feet for a cumulative duration of 15 minutes, while not wearing a mask or face shield;***

if either occurred at any time in the last 14 days at the same time the infected individual was infectious.

Individuals are presumed infectious at least two days prior to symptom onset or, in the case of asymptomatic individuals who are lab-confirmed with COVID-19, two days prior to the confirming lab test.

Identifying Possible COVID-19 Cases

1. Schools must immediately separate any student who shows COVID-19 symptoms until the student can be picked up by a parent or guardian.
2. Schools should clean the areas used by the individual who shows COVID-19 symptoms (student, teacher, or staff) as soon as is feasible.
3. Students who report feeling feverish should be given an immediate temperature check to determine if they are symptomatic for COVID-19.

Required Actions if Individuals with Lab-Confirmed Cases Have Been in a School or in an Area Where UIL Activities Are being Conducted

1. If an individual who has been in a school is lab-confirmed to have COVID-19, the school must notify its [local health department](#), in accordance with applicable federal, state and local laws and regulations, including confidentiality requirements of the [Americans with Disabilities Act \(ADA\)](#) and Family Educational Rights and Privacy Act (FERPA).
2. Schools must close off areas that are heavily used by the individual with the lab-confirmed case (student, teacher, or staff) until the non-porous surfaces in those areas can be disinfected, unless more than 3 days have already passed since that person was on campus.
3. Consistent with school notification requirements for other communicable diseases, and consistent with legal confidentiality requirements, schools must notify all teachers, staff, and families of all students in a school if a lab-confirmed COVID-19 case is identified among students, teachers or staff who participate on any on campus activities.

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: *Schools must develop mitigation plans to provide students access to locker rooms and shower facilities beginning July 13, 2020.*
- 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, students should maintain at least ten feet of distance from all sides, and Coaches and staff should maintain at least ten feet of distance from all sides during activity.*
- Q: Do we have group size limitations?
A: *No, schools should limit the total number of participants based on available space to allow for the appropriate distancing between students and staff.*
- 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 should be followed.*
- Q: Do we determine what the 50% 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 ten or less participants.

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, schools may develop mitigation plans as described above to provide students access to locker rooms and shower facilities beginning July 13, 2020.
- 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: Are all athletes and coaches required to wear a mask during workouts?
A: Schools must require students, staff, and visitors to wear face coverings when entering and exiting facilities and practice areas, and when not actively exercising. Competitive drills involving one or more students on offense against one or more students on defense may be conducted beginning July 13, 2020. While conducting these drills, schools must require all students not actively exercising and staff to wear face coverings as described above.
- 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 should 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: Competitive drills involving one or more students on offense against one or more students on defense may be conducted beginning July 13, 2020.

- Q: For swimming, may more than one swimmer swim in a lane?
 A: *Yes, more than one swimmer is allowed per lane.*
- 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 ten or less participants..*

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 should 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 should 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: *It is recommended that equipment be disinfected after each "individual" use, equipment should be disinfected after a working group has used it.*
- 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 should be disinfected once the group of is finished using it.*
- 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 should be disinfected 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 should 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.*