**OSAA Practice Model**

OHSWP requires schools and students the following OSAA practice model be adhered to for water polo:

1. All practices shall allow for water breaks and general acclimatization to hot and/or humid weather. Ample amounts of water should always be available and a student's access to water should not be restricted. In addition, all practices shall follow the fundamentals set forth in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement. While the risk of heat illness is greatly dependent upon weather conditions, the fundamentals in the NFHS’s Heat Acclimatization and Heat Illness Prevention Position Statement promote safety and minimize injury risk in any setting.
2. Students may participate in multiple practice sessions per day, but not on consecutive days.
   1. Single Practice Session.  No single practice session shall be longer than three hours, including warm-up and cool down. On days with a single practice session, students are limited to a maximum of one hour of weight training either before or after practice but not both.
   2. Multiple Practice Sessions. On days with multiple practice sessions, students shall not engage in more than five hours of total practice, including warm-up and cool down. No single practice session shall be longer than three hours, including warm-up and cool down. There must be at least three hours of recovery time between the end of one practice session and the beginning of the next practice session on a day with multiple practice sessions. During this recovery time, students may not engage in other physical activities (e.g. weight training, etc.).
3. The second practice session of the first two multiple practice days shall be a teaching session only. Conditioning drills (gassers, timed runs or sprints) shall not be conducted.
4. A student may practice for no more than six consecutive days without a rest day. A rest day must be complete rest - no organized team activity is allowed.

OSAA Handbook, Executive Board Policies

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