

## Heat Acclimatization for Padded Camps

### Requirements:

- 8 days maximum; must begin at day 1 and proceed sequentially
- Maximum 3-days in pads which must follow proper acclimatization guidelines
- An individual athlete or team that misses three (3) or more consecutive days of acclimatization, for any reason – must begin the heat acclimatization process again
- must have at least 1 day of complete rest after 6 consecutive days of activity.

Day	Player Equipment	Contact	Sessions and Length	Walk Through	Required continous rest between practice sessions and/or walk through
1	Helmets only	Bags and dummies allowed	1 session, 3 hrs. maximum	1 walk through, 1 hr. maximum	3 hrs. minimum
2	Helmets only	Bags and dummies allowed	1 session, 3 hrs. maximum	1 walk through, 1 hr. maximum	3 hrs. minimum
3	Helmets and shoulder pads	Contact with blocking sleds and tackling dummies allowed.	1 session, 3 hrs. maximum	1 walk through, 1 hr. maximum	3 hrs. minimum
4	Helmets and shoulder pads	Contact with blocking sleds and tackling dummies allowed.	1 session, 3 hrs. maximum	1 walk through, 1 hr. maximum	3 hrs. minimum
5	Helmets and shoulder pads	Contact with blocking sleds and tackling dummies allowed.	1 session, 3 hrs. maximum	1 walk through, 1 hr. maximum	3 hrs. minimum
6	Full equipment	Full contact	2 sessions, 5 hrs. total max. No single session to exceed 3 hrs.	any walk through is included in the session(s) and counts toward session maximum time.	3 hrs. minimum
7	Full equipment	Full contact	1 session, 3 hrs. maximum	1 walk through, 1 hr. maximum	3 hrs. minimum
8	Full equipment	Full contact	2 sessions, 5 hrs. total max. No single session to exceed 3 hrs.	any walk through is included in the session(s) and counts toward session maximum time.	3 hrs. minimum

Note: If the day prior to day 7 is a full day of rest, day 7 could be a two-session day. If day 7 is a two-session day, day 8 would be a 1-session day.