



2026 SUMMER COACHING CONTACT RECOMMENDATIONS

The following recommendations by the WIAA Sports Medical Advisory Committee for the Summer Contact rule. The goal is to support the physical and mental well-being, as well as the safety of our student-athletes.

- All school personnel engaged with summer contact hours should be well versed in heat illness prevention, recognition, and immediate treatment. Access to cold water immersion and ice is important. WIAA guidelines should be followed: [WIAA Heat Illness Guidelines](#)
- At least one First Aid/CPR/AED certified coach is present at every training session.
- Access to school athletic trainers is likely to be limited over the summer. Coaches should encourage athletes to have injuries evaluated by their physicians when athletic trainers are not available.
- All contact should be approved by the Athletic Director. This ensures alignment across sports/programs and balanced use of facilities and resources.
- No more than 5 days of training per week.
- Less than 20 hours per week of total contact (consistent with the NCAA offseason rule). Ideally, this should be about 2 hours of physical training per day.
- Meaningful engagement of student-athletes doesn't have to mean full-scale practice, use this time to do small group sessions, film review and classroom work, team bonding, and individual skill development.
- This provides an excellent opportunity to discuss the importance of rest, hydration, proper nutrition, and time for recovery. [WIAA Nutrition Information](#)

The following are reminders of existing WIAA requirements associated with coach and student-athlete programming.

- These sessions are voluntary and missed time shall not be held against student-athletes.
- All student-athletes should have up to date preparticipation examination forms.
- All training locations should have an Emergency Action Plan (EAP) in place that should be rehearsed before the start of training. Access to facilities & AEDs may change in the summer due to construction, renovations, locked entrances, and personnel present during summer contact may be different than during the school year. It is a priority to have an EAP that is understood and rehearsed by all stakeholders.
- In alignment with the WFCA, there should be no fully padded practices. Contact should also be limited (ex: Football should be air and bags).
- Acclimatization and contact rules must be followed at the start of the Fall season even if players participated in all summer sessions.

The ADs and coaches at each school should work together to ensure that all student-athletes have time for recovery and skill development. Summer strength and conditioning programming should remain the focus for all student-athletes.

The well-being of student-athletes and coaches is critical. Multisport athletes may require more thought to allow development in each sport over the summer without high training hours and overuse. Over-scheduling can lead to burnout. Allowing time for vacation, summer jobs, rest, family and friends will help with engagement by providing balance.