



# FRA Cold Policy

*\*Temperatures listed are true temperature or wind chill, whichever is lower*

UNDER DRY CONDITIONS	
<b>31-32 degrees</b>	-60 minutes of exposure -15 minutes inside for rewarming -Athletes <b>MUST</b> be dressed in long sleeves and long pants (limited skin exposure)
<b>25-30 degrees</b>	-45 minutes of exposure -15 minutes inside for rewarming -Athletes <b>MUST</b> be dressed in long sleeves and long pants (limited skin exposure)
<b>19-24 degrees</b>	-30 minutes of outside exposure -15 minutes inside for rewarming -Athletes <b>MUST</b> be dressed in long sleeves and long pants (limited skin exposure)
<b>18 degrees or below</b>	<b>ALL ACTIVITIES MUST BE INSIDE</b>