

# EXAMPLE ACCLIMATIZATION PLAN

Area of Practice Modification	Practices 1-4		Practices 5-14
	Days 1-2	Days 3-4	
# of Practices Permitted Per Day	1	1	1
Maximum 4 practices per week			
Equipment	Helmets only	Helmets and shoulder pads	Full equipment
Maximum Duration of Single Practice Session	90mins	120mins	120mins
Contact	No contact	Control	Full contact: 30mins/ day 120mins/ week