

## A. PRE-SEASON HEAT-ACCLIMATIZATION RULES FOR ALL FALL SPORTS

Intent: To provide pre-season acclimatization rules prior to the season for student athletes with the purpose of minimizing injury and enhancing the player's health, performance, and well-being.

### Core Principals:

1. *Acclimatization Period:* The first six days of RIIL approved practice will consist of no more than three (3) hours of practice time.
  - a. For Field Hockey, a goalie helmet may be worn on the first two days. Beginning on the third (3<sup>rd</sup>) day, full protective (field hockey goalie) gear is permitted
  - b. For Football: helmets only (days 1-2); helmets and shoulder pads (days 3 – 5).
2. *Scrimmages/Games:*
  - a. A student/athlete shall not be permitted to participate in a scrimmage until he/she has completed five (5) days of practice for all sports. Football: Full pads after five (5) days.
  - b. Number of practices (prior to the first game) is ten (10). The first 5 days – no scrimmages; during the next 5 days scrimmages would be allowed. Games (in accordance with our rules) may begin on the 11th day of practice
3. *Rest Period:* During the first 14 days – No Sunday practices, games, scrimmages, walk-throughs, or other athletic activity.
4. *3 – 5 Practice Rule:* Days 8 – 13. The maximum allotted time per day for practice is 5 hours. A 5 hour practice day may not be followed by a practice day greater than 3 hours; therefore, practice days may follow a 3hr-5hr-3hr-5hr format.
5. *Recovery Period:* On days 6-14 a minimum of a three (3) hour recovery period must be provided after any session of greater than 2 hours in length. A three hour recovery period must be provided before a walkthrough
6. Double sessions on the same day count as one (1) practice day.
7. Any student-athlete or transfer student who joins the team after the official starting date or mid-season must have the minimum number of practices as listed above.

### Definitions:

Practice – the time a player engages in physical activity. It is recommended that any practice session be no greater than three (3) hours in length. Warm-up-stretching, conditioning, weight training and 'cool-down' periods are **all considered practice**.

Chalk talk, skull sessions, film review are not considered practice time.

Note: Practice sessions may be divided while adhering to the time restrictions as described above in #4.

Example: 3 Hour Day: one 3 hour practice or two 1 ½ hour practices

5 Hour Day: one 3 hour practice and one 2 hour practice or one 2 ½ hour practice and one 2 ½ hour practice

Walk-through – No protective equipment or strenuous activity permitted. Only balls and field markers (cones) may be used.

Check “Heat Index” before and during practices regularly.

[www.riil.org](http://www.riil.org): Visit this web site for further information on heat injury/illness as it pertains to the adjustment of practice times.

**Heat Index Record**    Sport \_\_\_\_\_ Level \_\_\_\_\_

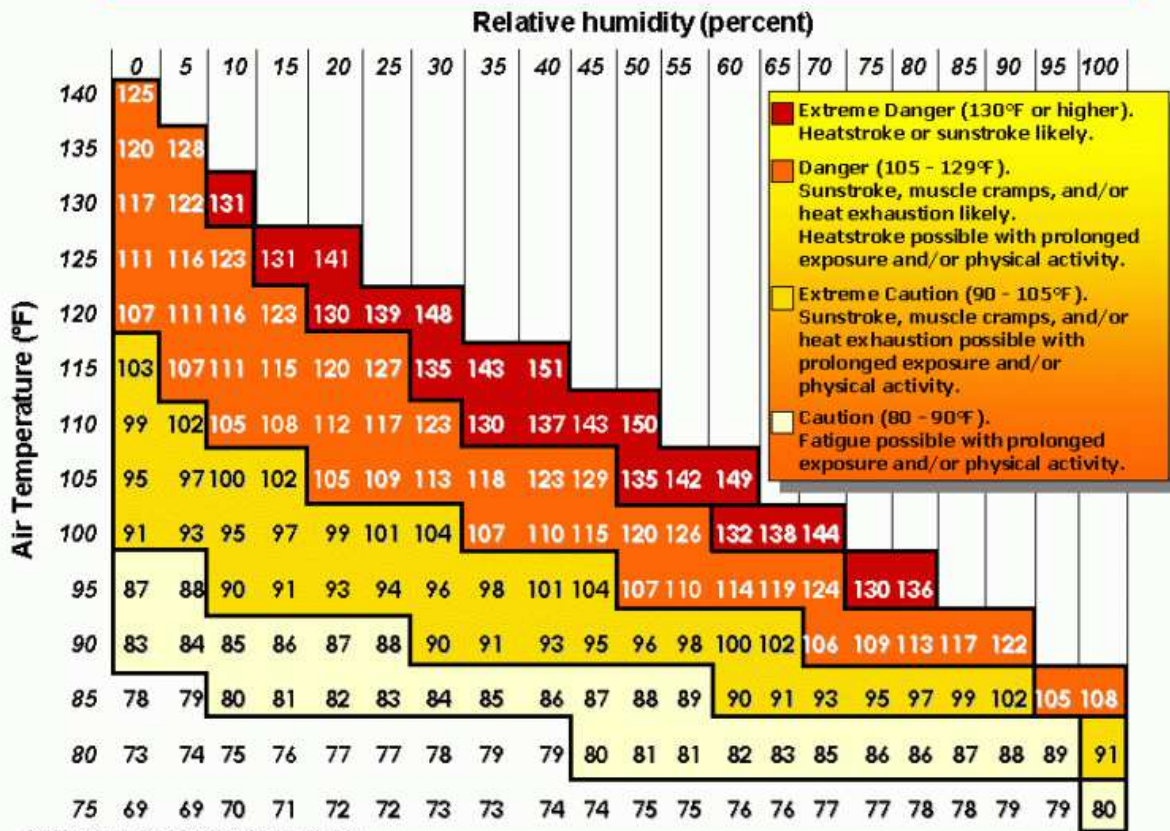
Date	Practice Time	Weather Check Time	Temp	Humidity	Heat Index	Activity Revision	Signature

