

A safety threat exists when the physically active cannot maintain heat. Cold exposure can be uncomfortable, impair performance, increase injury risk and may be life threatening. Cold Weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures.

The following guidelines have been established for practice and event participation.

Cold Weather Practice Recommendations:

Wind Chill Temperature ABOVE 36°	Normal Practice
33°- 35° with Precipitation	No more than 40 minutes outside per session May return outside after 20 minutes indoors
32° or Below with Precipitation	No Outside Practice
32°- 35° without Precipitation	No more than 1 hour outside per session May return outside after 30 minutes indoors
26°- 31° without Precipitation	No more than 30 minutes outside per session May return outside after 15 minutes indoors
25° or Below without Precipitation	No Outside Practice

The wind chill temperature is how cold people and animals feel when outside. Wind chill is based on the rate of heat loss from exposed skin caused by wind and cold. As the wind increases, it draws heat from the body, driving down skin temperature and eventually the internal body temperature. Therefore, the wind makes it FEEL much colder and poses a more severe threat to our bodies.

Cold Exposure Can Be Life Threatening; Know the Signs:

Early recognition of cold stress is important. Shivering, a means for the body to generate heat, serves as an early warning sign. Excessive shivering contributes to fatigue and makes performance of motor skills more difficult. Other signs include numbness, pain, swelling and redness in fingers and toes or a burning sensation of the ears, nose or any exposed flesh. Eyes may be red and watery, and athlete may complain of headache or dizziness.

As cold exposure continues, the core temperature drops. When the cold reaches the brain, a victim may exhibit sluggishness, poor judgment and may appear disoriented. Speech becomes slow and slurred, and movements become clumsy. If the participant wants to lie down and rest, the situation is a medical emergency and the emergency action plan should be activated.

