



Summer Program Health & Safety Recommendations

- Coaches of all sports should be in communication with each other prior to the start of the summer program and during the summer to ensure students who participate in multiple programs are not overtraining.
- Coaches should monitor the overall activity load on students, especially those participating in summer programs for more than one sport. A general rule of thumb for a student is for the maximum hours of training, practice and competition per week to not exceed the age of the student or 16 hours per week (whichever is less). For example, a 15-year-old student-athlete should not exceed 15 hours per week of sports activity. Exceeding these limits can lead to performance decline and student-athlete burnout.
- Any student participating in a summer program who was not a student-athlete at your school the previous year should show proof of medical eligibility for sports participation by submitting a pre-participation physical exam that has been conducted within the previous 12 months. Additionally, there should be a protocol in place to ensure this information is securely stored at all times and the information is reviewed by appropriate personnel prior to the student participating in a summer program.
- Written emergency action plans should be in place for all summer activities. These plans should be reviewed and rehearsed prior to the start of a summer program.
- All coaches involved in summer activities should be CPR/AED certified or trained.
- All KSHSAA recommended environmental safety guidelines should be followed in the summer. This includes heat and lightning/severe weather conditions.