



## Fall Sport Preseason Guidelines (excludes football)

1. Prior to participation in any preseason activities, all student-athletes (including walk-ons) initially entering the intercollegiate athletics program should be required to undergo a medical examination or evaluation administered or supervised by a physician.
2. The following guidelines promote acclimatization to and recovery from consecutive exercise bouts (intensity, duration, frequency) and environmental conditions.
  - a. Preseason practice should begin with at least a three-day acclimatization period for both first time participants and continuing student-athletes. All student-athletes, including walk-ons who arrive to preseason practice after the first day of practice should be required to undergo an acclimatization period.
  - b. During the three-day acclimatization period, institutions should not conduct more than one practice session per day, not to exceed two hours in length.
  - c. Student-athletes should not engage in more than 28 hours of physical activity during a week (7 calendar day period).
  - d. Student-athletes should not engage in more than 2 hours of continuous physical activity (except scrimmages).
  - e. Subsequent to the first three days, student-athletes should not engage in more than 5 hours of physical activity on the days remaining in the preseason period.
3. On days that institutions conduct multiple practice sessions, student-athletes should be provided with at least three continuous hours of recovery time between the end of the first practice and the start of the last practice that day. During this time, student-athletes should not attend any meetings or engage in other athletically-related activities (e.g., weight lifting); however, time spent receiving medical treatment and eating meals may be included as part of the recovery time.
4. All athletics personnel monitoring preseason practices, competitions, and strength and conditioning should be certified in cardiopulmonary resuscitation (CPR) and first aid as outlined in the NCAA Sports Medicine Handbook.
5. Physical activity includes all activities related to practice or contest of the sport. (Examples: warm-ups, stretching, practice, scrimmage, weight lifting, fitness testing, conditioning, skill and/or position sessions, cool down, walk-through, etc.)