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## COLD WEATHER GUIDELINES

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. These do not have to be freezing temperatures. The following guidelines have been established for Spring Branch ISD Athletic Department practices. The Executive Athletic Director reserves the right to modify or cancel games due to extreme weather on a case by case basis.

### HIGH SCHOOL ATHLETIC COLD WEATHER PRACTICE POLICY

#### **Wind Chill Factor 41°- 45°F with Precipitation:**

- 35 min. of exposure, then 20 min. indoors (may return outside after 20 min.)
- Must change to dry clothing before returning outside
- Athletes must be dressed in warm-ups with extremities covered at all times

#### **Wind Chill Factor 40°F or lower with Precipitation:**

- No outside exposure, all practices will be indoors

#### **Wind Chill Factor 41°- 42°F (Dry):**

- 45 min. of exposure, then 15 min. indoors (may return outside after 15 min.)
- Athletes must be dressed in warm-ups with extremities covered at all times

#### **Wind Chill Factor 36°- 41°F (Dry):**

- 30 min. of exposure, then 15 min. indoors
- Athletes must be dressed in warm-ups with extremities covered at all times

#### **Wind Chill Factor 35°F or lower (Dry):**

- No outside exposure, all practices will be indoors

### Middle School Athletic Cold Weather Practice Guidelines

#### **Wind Chill Factor 55°F or lower (Precipitation or Dry):**

- 35 min. of exposure, then 20 min. indoors (may return outside after 20 min.)
- Must change to dry clothing before returning outside
- Athletes must be dressed in warm-ups with extremities covered at all times

#### **Wind Chill Factor 45°F or lower (Precipitation or Dry):**

- No outside exposure, all practices will be indoors

*\*\*UIL practice limits must be followed at all times.*