



**BOYS TENNIS**  
**10 - 14 Day Heat-Acclimatization Period**

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| 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. 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.   |
| 4. 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. |
| 5. 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](http://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 – March, 2016**

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