

# IHSA Fall Sports Acclimatization Chart

**For all Cross Country, Girls Volleyball, Girls Swimming & Diving, Boys Soccer, and Girls Tennis**

Day	Heat Acclimatization Practice Plan
1	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
2	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
3	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
4	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
5	One practice per day (3 hours maximum) 1-hour walk-through after 3 hours of rest
6-14	<ul style="list-style-type: none"> <li>• Teams may conduct two practices per day.</li> <li>• Days with two practices must alternate with single practice days or rest days.</li> <li>• On days when teams practice twice in one day, total practice time cannot exceed 5 hours.</li> <li>• On days when teams practice twice in one day, individual practices are limited to a maximum of 3 hours. 3 hours of rest is required between practice sessions.</li> <li>• Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest.</li> <li>• If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7<sup>th</sup> day (traditionally Sunday).</li> </ul>

Students must participate in a minimum number of practice days before they can participate in their first contest.

**Cross Country, Girls Volleyball, Girls Swimming & Diving, Boys Soccer:** 9 days of practice

**Girls Tennis:** 7 days of practice

**Boys & Girls Golf** are exempt from the Acclimatization Policy.

**Q:** Does our Girls Volleyball team have to follow this policy if our gym is air conditioned?

**A:** Yes

**Q:** Does our Girls Swimming & Diving team have to follow this policy, even though they will be in a pool?

**A:** Yes

**Q:** How does the IHSA define a walk-through?

**A:** A walk-through is defined as a teaching opportunity with athletes not wearing protective equipment (helmets or shoulder pads). During a walk-through, no running or running activities by team members is allowed and no protective equipment of any kind should be present. A ball should not be used during the one-hour walk-through. The walk-through is not part of the practice period on a three-hour practice day, and it can last no more than one (1) hour per day. The walk-through does not include conditioning or weight room activities.