

PRACTICE AND PRE-SEASON HEAT-  
ACCLIMATION FOR INTERSCHOLASTIC ATHLETES

2431.3 PRACTICE AND PRE-SEASON HEAT-  
ACCLIMATION FOR INTERSCHOLASTIC ATHLETES

The Board of Education adopts this Policy as a measure to protect the safety, health and welfare of students participating in school-sponsored interscholastic athletic programs. The Board believes practice and pre-season heat-acclimation guidelines for student-athletes will minimize injury and enhance the student-athlete's health, performance, and well-being. For complete NJSIAA guidelines, please click on this [link](#).

Therefore, the Board of Education requires the implementation of the practice and pre-season heat-acclimation procedures as recommended by the New Jersey State Interscholastic Athletic Association (NJSIAA) for students participating in all school-sponsored athletic programs and extra-curricular activities during warm weather months. The Superintendent of Schools or designee shall ensure the implementation of the Practice and Pre-Season Heat-Acclimation Procedures.

The Superintendent of Schools or designee may reduce practice times or adjust other provisions that would reduce a student's exertion if weather and/or temperature warrant such action.

This Policy and the school district's practice and pre-season heat-acclimation procedure shall be approved by the school district's physician prior to implementation.

Adopted: 25 January 2011

Revised:

