Countable Athletically Related Activity

**In-Season**
- Maximum of 20 hours per week
- Maximum of 4 hours per day
- At least one day off per week (7-day period)
- Same 7-day period must be used throughout segment (set day of week prior to segment beginning)

**Out-of-Season**
- Maximum of 8 hours per week
- Maximum of 4 hours per day
- At least two off days per week
- Individual Skill Instruction
  - Maximum of two (2) hours per week
  - Sept. 15th – April 15th: Entire team may partake
  - Before Sept. 15th and after April 15th: Limited to four (4) SA’s in any facility at the same time under instruction of coaches

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### Countable

- Practice (In-season only)
- Competition: 3 hours (regardless of duration)
- Strength and conditioning activities
- Film sessions with coaches
- Meetings initiated or required by coach
- Extra work with coach initiated by student-athlete

### Voluntary

- Compliance Meetings
- Academic Meetings
- Study hall/tutoring
- Meeting initiated by SA
- Player-initiated practices
- Promotional Activities
- Community Service
- Travel to/from contest-off day
- Treatment/rehab
- Travel to/from practice
CARA Reminders

In-Season

- Unlimited activity during vacation period as listed on the official academic calendar produced by KU (17.1.7.3.6)
- May use travel to or from competition as “off day” provided no CARA takes place (17.1.7.4.1)

Out-of-Season

- Conditioning drills may not simulate offensive or defensive alignments (17.1.7.2.4)
- No equipment related to the sport may be used during conditioning activities (17.1.7.2.4)
- No required participation in any CARA during an institutional vacation period (17.1.7.2.1)

An institutional staff member with current certification in first aid, cardiopulmonary resuscitation (CPR) and automatic external defibrillator (AED) use must be present any time a student-athlete participates in a physical, countable athletically related activity (17.1.6, effective August 1, 2014)
Countable Athletically Related Activity

- Reminders:
  - Any required activity must be counted (including punishment activity)
  - CARA may not be conducted at any time following competition
  - CARA may not be conducted between midnight and 5 a.m.
  - A “voluntary” activity becomes “countable” when unauthorized sports staff observe the activity or provide instruction
    - Includes Director of Operations or any non-coaching staff members with sport-specific responsibility
  - Exceptions:
    - Athletic trainers, student managers, and strength and conditioning staff may be present during voluntary workouts to provide safety instruction
    - Sports with safety exception may have countable coaches present to provide safety instruction only
      - Swimming & Diving
      - Track & Field
      - Rowing