



## **HADDON TOWNSHIP BOARD OF EDUCATION**

500 RHOADS AVENUE  
WESTMONT, NEW JERSEY 08108  
PHONE: 856-869-7750 ext. 1100  
FAX: 856-854-7792  
WEBSITE: [www.haddontwpschools.com](http://www.haddontwpschools.com)

### **2431.3 PRACTICE AND PRE-SEASON HEAT-ACCLIMATION FOR INTERSCHOLASTIC ATHLETICS**

The Board of Education adopts this Policy as a measure to protect the safety, health and welfare of pupils participating in school-sponsored interscholastic athletic programs. The Board believes practice and pre-season heat-acclimation guidelines for student-athletes will minimize injury and enhance the student-athlete's health, performance, and well-being.

For purposes of this Policy, “heat-acclimatization period” is defined as the initial fourteen (14) consecutive days of pre-season practice for all student-athletes. The goal of the acclimatization period is to enhance exercise heat tolerance and the ability to exercise safely and effectively in warm to hot conditions. This period should begin on the first day of practice or conditioning before the regular season. Any practices or conditioning conducted before this time should not be considered a part of the heat-acclimatization period. Regardless of the conditioning program and conditioning status leading up to the first formal practice, all student-athletes (including those who arrive at pre-season practice after the first day of practice) should follow the 14-day heat-acclimatization plan. During the pre-season heat acclimatization period, if practice occurs on six (6) consecutive days, student-athletes should have one (1) day of complete rest (no conditioning, walk-throughs, practices, etc.) Days on which athletes do not practice due to a scheduled rest day, injury, or illness do not count toward the heat-acclimatization period. For example, an athlete who sits out the third and fourth days of practice during this time (eg, Wednesday and Thursday) will resume practice as if on day three (3) of the heat-acclimatization period when returning to play on Friday.

For the purposes of this Policy, “practice time,” means the time a player engages in physical activity. Warm-up, stretching, conditioning, weight training, and “cool-down” periods shall be calculated in practice time.

For the purposes of this Policy “walk-through” means practice time where no protective equipment or strenuous activity is permitted and only balls and field markers (cones) may be used. The walk-through is not part of the 3-hour practice period, can last no more than one (1) hour per day, and does not include conditioning or weight-room activities.

The first five days of the Board approved pre-season practice shall consist of no more than three hours of practice time. This three-hour practice time during the first five (5) days may be divided into multiple sessions, but total practice time shall not exceed three (3) hours.

During days 1-2 of the heat-acclimatization period, in sports requiring helmets or shoulder pads, a helmet should be the only protective equipment permitted (goalies, as in the case of field hockey and related sports, should not wear full protective gear or perform activities that would require protective equipment). During Days 3-5, only helmets and

shoulder pads should be worn. *Football only: On days 3-5, contact with blocking sleds and tackling dummies may be initiated.* Beginning on day six (6), all protective equipment may be worn and full contact may begin.

A student-athlete shall not be permitted to participate in a scrimmage for any sport until he/she has completed six complete days of practice.

An athletic team may not practice for more than six consecutive days and one twenty-four hour rest period must be included within a seven-day period. After the fifth day of practice, the maximum allotted time per day for practice shall not exceed five hours. The five-hour practice time may be divided into multiple sessions but total practice time in any day shall not exceed five hours. A five-hour practice day may not be followed by a practice day greater than three hours. Therefore, practice days may follow a 3-5-3-5 format. A minimum of a three-hour recovery period shall be provided after any session of greater than two hours in length and a three-hour recovery period should be provided before a walk-through.

The Superintendent of Schools may reduce the practice times in this Policy in the event the weather and/or temperature warrants such action. This Policy shall be approved by the school district's physician prior to Board of Education approval.

New Jersey State Interscholastic Athletic Association Pre-Season Heat-Acclimation Guidelines

Adopted: July 21, 2011