



Athletics and Fine Arts Departments
College Station Independent School District
1812 Welsh Ave
College Station, Texas 77840
979-764-5400

College Station ISD Athletics Cold Weather Guidelines

Purpose:

Although excessive and prolonged exposure to cold may be an infrequent problem in Texas high school athletics, the prevention, recognition and management of cold-related conditions are still an important consideration for coaches, administrators and athletic trainers.

The human body's mechanism of heat retention is significantly less efficient than our ability to dissipate heat. Epidemiological research suggests that even in otherwise innocuous environmental conditions, hypothermia can occur. During the day, the temperature may be moderate and the sun is shining, but as the sun sets and the temperature begins to fall, when coupled with conditions of exhaustion, dehydration and wet clothing associated with physical activity, the risk of cold-related pathology can increase.

In addition, 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. A wet and windy 30-50 F degree exposure can be as serious as a sub-zero exposure. For this reason, College Station ISD has developed cold weather guidelines using wind chill factor instead of ambient temperature.

College Station ISD has made access to real-time conditions available through Perry Weather Tracking System to all of our coaches and athletic trainers on their phone and/or computer. This system provides real-time data for lightning, temperature, wind and severe weather alerts. It is the responsibility of all coaches in conjunction with the athletic training staff to assess and monitor weather concerns **prior** to their respective practice/contests and implement the appropriate policy procedures.

ADMINISTRATIVE REGULATION

Outdoor Games/Contests

Games postponed due to cold weather will be determined on a case by case basis by College Station ISD Administration, Athletic Trainers and Coaches. Consideration for postponement/rescheduling of outdoor contests should take place under these conditions.

- Wind Chill falls below 25°F with precipitation, or
- Wind Chill falls below 20°F in dry conditions.

Outdoor Practices, Conditioning and/or Off-Season Workouts

Consideration for rescheduling/cancellation of practices or off-season workouts should take place under these conditional guidelines. Wind chill readings can be accessed through the Perry Weather application on mobile devices.



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CSISD High School Cold Weather Guidelines			
	Wind Chill Factor	Dry Conditions	Precipitation
Level 1	33-35°F	<ul style="list-style-type: none"> No limitations Athletes should be dressed in layers for outside activity with all extremities covered 	<ul style="list-style-type: none"> Practice starts 20 minutes inside ½ of planned practice outside - <u>not to exceed 1 hour</u> (after initial 20 minutes inside) Athletes must be dressed in layers for outside activity with all extremities and head covered
	31-32°F	<ul style="list-style-type: none"> 75 minutes Maximum outside Athletes must be dressed in layers for outside activity with all extremities covered 	
Level 2	26-30°F	<ul style="list-style-type: none"> 45 minutes Maximum outside Athletes must be dressed in layers for outside activity with all extremities and head covered 	<ul style="list-style-type: none"> ALL PRACTICES WILL BE INSIDE NO OUTSIDE EXPOSURE
	≤ 25°F	<ul style="list-style-type: none"> 20 minutes Maximum outside Athletes must be dressed in layers for outside activity with all extremities and head covered 	

CSISD Middle School Cold Weather Guidelines			
	Wind Chill Factor	Dry Conditions	Precipitation
Level 1	32-35°F	<ul style="list-style-type: none"> No limitations Athletes should be dressed in layers for outside activity with all extremities covered 	<ul style="list-style-type: none"> Practice starts 20 minutes inside Practice <u>not to exceed 30 minutes outside</u> Athletes must be dressed in layers for outside activity with all extremities and head covered
Level 2	≤ 31°F	<ul style="list-style-type: none"> ALL PRACTICES WILL BE INSIDE NO OUTSIDE EXPOSURE 	



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College Station ISD Athletics Cold Weather Illness Recognition and Response

Hypothermia

Hypothermia is defined as a decrease in core body temperature. Hypothermia is the biggest cold weather threat in this part of the country. Hypothermia frequently occurs at temperatures above freezing.

Recognition:

Stage	Core Temperature in Degrees Fahrenheit	Signs and Symptoms
Mild Hypothermia	99-97 F	Normal, shivering may begin
	97-95 F	Cold sensation, goosebumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb
Moderate Hypothermia	95-93 F	Intense shivering, muscle in-coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion, may appear alert
	93-90 F	Violent shivering persists difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, signs of depression, withdrawn
Severe Hypothermia	90-86 F	Shivering stops, exposed skin blue or puffy, muscle coordination very poor, inability to walk, confusion, incoherent/irrational behavior, but may be able to maintain posture and appearance of awareness
	86-82 F	Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, possible heart fibrillation
	82-78 F	Unconscious, heartbeat and respiration erratic, pulse may not be palpable
	78-75 F	Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is reached.



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What to Do:

- Remove wet or damp clothing then insulate the body, including the head, with warm, dry clothing or blankets.
- Move the athlete to a warm shelter, protected from wind and rain.
- Apply heat only to the trunk and heat transfer areas of the body, such as armpits, chest wall and groin.
- Don't rewarm the extremities - it could send cold blood to the core and lead to a drop in core temperature, which may cause cardiac arrhythmias and death.
- Avoid applying friction massage to tissue, which can cause increased damage if frostbite is present.
- Refer all moderate cases to the emergency room once safe to transport.
- EMS should be activated immediately for athletes with severe hypothermia.

Prevention:

- Dress in layers - clothing is one of the most important parts of keeping the athlete's body warm. Layers can be added or removed depending on the 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.
- Cover the head and neck to prevent excessive heat loss. 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.
- Stay adequately hydrated.
- Eat regular meals.
- Avoid alcohol, caffeine and nicotine.
- Educate participants, coaches, officials and administrators in recognition of cold-related illnesses.
- Consider cancellation of athletic events if weather conditions warrant based on CSISD Athletics Cold Weather Policy.

Other Cold Weather Concerns:

- Breathing of cold air can trigger an asthma attack (bronchospasm)
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance and aerobic capacity
- Core body temperature reduction, causing reduction of motor output
- Other weather illness concerns can be obtained at the UIL website:
www.uilTEXAS.org/health/info/cold-weather-illness