\*\*\*Using the scale provided, activity should be altered and/or eliminated when the following conditions are present.

Under 95° Heat Index	Maximum of <b>6 hours</b> of practice today. Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire. Watch/monitor athletes for necessary actions.
95° to 99° Heat Index	Maximum of <b>5 hours</b> of practice today Recommendation: Consider postponing practice to later in the day. <b>Practice length a maximum of 3 hours.</b> Mandatory 3 hour recovery period between practices. Contact sports and activities with additional equipment-Helmets and other possible equipment removed if not involved in contact or necessary for safety. Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire. Watch/monitor athletes for necessary action.
100° to 104° Heat Index	Maximum of <b>5 hours</b> of practice today Recommendation: Consider postponing practice to later in the day. <b>Practice length a maximum of 3 hours.</b> Mandatory 3 hour recovery period between practices. Alter uniform by removing items if possible – Allow for changes to dry t-shirts and shorts. Contact sports and activities with additional equipment-Helmets and other possible equipment removed if not involved in contact or necessary for safety. Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable Provide ample amounts of water. Water should always be available and athletes should be able to take in as much water as they desire. Watch/monitor athletes for necessary action.
Above 104° Heat Index	Recommendation: <b>Stop all outside activity</b> in practice and/or play, and stop all inside activity if air conditioning is unavailable

## Heat Index

*how hot the combination of temperature and humidity feels*



### Fall Heat Acclimatization Guidelines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1 3 total hours of practice  1 hour walkthrough *  Football Helmets Only	Day 2 3 total hours of practice  1 hour walkthrough *  Football Helmets Only	Day 3 3 total hours of practice  1 hour walkthrough *  Football Helmets and Shoulder pads only	Day 4 3 total hours of practice  1 hour walkthrough *  Football Helmets and Shoulder pads only	Day 5 3 total hours of practice  1 hour walkthrough *  Football Helmets and Shoulder pads only	Day 6 3 total hours of practice/scrimmage  1 hour walkthrough *  Scrimmages permitted  Football full pads
Day 7 Rest – no practice	Day 8 5 total hours of practice	Day 9 3 total hours of practice  1 hour walkthrough *	Day 10 5 total hours of practice	Day 11 3 total hours of practice  1 hour walkthrough *  Scrimmage vs opponents in football	Day 12 5 total hours of practice	Day 13 3 total hours of practice  1 hour walkthrough *
Day 14 Rest – no practice						

\* = walkthrough permitted after 3 hours of complete rest between session

- In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.
- Drink early, by the time you're thirsty, you're already dehydrated.
- Drink before, during, and after practices and games. Specifically, the *American College of Sports Medicine* recommends the following:
  - Drink 16 ounces of fluid 2 hours before exercise.
  - Drink another 8 to 16 ounces 15 minutes before exercise.
  - During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.
- The NFHS SMAC strongly recommends that coaches, certified athletic trainers, physicians, and other school personnel working with athletes not provide or encourage use of any beverages for hydration of these youngsters other than water and appropriate sports drinks. They should also make information on the potential harm and lack of benefit associated with many of these other beverages available to parents and athletes.