SWEENY ISD Cold Weather Policy

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. Temperatures do not have to be freezing to be harmful. Individuals participating in sports activities in cold, wet, or windy conditions are at risk for environmental cold injuries:

Cold Exposure:

- Breathing of cold air can trigger asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

Cold Recognition:

- Shivering, a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

The following guidelines have been adopted by the Sweeny ISD Athletic department for practices and games:

Cold Weather Caution:

- When temperature or wind chill (which is lower than actual temperature) is from 40°F -30°F.
- No modification of practice, but a warning will be given to coaches and athletes.
- Coaches and Athletic Trainers emphasizing the importance of following UIL Cold Weather Illness

Recommendations:

Watch those "high risk" athletes. Factors that influence an athlete to cold weather illness include: wet skin, dehydration, anemia, diabetes, hypotensive individuals, and those with sickle cell disease.

Cold Weather Warning:

When temperature or wind chill is from 29°F - 24°F, there will be modified outside participation of 45 minutes or cancellation of outside practices and games.

- Instruct athletes on how to properly dress for the cold weather- warm-ups, hoods/knit caps, and gloves if athlete has them
- Warm-up to start indoors (stretching, etc.) not to reduce the 45 minutes of outside time.
- Practice that keeps an individual moving and all involved, avoid big sweat in the first 20 minutes then having the athletes wet and sitting around watching in the cold temperatures.
- Keeping a very close watch on those "high risk" athletes.
- Cool-down indoors if possible.

Cold Weather Termination: When temperature or wind chill reaches 23°F or below, there will be a termination of outside practices and games

****The SISD Athletic Department reserves the right to modify or cancel games or practices due to extreme weather conditions.**

Cancellation of Games:

- Transportation is unsafe for travel.
- Field conditions are unsafe for competition.
- The Athletic Department considers that environmental conditions, air temperature/wind-chill, or Precipitation make it unsafe to play or practice.

Modification of Games:

When necessary, competition modifications will be considered to ensure the safety of all athletes. This may include any of the following:

- Extended half time periods
- Abbreviated or no introductions at start of game
- Access to a warm building
- Mandating proper clothing or warm clothing for all participants

Chain of Command:

The following chain of command will occur:

Notification of temperature: High School

- Campus Athletic Trainer will obtain weather report from National Weather service at 8:00am for morning workouts.
- The weather report will be given to the Head Coach by 8:30 am.
- A second report will be taken at 1:00pm for afternoon workouts.
- The weather report will be given to the Head Coach by 1:30 pm.
- The temperature of the day will dictate which protocol will be followed.

Enforcement of Policies:

- Head Coach/Campus Athletic Trainer will monitor time of exposure.
- Campus Athletic Trainers will report any violations to the Director of Athletics.
- Director of Athletics will meet with Head Coach.
- Violation of policies will be reported to the Director of Athletics in writing.

Clothing Recommendations for cold weather:

- Wear several layers around the core of the body (especially those who are not very active).
- The first layer should wick the moisture away from the body (Dry technology clothes, avoid cotton).
- The top layers should trap the heat and block the wind.
- The outer layer should be wind and water-resistant.
- Hat, helmet or hood to protect the ears and head.
- Moisture wicking socks.
- Athletes should provide their own face protection and gloves if skin is sensitive in the cold temperatures.