

## Beverly Hills High School Athletic Department: HEAT ACCLIMATIZATION POLICY

A proper heat acclimatization policy is essential for high school athletes safety as they enter high school sport training, particularly in the late summer months of fall sport training. Beverly Hills High School fall sports usually begin training on August 1st or within the first week of August. This happens to coincide with high temperatures and high heat index during August, September and October months.

“Gradually increasing athletes’ exposure to the duration and intensity of physical activity and to the environment minimizes exertional heat-illness risk while improving athletic performance. Progressive acclimatization is especially important during the initial 3 to 5 days of summer time practices.” (Casa)

Using the national sports medicine consensus statement and CIFSS Blue book to guide the following best practices related to heat acclimatization here at BHHS:

The first 5 days of all sports teams who meet and practice in the months of August, September and October will be designated as a standard heat acclimatization period of training and will follow the tips provided below. Coaches and staff will be notified of these policies yearly.

1. Practices will be limited to one practice per day per team.
2. Practices will be limited to 3 hours of contact time between coach and athletes (*this includes weights, conditioning, chalk talk, drills, etc.*)
3. Sports with required protective gear will be limited to reduced gear practices during the initial 5 days of practice for each student athlete no matter what day they start practices (*Helmet only for 3 days, then helmet and pads- no full tackling for 2 days*)
4. Practices during the first 5 days must be planned out in writing and include a gradual increase in intensity. Full practice plans should be documented for record keeping purposes. (*Cross Country must stay on campus during these 5 days*)
5. At risk student athletes should have modified limited practices to ensure safety and gradual increase in intensity, practice time and heat exposure. (*at risk includes, obese, diabetic, asthmatic, sickle cell, or any other cardiovascular disease*)
6. Scheduled rest days need to be included into every 6 days of practice.
7. Unlimited water must be available at all practices for student athlete during the 5 day acclimatization
8. The athletic trainer should be on duty for all heat acclimatization practices.
9. Indoor athletes at BHHS must follow the same guidelines until a working HVAC system is available for all indoor practice facilities.

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### References:

CIF SS Blue Book Article 200 Football page 175-177

Casa, Douglas Pre-season Heat Acclimatization Guidelines for Secondary School Athletics

Korey Stringer Institute High School Heat Acclimatization Policies