



All outdoor athletic events should operate with these guidelines in mind to protect the health and safety of the student athletes. These recommendations are in-line with the National Weather Service (NWS), National Athletic Training Association (NATA) and National Federation of State High School Associations (NFHS).

The following temperature ranges account for wind-chill air temperature (note the temperature corresponding to 'feels like') on any weather service website or app (AccuWeather, Weather Channel, etc.).

Wind-chill Temperature Guidelines:

30°F - 25°F

- Be aware and ready for possibility of cold injuries
- Total exposure time: maximum 2 hours

25°F - 15°F

- Cover exposed skin
- Offer re-warming: every 20 minutes

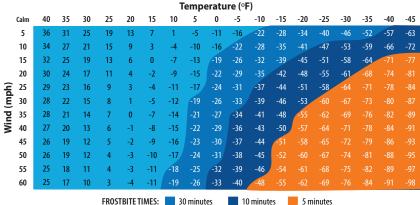
15°F - 0°F

- Limit or modify activity to minimize exposure
- Offer re-warming: every 15 minutes or less
- Total exposure time: maximum 60 minutes

Below O°F

Cancel/reschedule practice, or move indoors





Wind Chill (°F) = 35.74 + 0.6215T - 35.75(V0.16) + 0.4275T(V0.16) Where, T= Air Temperature (°F) V= Wind Speed (mph)

Effective 11/01/01

Signs and Symptoms of Common Cold Injuries:

Recognizing early signs of cold-induced stress may help prevent cold weather-related injuries. The following table shows common cold injuries and their associated symptoms from mild to more severe:

HYPOTHERMIA

- Cold sensation, goose bumps, numbness
- Intense shivering, lack of coordination, sluggishness
- Violent shivering, difficulty speaking, confusion, stumbling
- Muscle stiffness, slurred speech and trouble seeing
- Unconsciousness
- Severely depressed Respiration, bradycardia (slow heart rate)

FROSTBITE

- Pain, burning, tingling
- Skin is cold and firm to touch
- Skin becomes shiny and white, grey, black or purple
- Progressive tissue necrosis (tissue death)

IMMERSION (TRENCH) FOOT

- Burning, tingling, itching
- Loss of sensation
- Cyanotic/blotchy skin
- Swelling
- Blisters and skin fissures

CHILBLAIN (ULCERS)

- Red or cyanotic (bluish) lesions
- Swelling
- Increased skin temperature
- Itching, numbness, burning or tingling
- Skin necrosis (skin death)