

## **Virtual Contact Period Protocols**

During the virtual contact period, coaches can contact any student-athletes virtually.

No in-person meetings or activities are permitted.

Activities can include:

- Meetings
- Chalk talks
- Group Activities

If a virtual practice is going to be held, meaning student-athletes will be doing any type of physical activity:

- Those student-athletes have to be cleared through the physical process.

Virtual activities are not to be made mandatory for student-athletes.

Virtual activities should be used for socially and emotionally engaging student-athletes with coaches and teammates.

Virtual practices do not count toward the six days of practice rule.

Virtual activities should help to prepare student-athletes both physically and mentally for the upcoming season.

Remember, participation in any sport that is in-season must take priority over virtual workouts/meetings of any other season sport.