Rhode Island Interscholastic League Bldg. #6, 600 Mt. Pleasant Avenue Providence, RI 02908

Pre-Season Heat-Acclimatization Rules for all Fall Sports

Intent: To provide pre-season acclimatization rules prior to the season for student athletes with the purpose of minimizing injury and enhancing the player's health, performance, and wellbeing.

Core Principals:

- 1. Acclimatization Period: The first six days of RIIL approved practice will consist of no more than three (3) hours of practice time.
 - a. For Field Hockey, a goalie helmet may be worn on the first two days. Beginning on the third (3rd) day, full protective (field hockey goalie) gear is permitted
 - b. For Football: helmets only (days 1-2); helmets and shoulder pads (days 3-5).
- 2. *Scrimmages*: A student/athlete shall not be permitted to participate in a scrimmage until he/she has completed five (5) days of practice for all sports. Football: Full pads after five (5) days.
- 3. *Rest Period*: During the first 14 days No Sunday practices, games, scrimmages, walkthroughs, or other athletic activity.
- 4. *3* 5 *Practice Rule*: Days 8 13. The maximum allotted time per day for practice is 5 hours. A 5 hour practice day may not be followed by a practice day greater than 3 hours; therefore, practice days may follow a 3hr-5hr-3hr-5hr format.
- 5. *Recovery Period*: On days 6-14 a minimum of a three (3) hour recovery period must be provided after any session of greater than 2 hours in length. A three hour recovery period must be provided before a walkthrough

Definitions:

Practice – the time a player engages in physical activity. It is recommended that any practice session be no greater than three (3) hours in length. Warm-up-stretching, conditioning, weight training and 'cool-down' periods are **all considered practice**.

Chalk talk, skull sessions, film review are not considered practice time.

<u>Note</u>: Practice sessions may be divided while adhering to the time restrictions as described above in #4.

Example: 3 Hour Day: one 3 hour practice or two 1 ½ hour practices 5 Hour Day: one 3 hour practice and one 2 hour practice or one 2 ½ hour practice and one 2 ½ hour practice

Walk-through – No protective equipment or strenuous activity permitted. Only balls and field markers (cones) may be used.

Check "Heat Index" before and during practices regularly.

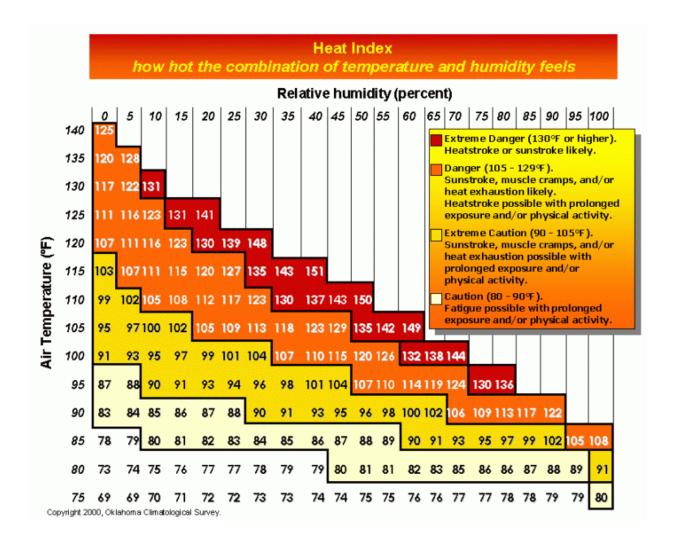
www.riil.org: Visit this web site for further information on heat injury/illness as it pertains to the adjustment of practice times.

Heat Index Record	Sport	Level
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Date	Practice Time	Weather Check Time	Toma	Hamidita	Heat Index	Activity Revision	Signatura
Date	Time	111116	Temp	Humidity	muex	Revision	Signature
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^{***}Using the scale provided, activity should be altered and/or eliminated when the following conditions are present.

	Maximum of 6 hours of practice today.			
Under 95° Heat Index	Provide ample amounts of water.			
	Water should always be available and athletes should be able to take in as much water as the desire.			
	Watch/monitor athletes for necessary actions.			
	Maximum of 5 hours of practice today			
	Recommendation: Consider postponing practice to later in the day.			
	Practice length a maximum of 3 hours.			
	Mandatory 3 hour recovery period between practices.			
95° to 99° Heat Index	Contact sports and activities with additional equipment-Helmets and other possible equipment removed			
	if not involved in contact or necessary for safety.			
	Provide ample amounts of water.			
	Water should always be available and athletes should be able to take in as much water as they desire.			
	Watch/monitor athletes for necessary action.			
	Maximum of 5 hours of practice today			
	Recommendation: Consider postponing practice to later in the day.			
100° to 104° Heat Index	Practice length a maximum of 3 hours.			
	Mandatory 3 hour recovery period between practices.			
	Alter uniform by removing items if possible – Allow for changes to dry t-shirts and shorts.			
	Contact sports and activities with additional equipment-Helmets and other possible equipment removed			
	if not involved in contact or necessary for safety.			
	Reduce time of planned outside activity as well as indoor activity if air conditioning is unavailable			
	Provide ample amounts of water.			
	Water should always be available and athletes should be able to take in as much water as they desire.			
	Watch/monitor athletes for necessary action.			
Above 104° Heat Index	Recommendation: Stop all outside activity in practice and/or play, and stop all inside activity if air			
	conditioning is unavailable			



HYDRATION TIPS AND FLUID GUIDELINES:

- In general, athletes do not voluntarily drink sufficient water to prevent dehydration during physical activity.
- Drink early, by the time you're thirsty, you're already dehydrated.
- Drink before, during, and after practices and games. Specifically, the *American College of Sports Medicine* recommends the following:
 - Drink 16 ounces of fluid 2 hours before exercise.
 - Drink another 8 to 16 ounces 15 minutes before exercise.
 - During exercise, drink 4 to 16 ounces of fluid every 15 to 20 minutes.
- The NFHS SMAC strongly recommends that coaches, certified athletic trainers, physicians, and
 other school personnel working with athletes not provide or encourage use of any beverages for
 hydration of these youngsters other than water and appropriate sports drinks. They should also
 make information on the potential harm and lack of benefit associated with many of these other
 beverages available to parents and athletes.

Fall Heat Acclimatization Guidelines

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6
	3 total hours of practice	3 total hours of practice	3 total hours of practice	3 total hours of practice	3 total hours of practice	3 total hours of practice/scrimmage
	1 hour walkthrough *	1 hour walkthrough *	1 hour walkthrough *	1 hour walkthrough	1 hour walkthrough *	1 hour walkthrough *
	Football Helmets Only	Football Helmets Only	Football Helmets and Shoulder pads only	Football Helmets and Shoulder pads only	Football Helmets and Shoulder pads only	Scrimmages permitted
						Football full pads
Day 7	Day 8	Day 9	Day 10	Day 11	Day 12	Day 13
Rest – no practice	5 total hours of practice	3 total hours of practice	5 total hours of practice	3 total hours of practice	5 total hours of practice	3 total hours of practice
		1 hour walkthrough *		1 hour walkthrough		1 hour walkthrough *
				Scrimmage vs opponents in football		
Day 14 Rest – no practice						

^{* =} walkthrough permitted after 3 hours of complete rest between session