

CCIW Cold Weather Policy

Purpose: Student-athlete, coach, administrator and support staff health and safety will be the primary interest when making the decision to play in cold weather conditions.

General Information

Temperature, wind speed, and wind chill factor must be obtained from a reliable source to determine playability. This information should be gathered using the data from The Weather Channel (weather.com) or another source nearest to the scheduled venue of competition (i.e. on-site WeatherBug station). Conditions should be monitored for changing risk. If conditions worsen during competitions; the on-site administrator, athletic trainer, and officials will decide if the competition should continue or be suspended. When participating in extreme cold weather, student-athletes and coaches are responsible for proper dress and preparation for protection from the elements.

Risk of Cold Injury:

- A. Injuries or conditions at risk of being exacerbated by cold weather conditions include, but are not limited to frostbite, hypothermia, chilblain, Raynaud's syndrome and asthma.
- B. Cold injury can occur at temperatures above freezing and increases with wet and windy conditions.
- C. The risk of cold weather conditions also increases with length of exposure to cold temperatures. Therefore, the length of competition should be considered when making decisions (i.e. single competition versus multiple events).
- D. Resources available at the venue of competition should be considered, including, but not limited to:
 - a. Whether or not the venue includes a heated facility for pre-competition warming and/or mid-competition warming, or if there is a heated facility nearby
 - b. Whether or not the sport in question allows for warming breaks as needed (i.e. scheduled stoppages of play such as a half-time).
 - c. Whether or not the sport in question allows for protective clothing adjustments to be made, specifically the ability to cover as much exposed skin as possible.
 - d. Whether or not equipment safety and warranty may be affected by cold temperatures (i.e. bats)

Event Guidelines

The following guidelines, as outlined in the NATA Position Statement: Environmental Cold Injuries (2008) and the NCAA Sports Medicine Handbook, should be used in planning activity in cold weather conditions. Guidelines are effective for all specified regular season competition hosted by CCIW members (conference and non-conference competition). The following chart lists the recommended action for the associated "feels like" temperature.

Feels Like Temp	Action
30° F and below:	Be aware of the potential for cold injury and notify appropriate personnel of the potential. Student-Athletes should dress to the level of participation during a game.
25° F and below:	Provide additional protective clothing; cover as much exposed skin as practical; provide opportunities and facilities for indoor warmups and re-warming periods as needed, provide opportunities and facilities for re-warming.
15° F and below:	Although proceeding with competition may be considered, the following recommendations should be in place. <ul style="list-style-type: none">• Consider modifying activity to limit exposure• Allow more frequent chances to re-warm.• Allow additional warming time indoors (i.e. halftime or intermissions)
0° F and below:	Terminate or rescheduling activity

Temperatures and wind chill conditions should be constantly re-evaluated for change in risk, including the presence of precipitation. If conditions worsen during competitions, the on-site administrator, athletic trainer, and officials will decide if the competition should continue, be postponed or be suspended.

Prevention of Cold Weather Injury:

- A. Individuals should dress in layers and make every attempt to stay as dry as possible.
- B. Long sleeve garments and pants designed to insulate should be worn.
- C. First layers around the core should wick moisture away from the body, polypropylene and wool are preferred fabrics. Cotton is a poor fabric choice for cold weather and should be avoided when possible. Top layers should trap heat and block the wind.
- D. When possible, head (including ears and face) and hands should be covered in extreme cold conditions.
- E. As with any environment, adequate hydration levels should be maintained throughout the physical activity.
- F. In order to prevent a decrease in core body temperature, a thorough warm-up should be performed prior to any activity and every attempt to remain warm during the activity should be made.

Operational Protocol

- A. The final authority for decisions shall rest with the host team athletic director or on-site administrator, in consultation with the host team athletic trainer and officials/umpires.
- B. Host coach, in consultation with the host athletic trainer, is responsible for tracking weather-related issues well in advance of the contest.
- C. Host coach alerts visiting coach of weather concerns no later than 48 hours in advance of the contest. (If the official “feels like” temperature is not available at least two days in advance the wind chill chart in this section will be used to provide a best estimate until the “feels like” temperature is available.)
- D. Any recommendation on time changes, rescheduling, suspension or cancellation must be made by the host coach at least 24 hours in advance of the contest start time, plus four hours prior to the departure of the visiting team from their campus.
- E. When opposing coaches, in consultation with their athletic trainer, concur the predicted “feels like” temperature threshold has been exceeded and the competition must be rescheduled, coaches and Athletic Directors must agree on the schedule change and the host Athletic Director must submit to the conference office for final approval of change in conference contests.

Weather Indicators

- A. Weather.com is the official source of predicted “feels like” temperatures (includes wind chill or humidity level) and related weather conditions for the site or locale of the contest. On-site weather stations may be used if reliable and working properly.
- B. When forecasting, the highest “feels like” temperature for the day of the contest should be used in decision making.
- C. In the absence of a non-published “feels like” prediction on weather.com, then the wind chill chart below will be used to determine the predicted high for the day. The predicted high temperature and the lowest predicted wind will be used to calculate the wind chill.



Wind Chill Chart

