

BEAT THE HEAT

Heat Acclimatization

Improve heat tolerance by gradually increasing intensity and activity performance in hot settings.

Focus for coaches

Arkansas Preseason Heat-Acclimatization Guidelines			
Area of practice modification	Practices 1-5		Practices 6-14
	Days 1-2	Days 3-5	
# of practices permitted per day	1		2 (only every other day)
Equipment	Helmets only	Helmets & shoulder pads	Full equipment
Maximum duration of single practice session	3 hours		3 hours (maximum of 5 hours on double session days)
Permitted walk-through practice	1 hour (but must be separated from practice for 3 continuous hours)		
Contact	No contact	Contact only with blocking sleds/dummies	Full, 100% live contact drills

*****Important Note: In Arkansas, football is the only sport with guidelines, but other sports/activities should also have at least a 5-day acclimatization period.**

- Strictly follow Arkansas Activities Association guidelines about acclimatization and WBGT (Wet Bulb Globe Temperature) indexes.
- Have an emergency action plan in place for exertional heat illnesses.
 - Practice them regularly so that everyone knows what to do!
- Have tubs/tarps with water and coolers of ice in the shade nearby.
- Give frequent breaks in shaded areas with ice water and sports drinks.
- Know your athletes who are at a greater risk. These types of players include:
 - Younger athletes
 - Those with a prior history of heat illness
 - Overweight or obese players
 - Players with current or recent illnesses
 - Players taking certain medications
 - Players with a medical history of gastrointestinal, diabetic, kidney, or heart problems.
- Err on the side of caution – your players' lives depend on it!



Focus for students

- **HYDRATE**
 - BEFORE practices gets you going!
 - DURING practices keeps you going!
 - AFTER practices helps you go again!
 - Water and sports drinks are best for athletes to replenish fluids and electrolytes.
 - Pay attention to the color of your urine. Dark urine means you need more fluids!
- **REST** and get at least 7 hours of sleep before activities.
- **EAT** healthy foods and don't skip meals.
- **AVOID** other strenuous activities, especially on practice days.
- **KNOW** what can put you at greater risk:
 - A prior history of heat illness
 - Obesity
 - Current or recent illnesses
 - Some medications (be sure to check!)
 - A medical history of gastrointestinal, diabetic, kidney, or heart problems
- **SPEAK UP!** If you or a teammate has signs of an exertional heat illness, tell your coach immediately!

