



Acclimatization Recommendations for Football

The NSAA Sports Medicine Advisory Committee has studied the issues regarding acclimatization of football players in early season practices when heat and humidity can create health and safety issues for participants. In an attempt to minimize the risk of serious injury or death, the following early season practice recommendations are provided for Nebraska schools.

1. Schools should make a conscious effort to understand that heat and humidity can cause injury, illness, and even death in athletes who have not been properly acclimated to the conditions. Efforts should be made to practice in the cooler parts of the day when heat and humidity issues can be minimized. Regular and frequent water and rest breaks should be scheduled.
2. No early season football practice should exceed three hours in length. When a three-hour practice is scheduled, included within those three hours should be time for low-exertion instruction and water and rest breaks.
3. If two practices are scheduled for the same day, there should be a minimum of three hours of rest and recovery time scheduled between practices.
4. A school should schedule no more than three days of two-a-day practices per week, with no consecutive days of two-a-days. On days when two-a-day practices are scheduled, total practice time should be limited to a maximum of five hours per day.
5. A school should not schedule more than six consecutive days of football practice.

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Binkley HM, *et. al.*: National Athletic Trainers' Association Position Statement: Exertional Heat Illnesses. *J Athl Train.* 2002;37(3):329-343

Armstrong LE, *et.al.*: Exertional Heat Illness during Training and Competition: a position stand. *Med Sci Sports Exerc.* 2007; 556-572