Scott County Public Schools Out-Of-Season Guidelines

1. A coach must follow all dead periods set by the VHSL (Summer, Fall, Winter and Spring).
2. No full contact spring football practice. Shoulder pads will not be worn during off-season practice.
3. If a student-athlete is on a team that completes their first contest and quits the respective sport, then the student-athlete cannot join another sport until the sport they quit completes its season in entirety.
4. A student-athlete will not participate and a coach will not allow an athlete to participate in a sport (in-season) and leave that sport to participate in another sport (out-of-season). This includes but is not limited to any open gyms or practices.
5. All students participating in out of season practices must have a complete, current VHSL physical form on file with the school to participate.
6. All students participating in out of season practices must have a completed parent/athlete concussion awareness form on file with the school.
7. Scott County Public Schools will provide catastrophic insurance for out of season practice. This is not to be confused with medical/health insurance, which in accordance with the VHSL physical form, is to be either medical/accident insurance through the school, athletic participation insurance through the school, or insurance by family policy.
8. Only coaches having completed VHSL approval process are to supervise out of season practice activities.