

# Marion County High School Cold Weather Policy

The following policy guides decision making for patient safety regarding environmental cold injuries. Exposure to cold presents an inherent risk of injury. It is important to note that the following guidelines for activity and associated limitations apply only in the absence of precipitation. Precipitation, most notably rain and snow, will affect the risk of environmental cold injury. It is unclear in the literature at exactly what rate of rain or snow fall, in conjunction with the air temperature and wind rate, conditions become unsafe. However, it is clear that precipitation significantly increases the risk of environmental cold injury. Therefore, in circumstances involving precipitation, decisions about participation restrictions will be made by the Athletic Trainer or on an individual basis based upon the current conditions. All outdoor athletic events at Marion County High School operate under the guidelines in the following table.

The certified athletic trainer is responsible for communicating to all athletic personnel and employing these guidelines. Please note the following temperatures ranges account for wind-chill.

<i>Wind-Chill Temperature</i>	<i>Guidelines/adjustment</i>
< 25°F	<ul style="list-style-type: none"><li>- Be aware and ready for possibility of cold injuries.</li><li>- All practice participants will take reasonable precautions to cover exposed skin. This includes, at minimum: practice participants should wear long sleeves, pants, gloves, and hats during warm up activities. Hats and gloves should remain on during practice. All non-participating student-athletes should have exposed skin covered.</li></ul>
≤ 20°F	<ul style="list-style-type: none"><li>- All practice participants must wear appropriate clothing/equipment at all times while outdoors. This includes, at minimum: long sleeves, pants, gloves, and hats. Athletic Training Services will make additional clothing or equipment recommendations as seen fit. Any practice participant not in appropriate clothing/equipment must be removed from practice and remain indoors until appropriate clothing/equipment is worn.</li><li>- All non-participating student-athletes should remain indoors.</li></ul>
≤ 15°F	<ul style="list-style-type: none"><li>- Must comply with previously stated clothing/equipment requirements.</li><li>- Warm up and cool down activities should occur indoors.</li><li>- Practice plan should be altered to decrease “down time” where participants are not moving.</li><li>- Appropriate practice length should be determined, in advance, by head coach and Athletic Training Services based upon the intensity of the practice plan.</li><li>- All non-participating student-athletes should remain indoors.</li></ul>
≤ 10°F	<ul style="list-style-type: none"><li>- Must comply with previously stated clothing/equipment requirements.</li><li>- Warm up and cool down activities must occur indoors.</li><li>- Practice plan should be altered to decrease “down time” where participants are not moving.</li><li>- Maximum exposure time: 60 minutes (<i>any further exposure that day must follow a period time that includes complete re-warming and the changing of all base layer clothing</i>)</li><li>- All non-participating student-athletes should remain indoors.</li></ul>
≤ 0°F	<ul style="list-style-type: none"><li>- Cancel event and reschedule</li></ul>