

POLICY

**BOARD OF EDUCATION
HIGH POINT REGIONAL**

NO. 2431.3

PROGRAM
Page 1 of 1

2431.3 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 ATHLETICS
AND EXTRA-CURRICULAR ACTIVITIES

The 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 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 warrants such action.

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

Adopted: March 28, 2011

Revised: April 30, 2019