



Heat Acclimation Chart

The first six days shall follow USA Football recommended conditioning:

Day	Equipment	Contact Allowed
1	T-shirt, shorts, cleats, mouthpiece, and water bottle	NONE; includes shields, dummies, etc.
2	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	NONE; includes shields, dummies, etc.
3	Helmet, T-shirt, shorts, cleats, mouthpiece, and water bottle	PADS; includes shields, dummies, etc.
4	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	PADS; includes shields, dummies, etc.
5	Helmet, shoulder pads, shorts, cleats, mouthpiece, and water bottle	PADS; includes shields, dummies, etc.
6	Full Equipment, mouthpiece, and water bottle	FULL