

Cold Weather Guidelines

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 dry sub zero exposure. For this reason Alamo Heights Athletic Department utilizes a cold weather guideline using the wind chill factor in conjunction with 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. Athletes should dress in layers and try to 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.

Coaches and Athletic Trainers should emphasize the importance of following the UIL Cold Weather Illness Recommendations.

- The Perry Weather System will be used to monitor all weather conditions: Cold, Heat and Lighting
- The Coach (and/or staff Athletic Trainers) will view and monitor the weather report from the Perry Weather System app prior to and during their practices.
- Other Cold Weather Issues: Transportation is unsafe for travel and Field Conditions are unplayable.
- Weather monitoring is not required on days when the temperature falls between 40°F- 100°F.

Cold Weather CAUTION

When the Ambient Temperature in conjunction with the wind-chill factor (which is lower than actual temperature) is from **40°F - 30°F, wet or dry.**

- No modification of practice.
- Instruct athletes on how to properly dress for the cold weather- top & bottom warm-ups/sweats, hoodies, knit caps, and gloves.
- Practice should keep an individual moving, and should avoid a big sweat in the first 20 minutes to eliminate the athletes from being wet and sitting around watching in the cold temperatures.
- Notification (verbal or text from an Athletic Trainer) will be given/sent to coaches about Cold Weather Warning and Cold Weather Termination. Preparations for their 'Cold Weather Plan' for practices/games if the weather conditions worsen.
 - Cold Weather Plan: Altered practice. Using a practice combination of being held inside and outside . Warm-up/stretching indoors, drills in a gym, lift weights, etc., included in the 45 minutes of outside practice time.

- Watch for ‘Cold Related Illnesses’, factors that make an athlete susceptible to cold weather illness include wet skin/clothes, standing around, and dehydration. ‘High Risk’ athletes who have Medical History issues, such as: asthma, severe allergies, anemia, diabetes, hypotensive individuals, and those with sickle cell disease are to be watched for.

Cold Weather WARNING

When the ambient temperature in conjunction with the wind-chill factor is from **29°F - 20°F, wet or dry.**

- A Perry Weather System text notification will be sent to coaches to guide their decision.
- Implementation of their Cold Weather Plan
- Watch for ‘Cold Related Illnesses’ and ‘High Risk’ athletes.
- Consider termination of outside practices/games if the weather conditions worsen.

Cold Weather TERMINATION

A Perry Weather System text notification will be sent to coaches:

- **DRY CONDITIONS** - When the ambient temperature in conjunction with the wind-chill factor reaches **below 20°F**
 - Practices should be held indoors
 - Suggest termination/rescheduling of varsity games. Consensus determined by the Coaches, Athletic Trainer, Athletic Director, and Officials.
- **WET CONDITIONS** – When the ambient temperature in conjunction with the wind-chill factor reaches **32°F or below**
 - Practices should be held indoors
 - Highly consider termination/rescheduling of varsity games. Consensus determined by the Coaches, Athletic Trainer, Athletic Director, and Officials.

APPARENT WIND CHILL

	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
4mph	45	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40
5mph	43	37	32	27	22	16	11	6	0	-5	-10	-15	-21	-26	-31	-36	-42	-47
10mph	34	28	22	16	10	3	-3	-9	-15	-22	-27	-34	-40	-46	-52	-58	-64	-71
15mph	29	23	16	9	2	-5	-11	-18	-25	-31	-38	-45	-51	-58	-65	-72	-78	-85
20mph	26	19	12	4	-3	-10	-17	-24	-31	-39	-46	-53	-60	-67	-74	-81	-88	-95
25mph	23	16	8	1	-7	-15	-22	-29	-36	-44	-51	-59	-66	-74	-81	-88	-96	-103
30mph	21	13	6	-2	-10	-18	-25	-33	-41	-49	-56	-64	-71	-79	-86	-93	-101	-109
35mph	20	12	4	-4	-12	-20	-27	-35	-43	-52	-58	-67	-74	-82	-89	-97	-105	-113
40mph	19	11	3	-5	-13	-21	-29	-37	-45	-53	-60	-69	-76	-84	-92	-100	-107	-115
45mph	18	10	2	-6	-14	-22	-30	-38	-45	-54	-62	-70	-78	-85	-93	-102	-109	-117

Unpleasant

Frostbite likely.
Outdoor activity
dangerous.

Exposed flesh will freeze
within half a minute for
the average person.

AHISD Athletic Department reserves the right to modify and/or cancel practices and/or games due to extreme weather conditions.