

Cold Weather Guidelines

Temperature means either ambient (still air) or wind chill index. Check weather radio frequently for temperature and weather conditions.

Cold Index	Recommended Guidelines
46° and higher	No Change
45° and lower	<p>Allowable Additional Clothing:</p> <ol style="list-style-type: none"> 1. Layered beneath uniform (for example) <ul style="list-style-type: none"> - <i>long sleeves</i> - <i>long Pants</i> - <i>additional socks</i> 2. Gloves or mittens 3. Stocking caps without straps 4. <i>Jackets may be worn under the uniform so that referees get the player's number in the event of a card being issued.</i> <p>Clothing NOT Allowed:</p> <ol style="list-style-type: none"> 1. Hooded sweatshirts <i>hoods so not turn when player turns head; strings present possibility of being grabbed</i> 2. Earmuffs (headbands OK) <i>plastic or metal part crossing top of head presents potential hazard</i> 3. Scarves <i>Isadora Duncan Syndrome</i>
40° and lower	<ol style="list-style-type: none"> 1. Shorten games 2. 5 min/half
35° and lower	<ol style="list-style-type: none"> 1. Suspend games

- Players on sidelines should remain dressed (if in warm-ups) until they enter the game.
- Players coming off should towel off (if sweaty) and get dressed quickly.
- No one should sit or lie directly on ground. The heat is lost faster to ground than to air. Blankets and chairs are recommended.
- Keep hydrated-avoid caffeine and pop.
- Keep an eye on field conditions (wet, icy, etc.). Cold wet conditions can quickly change field from safe footing to slippery.
- Keep an eye on the goalie—usually the player who gets coldest first, as not running or moving like a field player.
- Referees and coaches should discuss weather and fields pre-game.
- Safety and health of the players come first.