

TRANSY

SPORTS MEDICINE

Cold Weather Policy

NCAA Cold Weather Guidelines

Cold exposure is an unavoidable part of athletics, especially with sports that participate outside during the fall and winter months. As temperatures drop performance can become impaired and life threatening conditions can occur.

The following conditions are examples of serious cold stress conditions:

- Wind chill can make activity uncomfortable and can impair muscle performance when muscle temperature declines.
- Frostbite- freezing of tissues as a result of exposure to a cold and dry environment. Usually affecting the fingers, toes, ears and face.
- Hypothermia- significant drop in body temperature as heat loss exceeds heat production. The failure to maintain core temp results in a medical emergency.

The following guidelines, as outlined in the NATA position statement, can be used in planning activity depending on the wind-chill temperature. Conditions should be constantly re-evaluated for change of risk and will be evaluated by our athletic training staff, taking into consideration wind chill and precipitation:

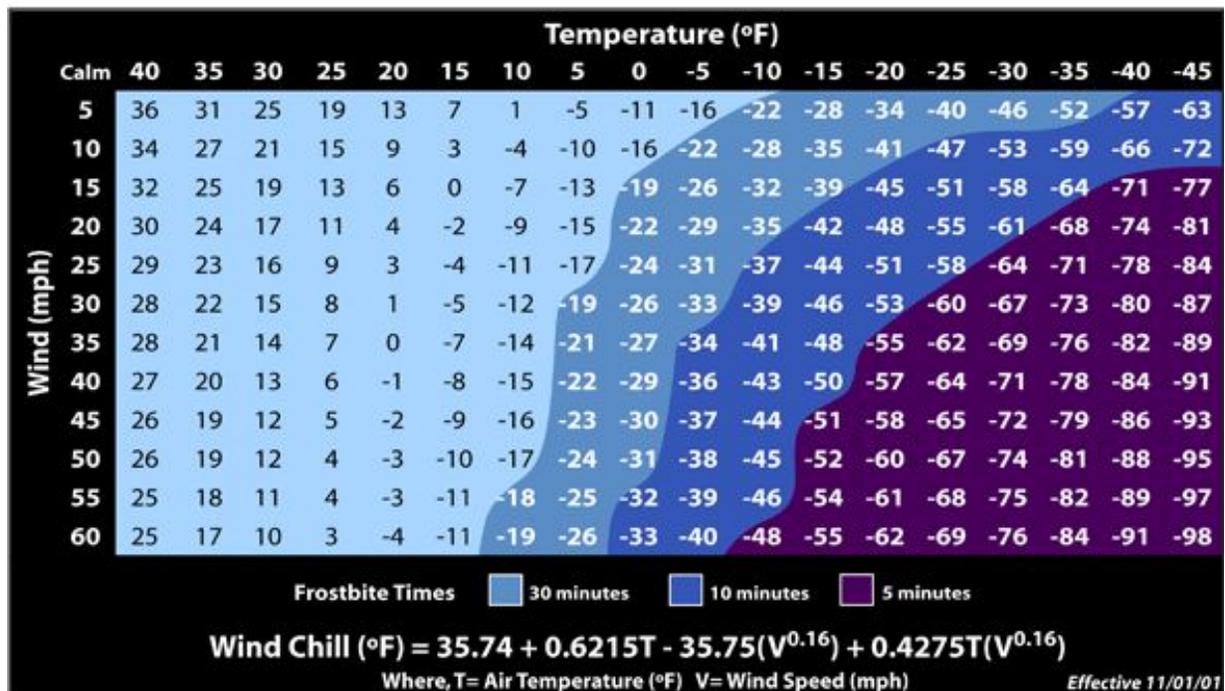
- 30 degrees Fahrenheit and below: be aware of the potential for cold injury and notify appropriate personnel of the potential.
- 25 degrees Fahrenheit and below: provide additional protective clothing; cover as much exposed skin as practical; provide opportunities and facilities for re-warming.
- 15 degrees Fahrenheit and below: Consider modifying activity to limit exposure or to allow more frequent chances to re-warm.
- 0 degrees Fahrenheit and below: Terminating practice or activity should be strongly considered.

Transylvania Cold Weather Guidelines

- If the temperature is 15 degrees with the wind chill factored in, practice time is limited to 1 hour outside with a minimum 20 minute warm up period indoors before practice can resume.
- If the temperature is 7 degrees with the wind chill factored in, practice time is limited to 30 minutes outside with a minimum 20 minute warm up period indoors before practice can resume.
- If the temperature is below 0 degrees with the wind chill factored in, practices will be limited to indoors only.



Wind Chill Chart



- The temperature will be taken by the Athletic Trainer with a digital psychrometer and will be passed along to the coaches in a timely manner if practice alterations need to be discussed.
- Proper attire will be worn by athletes and staff during practices and events. This includes hats, gloves, long sleeves (a sweatshirt with a hood preferred), and leg coverings.

- Athletes will make sure to have extra clothing and layers to change into during breaks in practice and post practice to prevent rapid cooling.