

Cold Weather Guidelines

Courtesy of Minnesota Youth Soccer Association

Temperature means either ambient (still air) or wind chill index. Check weather radio frequently for temperature and weather conditions.

Cold Index	Recommended Guidelines
46° and higher	No Change
45° and lower	Allowable Additional Clothing: 1. Layered beneath uniform (for example) - <i>long sleeves</i> - <i>long Pants</i> - <i>additional socks</i> 2. Gloves or mittens 3. Stocking caps without straps 4. Jackets <i>may be worn under the uniform so that referees get the player's number in the event of a card being issued.</i> Clothing NOT Allowed: 1. Hooded sweatshirts <i>hoods so not turn when player turns head;</i> <i>strings present possibility of being grabbed</i> 2. Ear muffs (headbands OK) <i>plastic or metal part crossing top of head presents potential hazard</i> 3. Scarves <i>Isadora Duncan Syndrome</i>
40° and lower	1. Shorten games 2. 5 min/half
35° and lower	1. Suspend games

- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated—avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, as not running or moving like a field player.
- Referees and coaches should discuss weather and fields pre-game.
- Safety and health of the players come first.