

# Training Procedures

- Coaches must attend to and follow proper training procedures for all sports.
- Coaches must be knowledgeable of the rules and skills necessary for the students to play the game safely. Coaches must teach and enforce the rules of the sport and teach skills in a proper progression.
- Coaches must provide a suitable level of competition according to skill, size, age, and conditioning of the students
- Coaches must monitor the intensity and frequency of drills, practices, and games to avoid putting the students at risk for over-training (for example, excessive repetition of heading or hitting skills).
- When there has been an interruption to a competitive season of more than two weeks, the coaches must provide appropriate practice/training time before competition may resume.
- Athletes must be appropriately supervised during all phases of activity, including warm-up, training/practices, competition, and cool-down. If a coach cannot fulfill the specified level of supervision, the activity must be stopped.