Division: III

Legislative Cite: 17.02.1.1.1.4

Title: Strength and Conditioning Activities as follows:

Text:

17.02.1.1.1.4 Strength and Conditioning Activities as follows: *(Adopted: 5/9/17)*

(a) Voluntary workouts conducted by a certified strength and conditioning coach provided: *(Adopted: 5/9/17)*

(1) The coach has received a strength and conditioning certification from a nationally recognized certification program (see Bylaw 11.1.6 for additional certifications); *(Adopted: 5/9/17)*

(2) The coach conducts voluntary workouts for all student-athletes if the coach is also a staff member for one of the institution's intercollegiate teams; and *(Adopted: 5/9/17)*

(3) The workout occurs during the institution's regular academic year. *(Adopted: 5/9/17)*

(b) Voluntary individual workouts monitored for safety purposes by a strength and conditioning coach (certified or noncertified). If the coach is also a staff member for one of the institution's intercollegiate teams the monitoring may occur only if the coach performs monitoring duties for all student-athletes using the facility at that time. *(Adopted: 5/9/17)*

Proposals

Proposal Number	Title
2026-8	PLAYING SEASONS -- ADD A MANDATORY WINTER BREAK
ER-2017-5	PLAYING AND PRACTICE SEASONS -- ATHLETICALLY RELATED ACTIVITIES -- EXCEPTIONS -- REORGANIZED