



## Comparison of NCAA and High School Heat Acclimatization Policies

	NCAA	High School
<b>Length of Acclimatization Period</b>	<ul style="list-style-type: none"> <li>5 day acclimatization period</li> </ul>	<ul style="list-style-type: none"> <li>14 day acclimatization period</li> </ul>
<b>Equipment allowed during Acclimatization</b>	<ul style="list-style-type: none"> <li>Days 1 &amp; 2 only helmets</li> <li>Days 3 &amp; 4 only helmets and shoulder pads</li> <li>Days 5+ All equipment</li> </ul>	<ul style="list-style-type: none"> <li>Days 1 &amp; 2 only helmets</li> <li>Days 3-5 only helmets and shoulder pads</li> <li>Days 6+ All equipment</li> </ul>
<b>Single-practice days</b>	<ul style="list-style-type: none"> <li>Practice time should not exceed 3 hours</li> </ul>	<ul style="list-style-type: none"> <li>Practice time should not exceed 3 hours</li> <li>A 1-hour walkthrough is allowed if practice is separated by at least 3 hours</li> </ul>
<b>Double-practice days</b>	<ul style="list-style-type: none"> <li>May have a 1 hour testing session and a 2 hour practice on one of the 5 days</li> <li>3 hours of recovery must separate the 2 sessions</li> </ul>	<ul style="list-style-type: none"> <li>Only on days 6+</li> <li>Must be followed by a single-practice day</li> <li>Must be separated by 3 hours of rest</li> <li>Neither practice should be longer than 3 hours</li> <li>Total practice time should not be longer than 5 hours</li> <li>Double-practice days</li> </ul>
<b>Missed day policy</b>	<ul style="list-style-type: none"> <li>All athletes must complete the heat acclimatization period regardless of arrival to preseason practice</li> </ul>	<ul style="list-style-type: none"> <li>Days which athletes do not practice, either individually or team-wide, do not count to the 14 days</li> </ul>
<b>Drills allowed during practice</b>		<ul style="list-style-type: none"> <li>Football may use tackling dummies and blocking sleds on days 3+</li> <li>Live contact drills may begin on days 6+</li> </ul>
<b>Medical Coverage</b>		<ul style="list-style-type: none"> <li>Athletic Trainer recommended to be on site</li> </ul>



**Korey Stringer Institute**