



COLD WEATHER SAFETY TIPS and Policy

Stay Dry

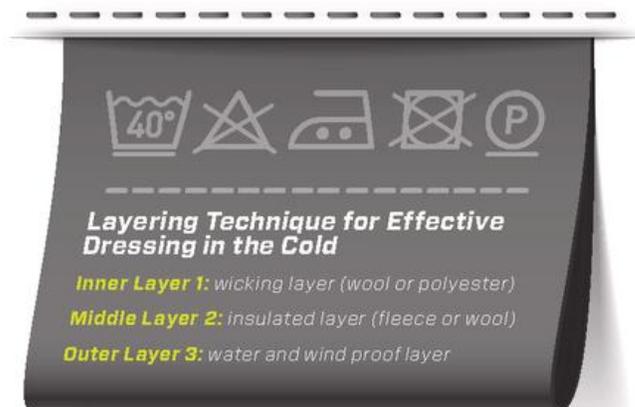
Wet and damp conditions add to the risk of injury or illness during cold weather. Players, coaches and referees should recognize these factors and use additional caution to watch for potential cold injuries.

If players do get wet during training or play, remove wet or saturated clothing and replace it with dry clothing. This becomes more important if the individual will remain out of play or anticipates standing around for a prolonged period of time. A hat, gloves and extra pair of socks can also keep extremities dry in case of snow or rain.

Dress for the Cold

When temperatures drop and wind increases, the body loses heat more rapidly. It is important to dress appropriately when training or playing in cold weather. This also means to not overdress.

Layering clothing in a specific way (see box) is recommended and very effective. The layers can be added or removed based on body temperature and changing environmental conditions, such as temperature and wind. Allow players to wear additional clothing, like gloves, sweatshirts, sweat pants and/or hats or headbands. Also, avoid sweating before going outside because your body will cool too quickly.



Wind Chill

Pay attention to the wind chill temperature (WCT) Index. (see chart below) Even prolonged exposure in relatively mild temperatures can lead to frostbite. The National Weather Service wind chill chart can serve as a guide to safe play in cold weather.

Stay Hydrated

Cold weather often reduces our ability to recognize that we are becoming dehydrated. If you are thirsty you have already become dehydrated. Try putting warm or hot water in a water bottle so that your water doesn't freeze when training for extended amounts of time outside.

Take Action

If someone is suffering from a cold-related illness, get him or her into a warm location as soon as possible. Identify a nearby warming location before the start of training or play. During games provide blankets or other items for players to stay warm while they are on the bench and allow additional substitutions or warming breaks.



Step One - Determine Wind Chill Temperature

The effects of cold weather can impact health and safety during practices and games. The definition of "cold stress" varies across the United States, depending on how accustomed people are to cold weather. A player from Minnesota will have a much different threshold for cold than a player from Florida.

		WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT													
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	
WIND SPEED	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	

NOTE: This table was adapted from the NOAA and NWS. It is compiled from the following formula $Wind\ Chill\ (^{\circ}F) = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$ where, T= Air Temperature and V=Wind Speed (mph).

Step Two - Find Your Alert Level

Use this chart to determine the alert level at your location based on the wind chill temperature.

ALERT LEVEL	WCT (F)	EVENT CONDITIONS	RECOMMENDED ACTION
BLACK	< 0	Extreme Conditions*	Cancel or attempt to move activities indoors. Frostbite could occur
RED	1-16	High Risk for Cold Related Illness*	Consider modifying activity to limit exposure and allow for more frequent chances to rewarm
ORANGE	16-24	Moderate Risk for Cold Related Illness*	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming
YELLOW	25-30	Less than Ideal Conditions*	Be aware of the potential for cold injury and notify appropriate personnel of the potential
GREEN	>30	Good Conditions	Normal activities

All outside sessions with 'Feels like temperature' of 23F< (Temperature + Wind Speed= Wind Chill) – CANCELLED!!!