

2020 HEAT ACCLIMATIZATION PRACTICE CALENDAR-ALL SPRING SPORTS

NOTE: Highlighted days reflect Heat Acclimatization Period

FCPS General Guidelines:

- On single practice days, one walk-through is permitted.
- Double practice days (beginning no earlier than practice day 6) must be followed by a single-practice day or rest day. When a double-practice day is followed by a rest day, another double-practice day is permitted after the rest day.
- All practices and walk-through sessions must be separated by at least 3 hours of continuous rest.
- If a practice is interrupted by inclement weather or heat restrictions, the practice should recommence once conditions are deemed safe, but total practice time should not exceed its limitations.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						DAY 1 FEB. 29
						Single Practice Day
MARCH 1	DAY 2 2	DAY 3 3	DAY 4 4	DAY 5 5	DAY 6 6	DAY 7 7
REST DAY- Sunday Practice is prohibited by MPSSAA	Single Practice Day	Single Practice Day	Single Practice Day	Single Practice Day	First Allowable Double Practice	First Scrimmage Day Single/Double Practice- double practice day must be followed by single
8	DAY 8 9	DAY 9 10	DAY 10 11	DAY 11 12	DAY 12 13	DAY 13 14
REST DAY- Sunday Practice is prohibited by MPSSAA	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day	Single/Double Practice- double practice day must be followed by single practice day
15	DAY 14 16	17	18	19	20	21
REST DAY- Sunday Practice is prohibited by MPSSAA	Single/Double Practice- double practice day must be followed by single practice day				FIRST PLAY DATE	
22/29	23/30	24/31	25	26	27	28

Practice Days 1-5:

- Team is limited to 1 practice per day (must not exceed 3 hours in length)
- 1 walk-through per day (no longer than 1 hour in duration)

Practice Days 6-14:

- Total practice & walk-through time per day should be limited to 5 hours with no single session longer than 3 hours in duration
- Team may participate in full contact practices with all protective equipment worn