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| **Softball**  
**10-14 Day Heat-Acclimatization Period** |   |
| 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.  
A. Stationary batting practice, in a batting cage, may be considered a walk-through. |   |
| 4. During days 1–2 of the heat-acclimatization period in softball, a helmet should be the only protective equipment permitted (catchers, as in the case of softball, should not wear full protective gear or perform activities that would require protective equipment). **This is on an individual basis. Player A may meet the acclimatization requirements during the 4 week pitchers/catchers time frame (bylaw 3.2.3, b). However, player B, who did not acclimate prior to the first day of practice will need to acclimate on days 1 and 2.**  
A. On day 3, helmets, leg gear, and body protector may be worn by catchers. |   |
| 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, 1 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.  
A. Stationary batting practice, in a batting cage, may be considered a walk-through. |   |
| 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. Consult the Heat Index Chart, [www.nsahome.org](http://www.nsahome.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](http://www.nfhs.org)