

PIAA FOOTBALL HEAT ACCLIMATIZATION FAQ'S

What date must the Heat Acclimatization start?

- Monday, August 7, 2017 or Tuesday, August 8, 2017

How long must the Heat Acclimatization be run?

- Five (5) consecutive days
 - If starting Monday, August 7, 2017 then up to and including Friday, August 11, 2017
 - If starting Tuesday, August 8, 2017 then up to and including Saturday, August 12, 2017.

What are the daily minimum and maximum times permitted for each session of the Heat Acclimatization Period?

- The minimum amount of time for practice each day during the Heat Acclimatization Period is three (3) total hours.
- The maximum amount of time for practice on Days #1, #3, and #5 is five (5) total hours.
- The maximum amount of time for practice on Days #2 and #4 is three (3) total hours.
- If you plan on using the five (5) total hours allotted for Days #1, #3, and #5, then you must have a two (2) hour rest period after three (3) hours of practice prior to practicing the additional two (2) hours.

What would a sample Heat Acclimatization Period look like?

DAY	AM SESSION	BREAK	PM SESSION
1	8:00 AM – 11:00 AM	11:00 AM – 1:00 PM	1:00 PM – 3:00 PM
2	8:00 AM – 11:00 AM	N/A	N/A
3	8:00 AM – 11:00 AM	11:00 AM – 1:00 PM	1:00 PM – 3:00 PM
4	8:00 AM – 11:00 AM	N/A	N/A
5	8:00 AM – 11:00 AM	11:00 AM – 1:00 PM	1:00 PM – 3:00 PM

Who must participate in the Heat Acclimatization Period?

- All students in 9th through 12th grade who may be rostered on the Junior Varsity or Varsity Team.
- Jr. High rostered players may not participate and Jr. High Teams must adhere to the required first (3) three days of mandatory practice being non-contact and may only use helmet, shoulder pads, and football shoes for these first three (3) days.

What is the minimal amount of days a “team” must participate in the Heat Acclimatization Period?

- The team as a whole must participate in a minimum of five (5) consecutive days of Heat Acclimatization.

What if a player or players miss a day of the Heat Acclimatization Period due to illness or other excused absence?

- All players are expected to participate in all five (5) days of the Heat Acclimatization Period, however players must participate in a minimum of three (3) consecutive days to be considered as successfully completing the Heat Acclimatization Period.

What equipment may players wear during the Heat Acclimatization Period?

- Players must wear their helmet and shoulder pads during the Heat Acclimatization Period. Full gear may not be worn until the first official day of Fall Sports (Monday, August 14, 2017).

May our team “scrimmage” another team during the Heat Acclimatization Period?

- No, teams may NOT “scrimmage”, conduct “inter-school practices”, etc. during the Heat Acclimatization Period.