



COMPLIANCE WEEKLY UPDATE

STUDENT-ATHLETE SUMMER ACTIVITIES

Practice: Under no circumstances is it permissible to require or conduct team practices during the summer, except for fall preseason, regardless if the student-athletes are requesting it and/or enrolled in summer term.

Skill Instruction: During the summer, a coach in only the following sports may participate in individual skill instruction sessions with current (not incoming) student-athletes, provided it is voluntary and at the request of the student-athlete.

XC/Track & Field, Equestrian, Golf, Squash, Skiing, Swimming & Diving, Tennis

Voluntary Strength & Conditioning: During the summer, current (not incoming) student-athletes may participate in voluntary strength & conditioning workouts conducted and designed only by a designated strength & conditioning coach. Coaches may not be present and may not receive attendance records.

Safety Exception: During the summer, a coach in only the following sports may be present during voluntary individual workouts at a Dartmouth facility to provide safety or skill instruction, but may not conduct the individual's workout. Again, such workout must only be at the request of the student-athlete.

Equestrian, Rowing, Skiing

*Despite the argument that can be made, or how violent or dangerous the sport is, if it is not listed here, you CAN NOT utilize this exception.

Team/Individual Meetings: During the summer, any and all meetings must be voluntary and at the request of the student-athlete.

Film Review: Film review, if required by a coach, or attendance is kept, is considered CARA. While no CARA is permitted during the summer, any and all film review must be voluntary, at the request of the student-athlete, and without a coach present.