

## Del Valle ISD Athletic- Cold Weather Policy

### Introduction:

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. This results in the failure of the body to regulate temperature causing a medical emergency.

<b>Cold Guideline Weather</b>	<b>Practice, Games, Fine Arts</b>	<b>Attire</b>	<b>PE/Recess</b>
Wind chill 35-38 °F with precipitation	80 minutes of exposure with a 20 min break inside at the 40 min mark	Extremities must be covered	No outside activity
Wind chill 35-38 °F without precipitation	90 minutes of exposure	Extremities must be covered	45 minutes of exposure, extremities must be covered
Wind chill 31-35 °F with precipitation	70 minutes of exposure with a 20 min break inside at the 35 min mark	Extremities must be covered	No outside activity
Wind chill 31-35 °F without precipitation	70 minutes of exposure	Extremities must be covered	30 minutes of exposure, jackets/coats required with extremities covered
Wind chill 26-30 °F with precipitation	60 minutes of exposure with 15 min break inside at the 30 min mark	Extremities covered	No outside activity
Wind chill 26-30 °F without precipitation	60 minutes of exposure	Extremities must be covered	No outside activity
Wind chill 25 °F and below	No outside practice, games or activity		

### **School Day Cancellation— full day**

- No travel or practice unless approved by the Director of Athletics and the Superintendent

### **School Day Early Dismissal— deteriorating weather conditions**

- Practice must be approved by the Director of Athletics and the Superintendent
- If approved, practices should be over at 5:30pm or prior to the sun going down