

Certifications

Name: _____	Sport(s): _____	<input type="checkbox"/> Strength & Conditioning Coach Certified
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Head Strength Coach Signature: _____

Date: _____

Compliance Signature: _____

Date: _____

11.1.5 Strength and Conditioning Coach Certification.

A strength and conditioning coach shall be certified and maintain current certification through a nationally accredited strength and conditioning certification program.

11.7.4.1.1 Weight or Strength Coach. [FBS]

A weight (strength and conditioning) coach may conduct flexibility, warm-up and physical conditioning activities prior to any game and prior to or during any practice or other organized activities without being included in the limitations on number of coaches. Not more than five weight or strength coaches are permitted to work with a football program in any capacity, including all workouts (required and voluntary), practices and game-related activities. *(Revised: 1/15/11 effective 8/1/12)*

13.11.3.7.4 Strength and Conditioning Coach First Aid/CPR Certification and Authority of Sports Medicine Staff. [FBS/FCS]

A strength and conditioning coach who conducts voluntary weight training or conditioning activities is required to maintain certification in first aid and cardiopulmonary resuscitation. In addition, a member of the institution's sports medicine staff (e.g., athletic trainer, physician) must be present during all voluntary conditioning activities (running, not lifting) conducted by the institution's strength coach. The sports medicine staff member must be empowered to have the unchallengeable authority to cancel or modify the workout for health and safety reasons, as he or she deems appropriate. *(Adopted: 4/24/03 effective 5/1/03)*

Permissible Strength Coaches Activities:

- May help or supervise equipment setup/breakdown
- May do spotting for safety purposes (no instruction/encouragement)
- May attend/participate in coaching meetings
- May attend practice/competition (administrative duties only)
- May receive phone calls from prospect-aged individuals

Impermissible Strength Coaches Activities:

- May not initiate phone calls to prospect-aged individuals
- May not perform recruiting functions (evaluation/selection)
- May not scout opponents in person
- May not engage in any on or off-field coaching activities