

QUANTICO MIDDLE/HIGH SCHOOL

-SEASON HEAT –ACCLIMATIZATION –PRACTICE POLICY

A proper heat –acclimatization plan in secondary schools is essential to minimize the risk of exertional heat illness during the preseason practice period. Progressive acclimatization is especially important during the initial 3 to 5 days of summer practice.

As part of an ongoing effort to reduce the number of heat-related athletic injuries in secondary schools, the National Athletic Trainers' Association (NATA) and the Inter-Association Task Force for Preseason Secondary School Athletics, along with the Virginia High School League (VHSL) and Quantico Middle High School recommends that these "Preseason Heat –Acclimatization Guidelines for Secondary School Athletics" be implemented by all secondary school athletic programs.

The following Preseason Heat-Acclimatization –Practice Policy are to be followed by all Quantico Middle School coaches for all preseason conditioning, training, and practice activities in a warm or hot environment whether these activities are conducted indoors or outdoors.

All student-athletes including those who arrive at preseason practice after the first day of practice will follow the 14 day heat acclimatization period.

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14-Day Heat-Acclimatization Practice Protocol:

The heat acclimatization period is defined as the initial 14 consecutive days of preseason practice for all student athletes. The goal of the acclimatization period is to radically increase exercise heat tolerance and enhance the ability to exercise safely and effectively in warm and hot conditions.

1. Prior to the first official contest a student-athlete shall have had a minimum of 14 and a maximum of 30 regular daily sessions of training and practice.
2. Days one through 5 of the heat –acclimatization period consist of the first 5 days of formal practice. During this time, athletes may not participate in more than 1 practice per day.
3. Total practice should not exceed 3 hours in any 1 day.
4. During days 1-2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, shoes and a helmet should be the only protective equipment permitted.
5. During days 3-5, only helmets shoes and shoulder pads should be worn with control contact allowed.
6. Each individual player, regardless of when he/she reports for practice, must undergo the first three days of wearing protective equipment limited to shoes and helmets and the next two days shall be limited to helmets, shoes and shoulder pads with control contact.
7. Beginning on day 6, all protective clothing may be worn and full contact may begin.
8. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. When a double-practice day is followed by a rest day, another double- practice day is permitted after the rest day.
9. On a double-practice day, neither practice will exceed 3 hours in duration. Student-athletes will not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk through, conditioning and weight- room activities are included in part o practice time. The 2 practices will be separated by at least 3 continuous hours in a cool environment.
10. Athletes will be allowed to play in an official contest on his/her 15th day of training.
11. Fifteen or thirty practice sessions means fifteen or thirty calendar days, not counting Sundays, and has no reference to the actual number of times the team of players appears and reappears for daily practice sessions.