# Comparison of NCAA and High School Heat Acclimatization Policies

<table>
<thead>
<tr>
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<th>NCAA</th>
<th>High School</th>
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<tbody>
<tr>
<td><strong>Length of Acclimatization Period</strong></td>
<td>● 5 day acclimatization period</td>
<td>● 14 day acclimatization period</td>
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</tbody>
</table>
| **Equipment allowed during Acclimatization** | ● Days 1 & 2 only helmets  
● Days 3 & 4 only helmets and shoulder pads  
● Days 5+ All equipment | ● Days 1 & 2 only helmets  
● Days 3-5 only helmets and shoulder pads  
● Days 6+ All equipment |
| **Single-practice days**            | ● Practice time should not exceed 3 hours                            | ● Practice time should not exceed 3 hours  
● A 1-hour walkthrough is allowed if practice is separated by at least 3 hours |
| **Double-practice days**            | ● May have a 1 hour testing session and a 2 hour practice on one of the 5 days  
● 3 hours of recovery must separate the 2 sessions | ● Only on days 6+  
● Must be followed by a single-practice day  
● Must be separated by 3 hours of rest  
● Neither practice should be longer than 3 hours  
● Total practice time should not be longer than 5 hours  
● Double-practice days |
| **Missed day policy**               | ● All athletes must complete the heat acclimatization period regardless of arrival to preseason practice | ● Days which athletes do not practice, either individually or team-wide, do not count to the 14 days |
| **Drills allowed during practice**  | ● Football may use tackling dummies and blocking sleds on days 3+  
● Live contact drills may begin on days 6+ | ● Athletic Trainer recommended to be on site |
| **Medical Coverage**               |                                                                      |                                                                             |