

Long Day / Short Day

South Carolina High School Football Pre-Season Practice Plan

(Endorsed by SCATA, Ad Hoc SCHSL Preseason Acclimatization Committee)

BACKGROUND: In the summer of 2009 the Inter-association Task Force for Preseason Secondary School Athletics* recommended preseason heat-acclimatization guidelines for secondary school athletic programs to minimize the risk of heat illness during preseason football practice.

PURPOSE: The intent of the following “exposure-based proposal” is to promote an acclimatization and recovery model for SCHSL football consistent with the Inter-association Task Force guidelines that also allows coaches to appropriately prepare their teams and fits into the current SCHSL’s preseason football schedule.

PRACTICE TIMELINE:

- **Days 1-2:** 3 hours of Practice in Helmet and Shorts
 - Divide the time to best benefit your program
- **Days 3-4:** 3 hours of Practice in Helmet and Shoulder pads permitted
 - Contact with shields, dummies, and sleds permitted
 - Divide the time to best benefit your program
- **Day 5:** 3 hours of Full Contact Practice in Full Gear permitted
 - Divide the time to best benefit your program
- **Days 6-14:** Full Contact Practice in Full Gear permitted
 - Must alternate days *Long Practice Day* and *Short Practice Day*
 - *Long Day:* 5 hours of practice permitted
 - Divide the time to best benefit your program
 - **Practices must be separated by 2-hours of continuous rest**
 - *Long Day* can follow a *Rest Day* (even if the day before the *Rest Day* was *Long Day*)
 - *Short Day:* 3 hours of practice permitted
 - Divide the time to best benefit your program
- **Days 15+:** Full Contact Practice in Full Gear permitted
 - No restrictions on practice

NOTES:

- Practice is defined as a period of time a participant engages in a coach-supervised, school approved, sport or conditioning related physical activity.
- **First practice permitted: Friday, July 30, 2021.**
- Practice times (including warm-up, stretching, cool-down time, conditioning) shall not exceed 3 hours.
- Three day between scrimmages 7 jamborees.
- All practices occurring Days 1-14 must be documented to show compliance.
- All athletes must complete Days 1-4 of the practice timelines before participation in full pads.
- Weight room activities do not count as practice time, but must be separated from practice by at least 2 hours of continuous rest to allow for recovery.
 - **Exception:** No continuous rest period is required if weight room activities are counted as a part of the day’s allotted practice time. (i.e. **lift for 1 hour then practice for 2 hours; or practice for 2 hours and then lift for 1 hour**)
- A Walk-through is allowed and does not count against practice time. Walk-through is defined as a teaching opportunity with athletes:
 - not wearing protective equipment
 - not using sports-related equipment
 - participating in an indoor, climate-controlled environment.
- **Must have a Rest Day after 6 consecutive practice days.**
- Scrimmages permitted on either a Long Day or Short Day. **A scrimmage will count as 3 hours.**
- All athletes must have a pre-participation physical exam before athletic participation.
- If weather/lightning postpones practice in progress, the practice may resume after a warm-up (20 minute maximum) and the remainder of allotted practice time may be completed.

Inter-association Task Force includes – Gatorade Sports Science, Amer. College of Sports Med., NATA, NSCA, US Army Research institute, Amer. Orthopaedic Society for Sports Med., Amer. Medical Society for Sports Med., Amer. Academy of Pediatrics