



Idaho State University

POLICIES AND PROCEDURES

Athletics Strength and Conditioning Program

ISUPP 8110

POLICY INFORMATION

Policy Section: *Athletics*

Policy Title: *Athletics Strength and Conditioning Program*

Responsible Executive (RE): *Director of Athletics*

Sponsoring Organization (SO): *Department of Athletics*

Dates: Effective Date: *May 24, 2013*

Revised: *May 23, 2016*

Review Date: *May 2021*

I. POLICY STATEMENT

The student-athlete's physical well-being is essential for helping to reach and maintain optimum physical condition. To help achieve this goal, the Idaho State University (ISU) Department of Athletics (Department) has established a Strength and Conditioning Program to lessen the possibility of injury or re-injury. However, should an injury occur, the Department is committed to a comprehensive rehabilitation program. A student- athlete must have clearance from the Athletic Training Staff before he/she will be permitted to work out. Additionally, the Strength and Conditioning Program will conform to all applicable National Collegiate Athletic Association (NCAA) and Big Sky Conference rules and regulations as well as ISU and Department policies.

II. AUTHORITY AND RESPONSIBILITIES

Under the direction of the director of athletics (AD) and supervised by the associate athletic director/senior woman administrator, the head strength and conditioning coach oversees the daily operations for the Department's Strength and Conditioning Program applicable to all men's and women's sports.

III. PROCEDURES TO IMPLEMENT

- A. Only current and former student-athletes are allowed in the weight room (see NCAA Bylaw 13).
- B. Former student-athletes must have permission from the head strength and conditioning coach and must sign a *Strength and Conditioning Release of Liability "Hold Harmless"/Rules Agreement*.
 - 1. A former student-athlete is defined as one who has finished their athletic eligibility but is still enrolled at ISU finishing their degree.
 - 2. The strength and conditioning coach has the authority to allow or deny any non-current athletes he or she chooses.
 - 3. Former student-athletes who have signed the release can work out with current student-athletes only with the permission of the head strength and conditioning coach.
- C. Prospective student-athletes who have signed a *National Letter of Intent (NLI)* with ISU, received a written offer of ISU financial aid, or has paid a financial deposit to ISU in response to an offer of admission may workout in the Strength and Conditioning Center under the following additional requirements (see NCAA Bylaw 13.11):
 - 1. Have a physical exam and medical clearance within the prior six months.
 - 2. Be cleared by the Compliance Office.
 - 3. Submit a completed and signed *Clearance & Practice Approval Form* to the head strength and conditioning coach.
- D. Coaches may use the facility if it does not interfere with the student-athletes' workouts, and may only be used during the hours of operation and with supervision of a strength and conditioning coach.
- E. Prior to participation, all student-athletes must have a physical exam and medical clearance before using the Strength and Conditioning Center (See NCAA Bylaw 17.1.5).
- F. Any student-athlete wishing to take supplements must first clear the supplement with the strength and conditioning coach to ensure that the product is safe and permissible by the NCAA. The recommendation of the strength staff is that supplements will not improve athletic ability.