2025-26 ACPS ATHLETIC

COLD MANAGEMENT GUIDELINES

Albemarle County Public Schools

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

Wind (mph) \ Temperature (°F)	Calm	40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	-25	-30	-35	-40	-45
5		36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	-40	-46	-52	-57	-63
10		34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	-47	-53	-59	-66	-72
15		32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	-51	-58	-64	-71	-77
20		30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	-55	-61	-68	-74	-81
25		29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	-58	-64	-71	-78	-84
30		28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	-60	-67	-73	-80	-87
35		28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	-62	-69	-76	-82	-89
40		27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	-64	-71	-78	-84	-91
45		26	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	-65	-72	-79	-86	-93
50		26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	-67	-74	-81	-88	-95
55		25	18	11	4	-3	-11	-18	-25	-32	-39	-46	-54	-61	-68	-75	-82	-89	-97
60		25	17	10	3	-4	-11	-19	-26	-33	-40	-48	-55	-62	-69	-76	-84	-91	-98

Frostbite Times: 30 minutes | 10 minutes | 5 minutes

$$\text{Wind Chill (°F)} = 35.74 + 0.6215T - 35.75(V^{0.16}) + 0.4275T(V^{0.16})$$

Where, T= Air Temperature (°F) V= Wind Speed (mph) *Effective 11/01/01*

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.

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.