# IHSA Fall Sports Acclimatization Chart

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

<table>
<thead>
<tr>
<th>Day</th>
<th>Heat Acclimatization Practice Plan</th>
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</table>
| 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 | Teams may conduct two practices per day.  
Days with two practices must alternate with single practice days or rest days.  
On days when teams practice twice in one day, total practice time cannot exceed 5 hours.  
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.  
Single practice days are limited to a maximum of 3 hours with a 1-hour walkthrough following 3 hours of rest.  
If a team practices on 6 consecutive days during the acclimatization period, one full day of complete rest is required on the 7th day (traditionally Sunday). |

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.