

## Preseason Heat-Acclimatization Guidelines

Area of Practice Modification	Practices 1-5		Rest of Practices
	Days 1-2	Days 3-5	
# of Practices Permitted Per Day	1		Cannot have consecutive days of "two-a-day" practices
Equipment	Helmets only	Helmets & Shoulder Pads	Full Equipment
Maximum Duration of Single Practice Session	3 Hours		3 Hours (a total maximum of 5 hours on double session days)
Permitted Walk Through Time	1 hour of rest/recovery time between the end of one practice and the beginning of the permitted walk through		* See Rules Below *
Contact	No Contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

\* On days when more than one practice is conducted, there shall be, at a minimum, one hour of rest/recovery time between the end of one practice and the beginning of the next practice.

\* No activities (including meetings, weight training, and film study) can occur during the one hour rest/recovery time between the end of one practice and the beginning of the next practice (on days when more than one practice is scheduled). **This time is exclusively for**