

Cold Weather Guideline

The decision to cancel school or school activities across the district can only be authorized by the Superintendent (Policy EBBD). That being said, there may be situations for school leaders in deciding to conduct or modify individual school based outdoor activities such as athletics, field days, or other school sponsored events. Therefore, the following Cold Weather guidelines are provided to assist school based administrators in their decision making.

Cold weather can have varying impacts on children and adults. It is always good practice to watch children and staff for any hypothermia symptoms as each person can react differently to the cold. As such Marietta City Schools recommends exercising the following National Weather Service (NWS) guidelines found on the following link <https://www.weather.gov/safety/cold-wind-chill-chart>

Guideline Summary

Use the wind-chill as the best judge on if it's too cold to play outside. In general, when the wind-chill is 32 degrees and above, it's safe to be outside. In temperatures 13 degrees to 31 degrees, indoor breaks should happen every 20-30 minutes. For wind-chills of 13 degrees and below, you should move activities indoors and outside of the cold as frostbite

Recommended Preventative Strategies:

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. It is important to remember that temperatures do not have to be freezing to have this effect. Individuals engaged in sports activities in cold, wet or windy conditions are at risk for environmental cold injuries

Competition/Practice Modifications:

- The Principal/Athletic Director will monitor and issue an advisory when applicable. (If no advisory is announced, the coaching staff will make the decision throughout the practice)
- Athletic Department officials will monitor temperature, wind speed, wind chill, and precipitation through the National Weather Service and will be in contact with the coaching staff.
- Based on information from the National Weather Service and local weather stations, measurements, AD will determine the risk of potential danger to participants.

<u>RISK</u>	<u>TEMP/WINDCHILL</u>	<u>MODIFICATIONS</u>
• Low Risk	30°F & above	Outside participation allowed w/ appropriate clothing
• Moderate Risk	30°F -20°F	Additional protective clothing (hat, gloves) Provide re-warming facilities
• High Risk	20°F -10°F	Outside participation limited to 45 minutes* All participants must have appropriate clothing Provide re-warming facilities
• Extreme Risk	10°F or below	Termination of all outside activities

* Frostbite can occur in 30 minutes. See attached chart

Competition Modifications:

When necessary, competition modifications should be considered to ensure the safety of the athletes. This may include:

- Extended half times
- Abbreviated introductions
- access to a warm building
- ensuring/mandating proper clothing

Additional Directives for coaches and student athletes:

- Exercise in windy or rainy conditions or water immersion in cold temperatures has unique challenges to the body's ability to maintain normal temperature. The transfer of body heat in water may be 70 times greater than in air.
- In Cold exposure; activity requires more energy from the body. Additional calorie intake may be required.
- In Cold exposure; activity requires similar hydration to room temperature; however the thirst reflex is not activated. Conscious efforts before and after practice to hydrate should be initiated.
- Never train alone. A simple ankle sprain in cold weather may become life threatening.
- Appropriate clothing must be closely monitored and **mandated** (see next page)

Clothing Guidelines:

In cold weather conditions appropriate clothing should be worn to prevent cold exposure. Both the Athletic Trainer(s) and the coaches should mandate the student-athletes to implement the following:

- Wear several layers around the core of the body (especially those who are not very active).
 - The first layer should wick moisture away from the body (**Dry Tech, Underarmor**)
 - The top layers should trap heat and block the wind (fleece)
 - The Outer layer should be wind and water-resistant or waterproof
 - No cotton as inside layer.
- Long pants designed to insulate.
 - Sweatpants are a good choice as a base layer
 - On windy or wet days wind pants or a nylon shell should be worn on the surface layer
- Long sleeved garment that will break the wind
- Gloves
- Hat or helmet to protect the ears (cover/tape ear holes of helmets for wind, cold protection)
- Face protection
- Moisture wicking socks
- **It is important that athletes avoid wearing multiple layers of cotton. When the body sweats the cotton will become dense and permeated with sweat

Signs/ Symptoms of Cold Stress:

- Fatigue
- Confusion
- Slurred Speech
- Red or Painful extremities
- Dizziness
- Blurred vision
- Numbness/tingling of skin
- Uncontrollable shivering
- Swollen Extremities
- Headache

COLD INJURY

Hypothermia: Body Core Temperature below 95°F

Symptoms include:

- Shivering
- Impaired motor control
- Decreased heart rate
- Impaired mental function
- Lethargy, amnesia
- Pale, cold face and extremities
- Slurred speech

Treatment: Remove wet clothing, warm with dry insulating blankets, cover the head, get to a warm environment. Provide warm beverages, avoid friction, avoid warming extremities initially

Frostnip/Frostbite: Frostbite is actual freezing of body tissues.

