

# **CHSAA Sports Medicine Committee** **Recommendations for Heat Acclimatization and** **Early-Season Football**

**Acclimatization period is from the 1<sup>st</sup> day of formal practice in the fall through Labor Day to include summer camp.**

## **Football recommendations during the acclimatization period.**

- Practice is defined as time on the field including warm-up, stretching, practice and conditioning.
- Any single practice should not exceed 2 hours in length with an additional 25 minutes added for water breaks. A minimum 2 water breaks should be incorporated each hour. Water should be readily available at all times.
- If a 2<sup>nd</sup> practice takes place on the same day, this practice should only be walk-through and no protective gear (with the exception of a helmet) should be worn. A walk-through is defined as time dedicated to reviewing plays and field positions and should not exceed 1 hour.
- A minimum of 2 hours should separate practices on the same day.
- Total practice time should not exceed 2 hours for one practice and 3 hours total practice (on days when 2 practices are scheduled). This does not include water breaks.
- Helmets should be removed for water breaks during warm weather conditions or after intense or prolonged exercise. This will help cool the core body temperature.
- Every coaching staff should have a heat index application downloaded so they may monitor heat conditions at every practice.
- See the USA Football Heads up link provided for detailed information on heat, hydration and concussion. <http://usafootball.com/health-safety/heat-preparedness>

## **Sports Medicine Committee Members**

Jenn Roberts-Uhlig, CHSAA Assistant Commissioner

Larry Bull, District Athletic Director for Cherry Creek Schools

Eddie Hartnett, District Athletic Director for Adams 12 School District

H. Andrew Motz, MD-Advanced Orthopedics and Sports Medicine Specialists, P.C.

Karen McAvoy, PsyD-Director, Center for Concussion/rockyMtn. Youth sports Medicine

Dr. Aaron Provance, MD-Children's Hospital Colorado

Darryl Miller, MS, ATC, CSCS, EMT-DPS District Athletic Trainer

Chad Schmidt, MA, ATC-Sports Medicine/Orthopedic Spine Center of the Rockies

## **Invited Guests**

Harry Waterman, CHSAA Assistant Commissioner

Michael Krueger, District Athletic Director for Aurora Public School/Football Committee Chair

Wayne Voorhees, Head Football Coach at Legacy HS/CHSCA President for Football/Master

Trainer for USA Football Heads Up Program