

South Brunswick School District

Athletic Department

Cold Environment Policy

8.1.18

Cold weather is defined as any temperature which negatively affects the body's regulatory system. Prolonged exposure to the cold can be uncomfortable, impair performance and even become life threatening. Injuries from cold exposure are due to a combination of low air or water temperatures and the influence of wind on the body's ability to maintain a normothermic core temperature, due to localized exposure of extremities to cold air or surface. The Wind Chill Temperature (WCT) can make activity uncomfortable and can impair performance when muscle temperature declines. 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 the evaporation of the water held close to the skin by wet clothing.

Important factors to decrease the possibility of cold exposure to injury or illness:

- Planning activities and workouts depends on wind chill temperatures, not ambient temperatures.
- Wear appropriate clothing. Protective clothing (gloves, hats, etc) should be emphasized during participation.
- Maintain energy levels (via the use of meals, energy snacks and carbohydrate/electrolyte drinks.
- Stay hydrated.
- Minimize fatigue and exhaustion as these deplete energy levels.
- Warm-up properly prior to activity.
- Use a partner during cold weather workouts.

Activity Adjustment Chart

Temp	Risk	Guide
WCT <50 F	Hypothermia / Chillblain Risk	<ul style="list-style-type: none"> • Appropriate Clothing • No break in activity
WCT 39 to 33 F	Hypothermia / Frostnip Risk	<ul style="list-style-type: none"> • Appropriate clothing including pants, headgear, and gloves • Layers, wicking clothing • No break in activity
WCT 32 to 31 F	Mild Frostbite Risk	<ul style="list-style-type: none"> • Appropriate clothing including pants, headgear, and gloves (especially bench players). Extremities covered • 45 minutes exposure/ 15 minutes indoors
WCT 30 to 25 F	Frostbite Risk	<ul style="list-style-type: none"> • Appropriate clothing including pants, headgear, and gloves (especially bench players). Extremities covered • 30 minutes exposure/ 20 minutes indoors
WCT 25 F and <	Severe Frostbite Risk	<ul style="list-style-type: none"> • No outside practices • All activity must be indoors
For Games/Events		<ul style="list-style-type: none"> • For WCT's below 31F, game officials/facilities staff/and medical staff will discuss need to modify game procedures and re-warming procedures as needed for safety of student-athletes.