

This worksheet is based on the *Strength and Conditioning Professional Standards and Guidelines*¹, and is intended to be used to review current practices followed by high school strength and conditioning professionals or athletic directors in their facilities.

It will be important to distinguish between “standards” and “guidelines” because each term has different legal implications.

- A “standard” is a required operating procedure that reflects a daily duty or obligation.
- A “guideline” is a recommended operating procedure that can enhance standard of care but is not as critical or enforceable as the required standards.

It is our hope that high school strength and conditioning professionals using this worksheet will benefit by improving the quality of their programs.

PART 1: STRENGTH AND CONDITIONING PRACTICES

1. Pre-Participation Screening and Clearance

Standard 1.1: Are all participants in your strength and conditioning program required to undergo a physical exam by a qualified healthcare provider and be cleared before being allowed to participate?	Yes
	No
Guideline 1.1: Do you and your staff regularly communicate about injured athletes and cooperate with various healthcare providers (e.g., Certified Athletic Trainers [ATC], Physical Therapists [PT], Physician Assistants [PA], Nurse Practitioners [NP], Medical Doctors [MD])?	Yes
	No
Is there an established protocol for communication between your athletic training staff and your strength and conditioning staff?	Yes
	No

2. Personnel Qualifications

Guideline 2.1: Do the strength and conditioning professionals supervising your facility have experience and at least a Bachelor’s degree from an accredited college or university in Physical Education, Exercise Physiology, Kinesiology, or other scientific foundations?	Yes
	No
Guideline 2.2: Are your weight room supervisors certified through the National Strength and Conditioning Association (NSCA)?	Yes
	No
Guideline 2.3: Could you develop a performance team consisting of physical education and athletic department staff members, school dietician, school psychologist, and others?	Yes
	No

¹National Strength and Conditioning Association. *Strength and Conditioning Professional Standards and Guidelines*. Colorado Springs, CO: National Strength and Conditioning Association, 2009.

3. Program Supervision and Instruction

Standard 3.1: Are all facets of your strength and conditioning sessions supervised by a Certified Strength and Conditioning Specialist® (CSCS®) or Registered Strength and Conditioning Coach® (RSCC) when your student-athletes are training?	Yes
	No
Standard 3.2: Are all supervisors in-serviced and then deemed competent on correct spotting procedures before they are allowed to assist?	Yes
	No
Guideline 3.1a: Does your administration understand and enforce the recommended guideline of 100 sq ft for each athlete (e.g., if you are training a class or team of 30, then your room should be at least 3,000 sq ft)?	Yes
	No
Guideline 3.1b: Does your administration allow you to follow the recommended ratio of one Strength and Conditioning Coach to fifteen high school athletes (1:15) by hiring additional qualified assistants when needed?	Yes
	No
Guideline 3.1c: Does your program follow the recommendation of assigning three athletes per training bar during a training session?	Yes
	No
Does your facility have operational security cameras that can monitor the entire training area?	Yes
	No

4. Facilities and Equipment Set-up

Standard 4.1: Are records kept showing that every piece of equipment has been assembled in accordance to the manufacturer's specifications?	Yes
	No
Standard 4.2: Are records kept showing that new pieces of equipment have been inspected by the Director of Strength and Conditioning or a designated staff member?	Yes
	No
Standard 4.3: Are records kept showing that all pieces of equipment are being inspected and maintained weekly?	Yes
	No
Standard 4.4a: Are "do not use" or "out of order" signs placed on all broken pieces of equipment or removed from service until repaired and inspected?	Yes
	No
Standard 4.4b: If an accident occurs on a piece of equipment, is the equipment taken out of service until the risk manager or administrator inspects it?	Yes
	No

Guideline 4.1: Does your facility follow guidelines on equipment placement, selection of flooring material, lighting, safe decibel levels, and number of air exchanges required per hour?	Yes
	No
Guideline 4.2: Are you and your staff aware of and do you follow the equipment manufacturer’s guidelines on how to use their equipment?	Yes
	No
Guideline 4.3: Do you teach your athletes how to disinfect the equipment prior to and after use?	Yes
	No
Are pieces of equipment manufactured by the industrial education classes inspected and approved by school district administrators before being put into use?	Yes
	No

5. Emergency Planning and Response

Standard 5.1: Are all supervisors trained and currently certified in First Aid, Cardiopulmonary Resuscitation (CPR), and Automated External Defibrillators (AED)?	Yes
	No
Standard 5.2: Are all supervisors and athletes aware of the current Emergency Action Plan and where it is posted for reference?	Yes
	No
Guideline 5.1: Have you posted your emergency action plan in a spot that is clearly visible for all to see?	Yes
	No

6. Records and Record Keeping

Guideline 6.1a: Do you have a current written policy and procedure document in place?	Yes
	No
Guideline 6.1b: Do you regularly in-service your physical education staff, athletic director, and sport coaches who use the weight room with updated policies and procedure document revisions?	Yes
	No

7. Equal Opportunity and Access

Standard 7.1a: Are there regular in-services informing administration, academic, and athletic staffs of the laws regarding equal opportunity, accessibility, and non-discrimination?	Yes
	No
Standard 7.1b: Do you report any discriminatory or unequal treatment you observe, or are made aware of, to your supervisor?	Yes
	No

8. Participation in Strength and Conditioning Activities by Children

Guideline 8.1: Are children required to be over the age of seven in order to be allowed in the training facility?	Yes
	No
Guideline 8.2: Are middle school children supervised at a ratio of 1:10 (e.g., for every 10 children there is one staff member supervisor)?	Yes
	No
Guideline 8.3: Are high school students supervised at a ratio of 1:15 (e.g., for every 15 children there is one supervisor)?	Yes
	No

9. Supplements, Ergogenic Aids, and Drugs

Standard 9.1: Do your strength and conditioning coaches understand they should not suggest the use of substances or supplements that are illegal, prohibited by your state's athletic association, or harmful to participants for any purpose, including enhancing athletic performance?	Yes
	No

PART 2: THE NUMBER OF STUDENTS YOUR PROGRAM IMPACTS

How many students participate in strength and conditioning activities in your school?

_____ Fall sports

_____ Winter sports

_____ Spring sports

_____ Other

How many students train/have class in the weight room during each of the following time-frames:

_____ Before school

_____ During school hours

_____ After school with off-season and in-season programs (*combine the total number of both programs*)

_____ Summer program

_____ Total number of students you and your staff impact

Are you aware of the NSCA Strength of America Award?

Winners of this award represent the finest high school strength and conditioning programs in the world. The NSCA Strength of America Award is based on a score that indicates how well a high school compares to what the NSCA considers to be the gold standard in high school strength and conditioning programs.