### **NMARS Santa Fe NFL Flag Football League Heat Acclimatization Policy**

The NMARS Santa Fe NFL Flag Football League is committed to ensuring the safety and well-being of all participants in the harsh climate of Northern New Mexico. To prevent heat-related illnesses and injuries, we have implemented a Heat Acclimatization Policy that aligns with best practices for managing extreme heat during practices and games.

1. **Gradual Acclimatization**:
Players will gradually increase their time and intensity during the first week of practices to allow their bodies to adjust to the heat. This process helps players build tolerance to warmer temperatures and reduces the risk of heat-related illnesses.
2. **Hydration**:
Players will be encouraged to drink plenty of water before, during, and after practice and games. Water breaks will be provided every 15-20 minutes during outdoor activities, particularly during high heat.
3. **Monitoring Conditions**:
The league will monitor the weather conditions closely, and practices and games will be modified or rescheduled if the temperature exceeds a designated threshold, such as 90°F. When extreme temperatures are forecasted, activity will be reduced, and additional rest and recovery time will be incorporated.
4. **Protective Measures**:
Players will be required to wear appropriate gear to manage heat stress, including breathable clothing and hats. Coaches will observe players closely for any signs of heat-related issues such as dizziness, nausea, or excessive fatigue.
5. **Emergency Response**:
In the event that a player shows signs of heat exhaustion or heat stroke, they will be immediately removed from the activity and provided with water and cooling measures. Emergency medical services (EMS) will be contacted if necessary, and parents or guardians will be notified.

This policy will be reviewed and updated annually to ensure the safety of all participants. By following this protocol, we aim to minimize heat-related risks and keep our athletes safe while enjoying the sport.