

## 2024-25 ACPS ATHLETIC

# COLD MANAGEMENT GUIDELINES



### Procedure for Athletic Participation in the Cold

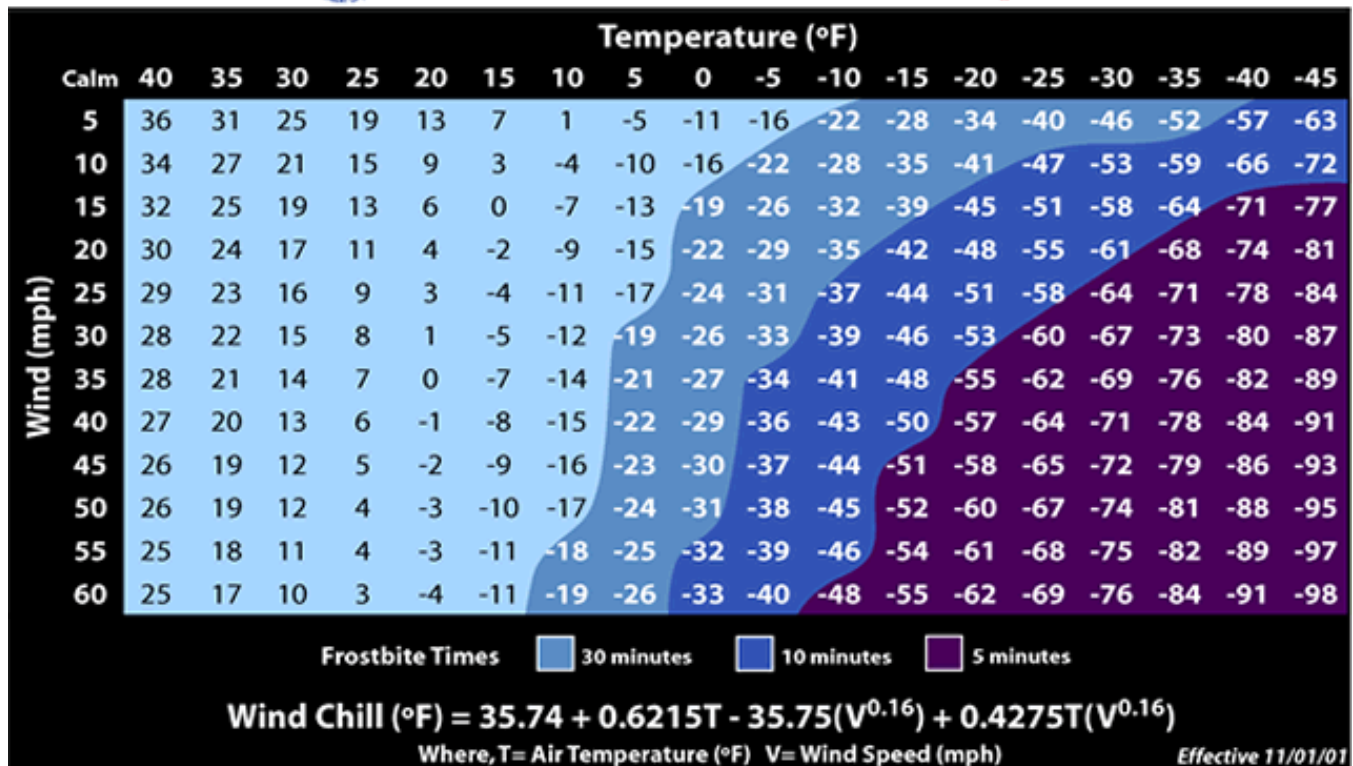
#### Monitoring Cold Weather

- Weather should be monitored by designated athletic department personnel, Athletic Trainer if present.
  - Cold weather is defined as any temperature that can negatively affect the body's thermoregulatory system.
- Temperature, wind speed, and wind chill should be monitored.
  - Wet and windy conditions will reduce body temperature 3-5 times quicker.
- Athletic department personnel will use a Wind Chill Index Chart (chart 1) as a measurement for weather situations and make modifications to activities accordingly (table 1).
  - All temperature and wind speed measurements will be taken using the schools location on the Weather Channel website.
  - All activity modifications will be announced and communicated by athletic department personnel by 3:00 on the day of the event.

Chart I: National Weather Service Wind Chill Index Chart



## Wind Chill Chart



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Table 1: Activity Modification

TEMPERATURE/WIND CHILL	MODIFICATION
25°F - 16°F	Provide additional protective clothing, cover as much exposed skin as practical and provide opportunities and facilities for warming
15°F - 1°F	Outside participation is limited to 30 minutes followed by a 10-minute warming period inside an enclosed structure before returning outside  Athletes must be aware of risk for cold injury and cover as much exposed skin as possible
0°F and below	No practice or conditioning session may take place outside

*\*\*These guidelines may be modified for athletes in continuous motion such as long-distance runners. All athletes participating in outdoor activities in temperatures listed above are required to wear hats, gloves, pants, and long-sleeved tops.*

*\*\*\*All post-season event decisions are at the discretion of the VHSL and athletic department personnel.*

## Event Management

- Provide adequate food and fluids
- Provide warming facilities, if needed
- Provide additional clothing and equipment for varying conditions
- Implement exposure control and re-warming schedules as needed.
- Monitor environmental conditions and athletes regularly.

## General Signs And Symptoms Of Cold Injury

- Uncontrollable shivering
- Swollen extremities
- Confusion
- Fatigue
- Blurred vision
- Slurred speech
- Headache
- Dizziness
- Red or painful extremities
- Numbness/tingling of skin

## SEEK MEDICAL ATTENTION IMMEDIATELY IF ANY OF THE FOLLOWING ARE TRUE:

- *Non-Emergency*
  - The person's fingers, toes, nose, or ears are numb
  - Affected areas appear yellow-white or patchy blue
- *Call 911 if the victim is experiencing*
  - Exceptionally cold skin
  - Drowsiness, disorientation, or loss of consciousness
  - Loss of muscle control

## Common Cold Injuries

### Hypothermia

- Core body temperature below 95°F
- Symptoms include:
  - Shivering
  - Impaired motor control
  - Decreased heart rate
  - Impaired mental function
  - Lethargy, amnesia
  - Pale, cold face and extremities
  - Slurred speech

Treatment: Remove wet clothing, warm with dry insulating blankets, cover the head, and get to a warm environment. Provide warm beverages, avoid friction, and initially avoid warming extremities.

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### Frostnip/Frostbite

- Most susceptible body areas include fingers, toes, earlobes, and nose
- Symptoms include:
  - Dry/waxy skin
  - Redness or mottled gray skin
  - Skin feels hard
  - Swelling
  - Limited movement
  - Transient tingling or burning

Treatment: Re-warm slowly using warm water (avoid temperatures greater than 98°F to 104°F). If re-warming with water cannot be performed, the affected area should be protected from further damage and referred to a medical facility.

### Chillblain

- An exaggerated or uncharacteristic inflammatory response to cold exposure. Chillblain can occur with exposure to cold, wet conditions for more than 60 minutes.
- Symptoms include:
  - Red papules
  - Swelling
  - Tenderness
  - Itching
  - Burning

Treatment: Remove wet or constrictive clothing. Wash, dry, and elevate the affected area. Cover the area with warm, loose, dry blankets or clothing.