



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 <i>not</i> 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.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>.