Symptoms include:

- Dry, waxy skin
- Burning, tingling
- White/blue/gray patches
- Swelling
- Limited movement
- Aching, throbbing, and shooting pain

Treatment: Re-warm slowly in warm water (not hot); avoid friction/rubbing tissue

Chilblain: is an exaggerated or uncharacteristic inflammatory response to cold exposure.

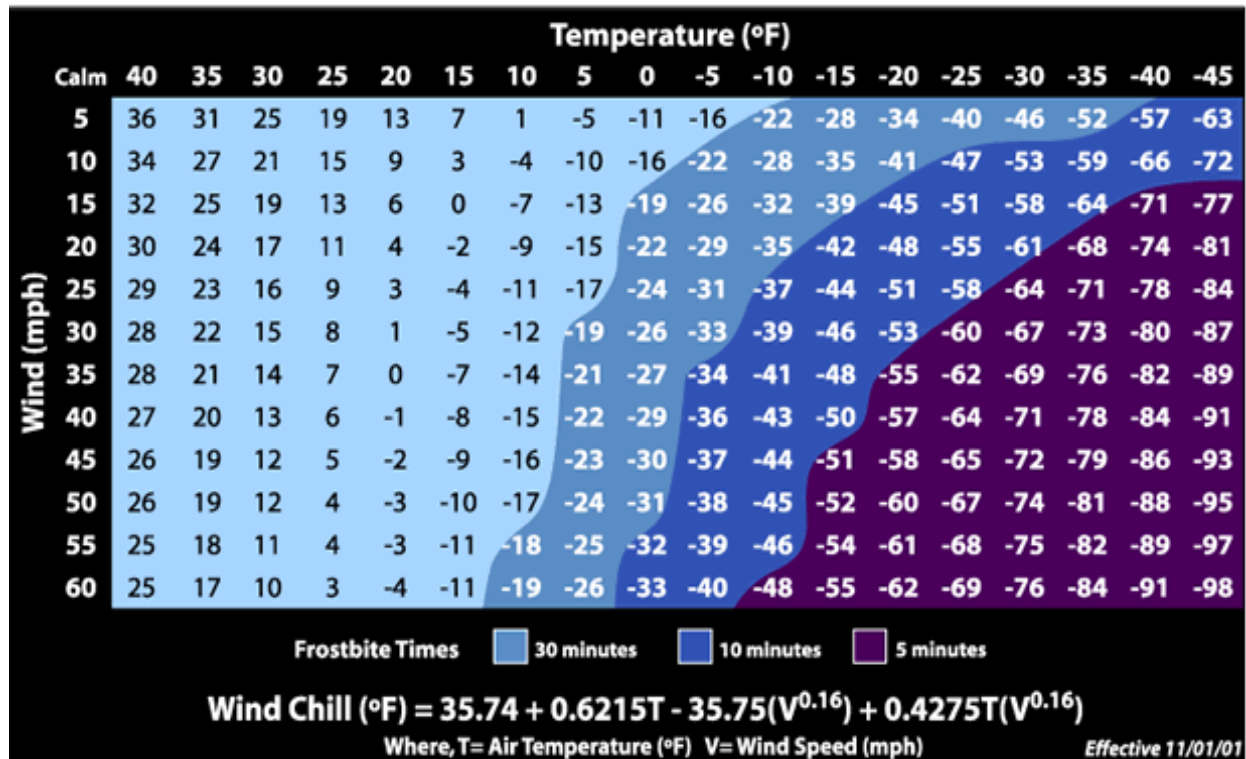
Symptoms include:

- Red or blue lesions
- Tenderness
- Swelling
- Itching, numbness, burning

Treatment: Wash, dry area; elevate, cover with loose clothing/blankets; avoid friction, lotion



NWS Windchill Chart



Wind Chill Chart

Estimated Wind Speed Actual Thermometer Readings (°Fahrenheit)