

**Long Day / Short Day**  
**South Carolina High School Fall Sports 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 Fall sports consistent with the Inter-association Task Force guidelines that also allows coaches to appropriately prepare their teams and fits into the current SCHSL’s schedule.

**PRACTICE TIMELINE:**

- **Days 1-5:** 3 hours of Practice
- **Day 6-14:** 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
- **Day 15+:** No restrictions on Practice

**NOTES:**

- First practice permitted: Friday, July 27, 2018.
- Practice times (including warm-up, stretching, cool-down time, conditioning) shall not exceed 3 hours.
- All practices occurring Days 1-14 must be documented to show compliance.
- All athletes must complete Days 1-5 of the practice timeline before being allowed to participate in more than 3 hours of practice in a day.
- 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.
- 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\*