



Heat-Acclimatization Period

(Football)

1. Days 1 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.
2. If a practice is interrupted by inclement weather or heat restrictions, the practice should 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 heat-acclimatization period. However, a 3-hour recovery period should be inserted between the practice and walk-through (or vice versa). The only pieces of player equipment to be worn by the individuals during the walk-through are shoes and helmets. The only pieces of general equipment to be used during the walk-through are footballs and kicking tees.
4. During days 1 & 2 of the heat-acclimatization period, helmets are the only protective equipment permitted. During days 3 & 4, only helmets and shoulder pads permitted. Beginning on day 5, all protective equipment may be worn.
5. Beginning no earlier than day 6 and continuing through day 14, double-practice days must be followed by a single-practice day. On single-practice days, a 1-hour maximum walk-through is permitted, separated from the practice by at least 3 hours of continuous rest. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
6. On a double-practice day, neither practice should exceed 3 hours in duration, and student-athletes should not participate in more than 5 total hours of practice. Warm-up, stretching, cool-down, walk-through, conditioning, and weight-room activities are included as part of the practice time. The 2 practices should be separated by at least 3 continuous hours in a cool environment.
7. Because the risk of exertional heat illnesses during the preseason heat-acclimatization period is high, we strongly recommend that an athletic trainer be on site before, during, and after all practices.

*NOTES:

1. Consideration should also be taken for any practices conducted in hot and humid weather in non-air cooled facilities.
2. Marching Bands should be considered for Heat Acclimatization protocols.
3. Consult the Heat Index Chart, www.nsaahome.org, Sports Medicine Page

References:

National Federation of State High School Associations Sports Medicine Advisory Committee.
Heat acclimatization and heat illness prevention position statement. Published 2012.
<http://www.nfhs.org>.

NSAA SMAC Revised and Approved – April, 2016
NSAA SMAC Revised and Approved – April, 2015
NSAA SMAC Revised and Approved – April, 2014
NSAA SMAC Recommendations – April, 2013

LEVELS OF CONTACT

Levels of Contact focus on the varying levels of intensity throughout practices to build player confidence, ensure their safety and prevent both physical and mental exhaustion. These Levels of Contact will increase player safety by reducing the risk of helmet-to-helmet contact without sacrificing skill development.

Five intensity levels are used to introduce players to practice drills which position them to master the fundamentals and increase skill development.

<i>Air</i>	(Coach pre-determined outcome) Players run a drill unopposed without contact.
<i>Bags</i>	(Coach pre-determined outcome) Drill is run against a bag or another soft-contact surface.
<i>Control</i>	(Coach pre-determined outcome) Drill is run at assigned speed until the moment of contact; one player is pre-determined the “winner” by the coach. Contact remains above the waist and players stay on their feet.
<i>Thud</i>	(No coach pre-determined outcome) Drill is run at assigned speed through the moment of contact; no pre-determined “winner”. Contact remains above the waist, players stay on their feet and a quick whistle ends the drill.
<i>Live Action</i>	(No coach pre-determined outcome) Games, scrimmages and drills run in game-like conditions. These are the only times that players are taken to the ground.

CONTACT LIMITATIONS

<i>Day 1 & 2</i>	3.11.4.6 – No Contact Rule Equipment – Helmets Allowable Contact – “Air” and “Bag” (COACH PRE-DETERMINED OUTCOME) <ul style="list-style-type: none"> ○ Unlimited
<i>Day 3 & 4</i>	Equipment – Helmets and shoulder pads Allowable Contact – “Air”, “Bag” and “Control” (COACH PRE-DETERMINED OUTCOME) <ul style="list-style-type: none"> ○ Unlimited
<i>Day 5 - 14</i>	Equipment – Full protective equipment may be worn Allowable Contact – “Air”, “Bag” and “Control” (COACH PRE-DETERMINED OUTCOME) <ul style="list-style-type: none"> ○ Unlimited “Thud” and “Live Action” (NO COACH PRE-DETERMINED OUTCOME) <ul style="list-style-type: none"> ○ Maximum 30 minutes per practice ○ No more than 2 consecutive days ○ Only one practice (on a scheduled 2-a-day) ○ 2 scheduled scrimmages, not to exceed 90 minutes each <ul style="list-style-type: none"> ▪ Not to be scheduled before day 6
<i>Day 15 - through remainder of season</i>	Equipment – Full protective equipment may be worn Allowable Contact – “Air”, “Bag” and “Control” (COACH PRE-DETERMINED OUTCOME) <ul style="list-style-type: none"> ○ Unlimited “Thud” and “Live Action” (NO COACH PRE-DETERMINED OUTCOME) <ul style="list-style-type: none"> ○ Maximum of 4 days per week (including games) ○ No more than 2 consecutive days ○ Maximum of 30 minutes per practice