

## Heat Acclimatization for Padded Camps

### Full Pad Camp

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	Session Length	Walk Through	Required continuous rest between practice sessions and/or walk through
1	Helmets only (no live contact)	Only bags and dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
2	Helmets only (no live contact)	Only bags and dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
3	Helmets and shoulder pads (no live contact)	Only blocking sleds and tackling dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
4	Helmets and shoulder pads (no live contact)	Only blocking sleds and tackling dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
5	Helmets and shoulder pads (no live contact)	Only blocking sleds and tackling dummies are allowed	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
6	Full equipment	Full contact	2 sessions 5 hours total No single session over 3 hours	Any walk through is included in the session(s) and counts towards the session maximum time.	3 hours minimum
7	Full equipment	Full contact	1 session 3 hours maximum	1 walk through 1 hour maximum	3 hours minimum
8	Full equipment	Full contact	2 sessions 5 hours total No single session over 3 hours	Any walk through is included in the session(s) and counts towards the session	3 hours 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.*