Strength & Conditioning Education

Policy

Passwords: Policy & Rules

Your SCE password is the main way access to your data is protected. It is therefore important that you pick a good password. It needs to be hard for hackers to crack, difficult to guess (especially if someone knows you) and changed periodically (just in case someone did get to know your password over time).

We have a password policy and rules in place to make sure passwords overall are stronger and your data is safer.

Password Policy

SCE has a password policy in place for a number of reasons:

- Complex passwords are less easily guessed, meaning your SCE account is more secure and less likely to be hacked
- The expiry date means that if someone does have access to your account without you knowing it, that access will end when the passwords change
- SCE have a duty to provide you with systems that ensure a good level of security
- Using passwords that are complex and that expire has been recommended by our auditors as best practice

Your SCE password must be changed at least once a year.

Password Rules

Your SCE password is required to at least meet the following:

- *At least 8 characters long*
- *Contain at least one upper case letter and at least one lower case letter*
- *Contain at least one number or punctuation character*
- *Avoid international characters*
- *Not be a dictionary word*
- *Be less than 12 months old*

Some Things to Remember

Your username and password are valuable parts of your online identity. Hackers and scammers want to take this identity from you to use for their own ends. In order to keep your online SCE identity safe:

- **Never** tell your password to anyone else
- **Think** carefully before providing it to any site that asks for it. Is this genuinely a safe site (check the address carefully) and is the reason a likely one?
- **Remember** SCE will never email you asking you to enter your password into a web form in order to keep your account running