

PRACTICE AND PRE-SEASON HEAT-ACCLIMATION FOR SCHOOL SPONSORED
ATHLETICS AND EXTRA-CURRICULAR ACTIVITIES

2431.3 PRACTICE AND PRE-SEASON HEAT-ACCLIMATION FOR SCHOOL-
SPONSORED AND EXTRA-CURRICULAR ACTIVITIES

The Board of Education adopts this Policy as a measure to protect the safety, health and welfare of students participating in school-sponsored athletic programs and extra-curricular activities. The Board believes practice and pre-season heat-acclimation guidelines for students will minimize injury and enhance the student's health, performance, and well-being.

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 the 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: 18 November 2010

Revised: 19 March 2019

