Strong Rock Cold Weather Policy for Practice

Temperature can be taken by the Head Coach or Athletic Trainer. Wind Chill MUST be included in overall temperature (most phone weather apps have "feels like" or "wind chill" to utilize). Please use common sense.

- 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.