



Heat Acclimatization Policy

LENAPE VALLEY INDIANS

The Lenape Valley Football and Cheerleading Heat Acclimatization Policy is a guideline for coaches and parents to provide the safest environment possible for Lenape Valley athletes.

The Heat Acclimatization Policy is put in place to help prepare athletes for exercise in the heat, with increasing intensity as practices progress through the summer into early fall.

Pre-season acclimatization actions:

- Gradually increase intensity, duration, and amount of equipment worn to allow athletes to become accustomed to the stress of exercise in the conditions
- Conduct 5 helmet only practices prior to practicing with full equipment and allowing contact in drills
- Modify risk factors that are responsible for causing heat illness by taking off equipment, providing more frequent breaks, encouraging hydration, etc. during practices
- Alternate physically strenuous exercise with less strenuous teaching moments throughout pre-season practices
- Change practice times to limit exposure to the hottest parts of the day, if possible

If a coach has a concern with athlete and potential heat illness, they should immediately remove the athlete from practice and recommend the player remove equipment, rest in a shaded area (if possible) and hydrate.

All players should inform a coach if they need a break to due to potential heat illness.

Heat Acclimatization Policy recommendations taken from USA Football website:

<https://usafootball.com/health-safety/heat-hydration>