

Cold Policy

Introduction:

Cold exposure can be uncomfortable, impair performance and even become life-threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers, and toes. Hypothermia, a significant drop in body temperature, occurs with rapid cooling, exhaustion and energy depletion. The resulting failure to the temperature regulating mechanisms constitutes a medical emergency. Hypothermia frequently occurs at temperatures above freezing. A wet and windy 30 –50 degree exposure may be as serious as a subzero exposure. For this reason Keller ISD is developing a cold policy using the wind chill factor not the ambient temperature. Wind speed interacts with ambient temperature to significantly increase body cooling. When the body and clothing are wet (whether from sweat, rain, snow or immersion), the cooling is even more pronounced due to evaporation of the water held close to the skin by the wet clothing.

Clothing is one of the most important parts of keeping the athlete's body warm. Athlete should dress in layers and try and stay dry. Layers can be added or removed depending on temperature, activity and wind chill. Athletes should layer themselves with wicking fabric next to the body, followed by lightweight pile or wool layers for warmth. Athletes should use a wind block garment to avoid wind chill during workouts. Heat loss from the head and neck may be as much as 50% of total heat loss, therefore the head and neck should be covered during cold conditions. Other extremities should be covered at all times to protect from the wind chill.

Cold Exposure:

- Ø Breathing of cold air can trigger asthma attack (bronchospasm)
- Ø Coughing, chest tightness, burning sensation in throat and nasal passage
- Ø Reduction of strength, power, endurance, and aerobic capacity
- Ø Core body temperature reduction, causing reduction of motor output

Cold Recognition:

- Ø Shivering, a means for the body to generate heat
- Ø Excessive shivering contributes to fatigue, loss of motor skills
- Ø Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Ø Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented.

Chain of Command:

The following chain of command will occur:

Notification of temperature

- Ø Staff Athletic Trainer will obtain weather report from either www.weather.com or www.wunderground.com at 9:00am each morning for morning workouts.
- Ø The weather report will be given to the Head Coach by 9:30 am.
- Ø A second report will be taken at 1:00pm for afternoon workouts.
- Ø The weather report will be given to the Head Coach by 1:30 pm.
- Ø The temperature of the day will dictate which protocol will be followed.
- Ø Daily temperature reports will be on file in Athletic Trainers office.

Enforcement of Policies

- Ø Head Coach/Staff Athletic Trainer will monitor time of exposure
- Ø Staff Athletic Trainers will report any violations to the District Head Athletic Trainer.
- Ø Head Athletic Trainer will meet with Head Coach
- Ø Violation of policies will be reported to the Athletic Director in writing.

High School Athletic Cold Policy: Practice Policy

Temperature of 33°F-35°F and/or Wind Chill Factor of 33°F-35°F with precipitation:

Ø 35 minutes of exposure/20 minutes inside gym (may return outside after 20 minutes)

35 minutes exposure/20 minutes inside

Ø Dry clothing (socks, gloves)

Ø Athletes must be dressed in warm-up with extremities covered

Temperature of 31°F-32°F and/or Wind Chill Factor 31°F-32°F (DRY):

Ø 45 minutes exposure/ 15 minutes inside gym

Ø Athletes must be in warm-ups with extremities covered

Temperature of 32°F and/or Wind Chill Factor of 32°F with precipitation:

Ø All practices will be inside

Ø No outside exposure

Temperature of 30°F and/or Wind Chill Factor of 30°F (Dry):

Ø 30 minutes of total exposure to chill factor

Ø 15 minutes inside

Ø Warm-ups must be worn at all times, extremities covered

Temperature of 25°F or lower and/or Wind Chill Factor of 25°F or lower:

Ø No outside practices

Ø All work must be inside

Junior High Athletic Cold Weather Policies:

Temperature of 45°F or lower and/or Wind Chill Factor of 45°F or lower with precipitation:

Ø 35 minutes of exposure/20 minutes inside gym (may return outside after 20 minutes)

35 minutes exposure/20 minutes inside

Ø Dry clothing (socks, gloves)

Ø Athletes must be dressed in warm-up with extremities covered

Temperature of 34°F or lower and/or Wind Chill Factor of 34°F or lower (DRY):

Ø 45 minutes exposure/ 15 minutes inside gym

Ø Athletes must be in warm-ups with extremities covered

Temperature of 38°F and/or Wind Chill Factor of 38°F with precipitation:

Ø All practices will be inside

Ø No outside exposure

Temperature of 35°F and/or Wind Chill Factor of 35°F (Dry):

Ø 30 minutes of total exposure to chill factor

Ø 15 minutes inside

Ø Warm-ups must be worn at all times, extremities covered

Temperature of 30°F and/or Wind Chill Factor of 30°F:

Ø No outside practices

Cold Policy—Games

District 55A soccer minutes read: The home team coach will decide whether to or call a game due to inclement weather by 1:00 p.m. on game day. A game date will be considered for rescheduling if the temperature is below 32 degrees with a light wind chill.

Game day—

Ø Game field must be clear of ice at the time of the event

Ø Heaters must be present on the benches for all games with temperature under 35° wind chill.

Ø Events are recommended for rescheduling if the wind chill is under 32.

Ø Clothing recommendation: change wet clothing during halftime (i.e.: socks, gloves, t-shirts).

Cold Policy—Practice and Travel:

School Day Cancellation— full day

Ø No travel or practice unless approved by the Athletic Director, Principal, and/or Head Athletic Trainer.

School Day Early Dismissal—deteriorating weather conditions

Ø Practice must be approved by Athletic Director, Principal, and/or Head Athletic Trainer

Ø If approved practices should be over at 5:00pm

Physical Education Classes

Wind Chill Factor Under 40 degree with precipitation:

No outside physical education classes at any level in these conditions

Wind Chill Factor Under 40 without precipitation:

High School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 30 minutes

Middle School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 20 minutes

Intermediate School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 20 minutes

Elementary School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 15 minutes

Temperature of 31°F-35°F and/or Wind Chill Factor of 31°F-35°F without precipitation:

High School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 20 minutes

Middle School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 15 minutes

Intermediate School Physical Education Classes

Ø Students must have the ability to cover all extremities to go outside

Ø Outside exposure will not exceed 15 minutes

Elementary School Physical Education Classes

Ø No outside activity

Temperature of 30°F and/or Wind Chill Factor of 30°F without precipitation:

Ø No outside activities at any level

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Ø 35 minutes of exposure/20 minutes inside gym (may return outside after 20 minutes)

35 minutes exposure/20 minutes inside

Ø Dry clothing (socks, gloves)

Ø Athletes must be dressed in warm-up with extremities covered

Temperature of 31°F-32°F and/or Wind Chill Factor 31°F-32°F without precipitation:

Ø 45 minutes exposure/ 15 minutes inside gym

Ø Athletes must be in warm-ups with extremities covered

Temperature of 32°F and/or Wind Chill Factor of 32°F with precipitation:

Ø All practices will be inside

Ø No outside exposure

Temperature of 30°F and/or Wind Chill Factor of 30°F (without precipitation):

Ø 30 minutes of total exposure to chill factor

Ø 15 minutes inside

Ø Warm-ups must be worn at all times, extremities covered

Temperature of 25°F or lower and/or Wind Chill Factor of 25°F or lower:

Ø No outside practices

Ø All work must be inside