



Coaches, Athletic Directors and Tournament Directors:

All outdoor athletic events should operate with these guidelines in mind to protect the health and safety of the student athletes. These recommendations are in-line with the National Weather Service (NWS), National Athletic Training Association (NATA) and National Federation of State High School Associations (NFHS).

The following temperature ranges account for wind-chill air temperature (note the temperature corresponding to 'feels like') on any weather service website or app (AccuWeather, Weather Channel, etc.).

Wind-chill Temperature Guidelines:

30°F - 25°F

- Be aware and ready for possibility of cold injuries
- Total exposure time: **maximum 2 hours**

25°F - 15°F

- Cover exposed skin
- Offer re-warming: **every 20 minutes**

15°F - 0°F

- Limit or modify activity to minimize exposure
- Offer re-warming: **every 15 minutes or less**
- Total exposure time: **maximum 60 minutes**

Below 0°F

- **Cancel/reschedule practice, or move indoors**



WIND CHILL CHART



Wind (mph)	Temperature (°F)																	
	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
45	26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55	25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60	25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

FROSTBITE TIMES: 30 minutes 10 minutes 5 minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V0.16) + 0.4275T(V0.16)$$

Where, T= Air Temperature (°F) V= Wind Speed (mph)

Effective 11/01/01

Signs and Symptoms of Common Cold Injuries:

Recognizing early signs of cold-induced stress may help prevent cold weather-related injuries. The following table shows common cold injuries and their associated symptoms from mild to more severe:

HYPOTHERMIA

- Cold sensation, goose bumps, numbness
- Intense shivering, lack of coordination, sluggishness
- Violent shivering, difficulty speaking, confusion, stumbling
- Muscle stiffness, slurred speech and trouble seeing
- Unconsciousness
- Severely depressed Respiration, bradycardia (slow heart rate)

FROSTBITE

- Pain, burning, tingling
- Skin is cold and firm to touch
- Skin becomes shiny and white, grey, black or purple
- Progressive tissue necrosis (tissue death)

IMMERSION (TRENCH) FOOT

- Burning, tingling, itching
- Loss of sensation
- Cyanotic/blotchy skin
- Swelling
- Blisters and skin fissures

CHILBLAIN (ULCERS)

- Red or cyanotic (bluish) lesions
- Swelling
- Increased skin temperature
- Itching, numbness, burning or tingling
- Skin necrosis (skin death)