**FOOTBALL PRE-SEASON HEAT-ACCLIMATIZATION GUIDELINES**Practice or competition in hot and/or humid environmental conditions poses special problems for student- athletes. Heat illness is a
primary concern in these conditions. Having a scripted practice plan with breaks from activity as well as scheduled hydration and
cooling off periods will be of great assistance in preparing student-athletes for the football season.
**Core Principles:***1.* ***Acclimatization Period:*** All schools sponsoring high school football are recommended to institute the heat acclimatization program on Monday or Tuesday (August 7 or8, 2023) for 5 consecutive days prior to the Monday starting date (August 14, 2023) for the 2023football season. If a school opts to institute heat acclimatization during this period, the intent is to have all members of the team be present and participate in all 5 consecutive days of the heat acclimatization period, but minimally, a player must be present for 3 consecutive days of these first 5 days of heat acclimatization to satisfy the requirement. A school must have 5 consecutive days of heat acclimatization prior to their first contact drills and contact drills may not be initiated before Monday, August 14, 2023 (the first legal practice date of fall sports).
The practices for this week are limited to a 5-3-5-3-5 hours of practice daily for the 5 days of heat acclimatization. Practice sessions may be no longer than 3 hours in length and teams must have 2
hours of rest (recovery period) between sessions. Days 1,3 and 5 are limited to 5 hours per day and
Days 2 and 4 are limited to 3 hours per day.
Helmets and shoulder pads with shorts are permitted the first 5 days of heat acclimatization. Full gear
and contact may not be worn until Monday, August 14th after the completion of the five consecutive
day heat acclimatization period.
If a school starts heat acclimatization on Monday, August 7th, if they choose, they may practice on
Saturday, August 14th, but there may be no contact on this day the same as the previous 5 days of
heat acclimatization since it is prior to the first contact day of Monday, August 14th. If a school starts
heat acclimatization on Tuesday, August 8th, then Saturday August 12th is their 5th consecutive day of
heat acclimatization and no contact is permitted.
If a school starts heat acclimatization on the first practice day, Monday, August 14th, they must have 5 consecutive days of heat acclimatization with helmets, shoulder pads, shorts, prior to their first legal
practice with contact. If starting on August 14th, a school must have 5 heat acclimatization days, plus he 5 regular practice days (where contact and full gear is permitted) before their first scrimmage. If they are scheduled to play on the first play date of the fall season, this schedule may limit them to only 1 scrimmage. Schools are advised to be cautious in scheduling a second scrimmage if starting heat acclimatization on August 14th.

The only exception to the first legal play date for football is those schools who are playing Week Zero by trading a scrimmage for their first regularly scheduled contest. That varsity team may play the optional weekend of August 25 & 26 with junior varsity competition to follow.