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, August 2, 2019**.
- **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.

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