

# **Summary of the 14-Day Acclimatization Period**

## ***Days 1-5***

1. Days 1 through 5 of the acclimatization period consist of the first 5 days of formal practice. During this time, athletes are not allowed to participate in more than 1 practice and 1 walk-through per day.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice may recommence once conditions are deemed safe. Total practice time should not exceed 3 hours in any 1 day.
3. A 1-hour maximum walk-through is permitted during Days 1-5 of the acclimatization period. A 3-hour recovery period is required between the practice and walk-through (or vice-versa).
  - a. The 3-hour recovery period should take place in a cool environment, with no sport- or conditioning-related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permitted as is classroom work and/or video review.
  - b. A walk-through is defined as a teaching opportunity with athletes not wearing protective equipment (helmets, shoulder pads, or other protective equipment). During a walk-through, no running or running activities by team members is allowed and no protective equipment of any kind should be present.
4. During Days 1-2 of the acclimatization period in sports requiring helmets or shoulder pads, a helmet is the only protective equipment permitted (goalies, as in the case of field hockey and related sports, may not wear full protective gear or perform activities that would require protective equipment. During Days 3-5, only helmets and shoulder pads may be worn. Beginning on Day 6, all protective equipment may be worn and full contact may begin.
  - a. Full-Contact Sports: 100% live contact drills may begin no earlier than Day 6.

## ***Days 6-14:***

1. Beginning no earlier than Day 6 and continuing through Day 14, double-practice days must be followed by a single-practice day.
  - a. On single-practice days, 1 walk-through is permitted, separated from the practice by at least 3-hours continuous rest.
  - b. When a double practice day is followed by a rest day, another double-practice day is permitted after the rest day.
  - c. The 3-hour recovery period should take place in a cool environment, with no sport- or conditioning-related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permitted as is classroom work and/or video review.
2. On a double-practice day neither practice may exceed 3 hours in duration nor may student-athletes participate in more than 5 total hours of practice.
  - a. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities must be included as part of the total practice time.
  - b. The 2 practices must be separated by at least 3 continuous hours in a cool environment.

c. The 3-hour recovery period should take place in a cool environment, with no sport- or conditioning-related activity permitted (e.g. speed or agility drills, strength training, conditioning, or walk-through). Treatment with the athletic trainer is permitted as is classroom work and/or video review.

3. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, it is recommended that an athletic trainer be on site before, during and after all practices. This is not required.

Day	Heat Acclimatization Practice Plan	Equipment Allowed
1	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet only
2	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet only
3	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet & Shoulder pads
4	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet & Shoulder pads
5	One practice per day (3 hours maximum), 1 hour walkthrough after 3 hour rest	Helmet & Shoulder pads
6-14	<ul style="list-style-type: none"> <li>• May begin double practice sessions</li> <li>• Double practice cannot exceed 5 total hours, 3 hour maximum per session. 3 hours rest between practice sessions</li> <li>• Double practice day must alternate with a single practice day or rest day</li> <li>• Single practice days are 3 hour maximum with a 1 hour walkthrough following a 3 hour rest</li> <li>• If practice occurs on 6 consecutive days during acclimatization 1 full day of complete rest is required(traditionally Sundays)</li> </ul>	Full pads

Minimum practices :

Each athlete must complete a minimum number of practices prior to competition

- Cross Country, Girls Volleyball, Girls Swimming, Boys Soccer: 9 practice days
- Girls Tennis: 7 practice days
- Football: 12 practice days
- Golf will be exempt from the Heat Acclimatization Policy

*Adopted from Missouri State High School Activities Association Heat Acclimatization Policy.  
October 23, 2018*

**RATIONALE:** While the Committee believes it is time for an acclimatization policy to be adopted for all fall sports similar to the one we have been using for years for football. The proposed policy that the committee is recommending was adopted from the MSHSAA and the Kory Stringer Institute recommendation. As noted this proposal would set a minimum number of practices for Cross Country, Girls Volleyball, Boys Soccer, Girls Tennis, Girls Swimming, and Football prior to any competition.