

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

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

The Boonton Board of Education adopts this Policy as a measure to protect the safety, health and welfare of pupils 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.

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.

New Jersey State Interscholastic Athletic Association Pre-Season Heat-Acclimation Guidelines

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