Cold Weather Policies and Procedures

Temperature or wind chill above 25°F
- Practice is allowed outside with appropriate clothing

Temperature or wind chill 15°F to 25°F
- Practice is allowed outside with appropriate clothing
- Cover as much exposed skin as practical
- Every 45 minutes athletes must come inside to warm up for 10 minutes

Temperature or wind chill 0°F to 15°F
- Practice is allowed outside with appropriate clothing
- Cover as much exposed skin as practical
- Every 30 minutes athletes must come inside to warm up for 10 minutes

Temperature or wind chill below 0°F
- NO outside practices allowed

*OUTSIDE TEMPERATURE AND WINDCHILLS WILL BE MONITORED BY ON SITE ATHLETIC TRAINER*

NATA position statement on environmental cold injuries:
[http://www.nata.org/statements/position/environmentalcoldinjuries.pdf](http://www.nata.org/statements/position/environmentalcoldinjuries.pdf)
Cold Weather Illness Information

Warm-Up. Coaches shall provide the opportunity for athletes to warm-up or re-warm, as needed, during and after activity using external heaters, a warm indoor environment, or the addition of clothing.

Hypothermia: Hypothermia is a decrease in core body temperature.

1. Mild Hypothermia - shivering, cold sensation, goose bumps, numb hands.

2. Moderate Hypothermia - intense shivering, muscle incoordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.

3. Severe Hypothermia - shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Management:

- Remove athlete from cold environment.
- Remove wet clothing and replace with dry clothing and/or blankets.
- Refer all moderate cases to the emergency room once safe to transport.
- Treat severe hypothermia as a medical emergency! Wrap the athlete in an insulated blanket and seek emergency medical care immediately.

FROSTBITE - Thermal injury to the skin caused by cold exposure.

1. Frostnip - skin appears white and waxy or gray and mottled; possible numbness and pain.

2. Superficial Frostbite - skin appears white, mottled or gray; feels hard or rubbery but deeper tissue is soft, insensitive to touch.

3. Deep Frostbite - skin is white and has a wooden feel, numbness and anesthesia.

Management:

- Do not rub the area.
- Gently rewarm the area by blowing warm air onto the area, placing the area against a warm body part, or placing the affected area into warm (101 - 108 degrees F) water for several minutes.
- If not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it.
- Refreezing newly thawed frostbitten tissue can cause extensive tissue damage!
- If a person is also suffering from hypothermia, the first concern is core rewarming.

Prevention: The best method of management is prevention.

- Dress in layers.
- Cover the head to prevent excessive heat loss from the head and neck.
- Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent outer layer.
- Stay adequately hydrated.
- Eat regular meals.
- Avoid alcohol, caffeine and nicotine.
- Educate participants, coaches, officials and administrators in recognition of cold-related illnesses.
- Consider cancellation of athletic events if weather conditions warrant.
- If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.