

The College of Saint Rose Athletic Department

Cold Weather Policy for Practice

The College of Saint Rose Athletic Department, in an effort to provide a safe environment for all its student-athletes, coaches, visiting teams, fans and officials, shall implement the following policy in regards to cold environment safety concerns. Please note the following temperatures ranges account for **wind-chill**. Wind chill and air temperature are combined with other factors to determine a "Realfeel" or "Feels Like" temperature. This measurement is what is used to determine athletic activity modifications. Wind chill can be calculated on the National Weather Service Weather Forecast website at <https://www.weather.gov/safety/cold-wind-chill-chart>

Common Cold Injuries in sport

Early signs: shivering, muscle fatigue, poor muscle control, cold sensation may lead to numbness, pain, and burning, clumsy, slurred speech, disorientation, and altered mental state.

1. **Frostbite:** freezing of skin or tissue causing redness, edema, and mottled skin
2. **Hypothermia:** significant loss in body core temperature (less than 95 degrees)
3. **Dehydration:** significant loss in body water; athletes tend to drink less in cold weather
4. **Chilblain:** non-freezing injury due to extended cold exposure with wet conditions

Clothing

In cold weather temperatures, properly layered clothing should be worn and encouraged by staff and coaches. Coaches need to be responsible for ensuring that student athletes participating in cold weather have the proper clothing needed to prevent cold illness. If student athletes are not properly clothed for the cold temperatures, they are not recommended to participate outside at practice. Clothing should be **layered** to allow adjustments as activity level may increase and decrease within a practice which may elevate or drop body temperature. The first layer of clothing should wick sweat and moisture away from the body. The top layers should act as insulators to trap heat and block wind.

These include:

- Several layers around the core of the body, especially for those individuals that are not very active.
- Long pants designed to insulate. On very cold days a nylon shell or wind pant can be worn on top of them for additional wind break.
- Long sleeve shirt/sweatshirt/coat designed to insulate and break the wind.
- Gloves
- Ear protection/Hat or helmet.

- Face protection.
- Wicking socks that do not hold moisture inside like smartwool. Wool is excellent. Cotton absorbs and holds in moisture.

Playing surface

1. Practice is permitted on turf if it is cleared of snow and ice. Even with the snow removed, in freezing temps, the turf will be very slick due to moisture left on the turf. This will lead to an increased risk of injury potential.
2. Snow must also be cleared to allow for ambulance and golf cart access.

Guidelines for Cold Conditions during practice

Cold environment during a team practice

- a. When present, the certified athletic trainer, in consultation with the head coach (or assistant if head coach not attending), shall make the final determination on modified participation of practice prior to practice using the temperature/wind chill chart provided on page 3.
- b. In the event that a certified athletic trainer is not present, the head coach shall abide by this policy and modify or cancel practice when necessary. Temperature/wind chill should be based upon accurate readings from www.weather.com according to Plumeri Field location in Albany, NY 12209.
- c. The certified athletic trainer and head coach shall be responsible for monitoring the weather conditions throughout practice.

Guidelines for Cold Conditions during competition

Follow NE10 Cold weather Policy for all competitions, including non-conference competitions.

The game administrator and certified athletic trainer shall be responsible for monitoring the weather conditions.

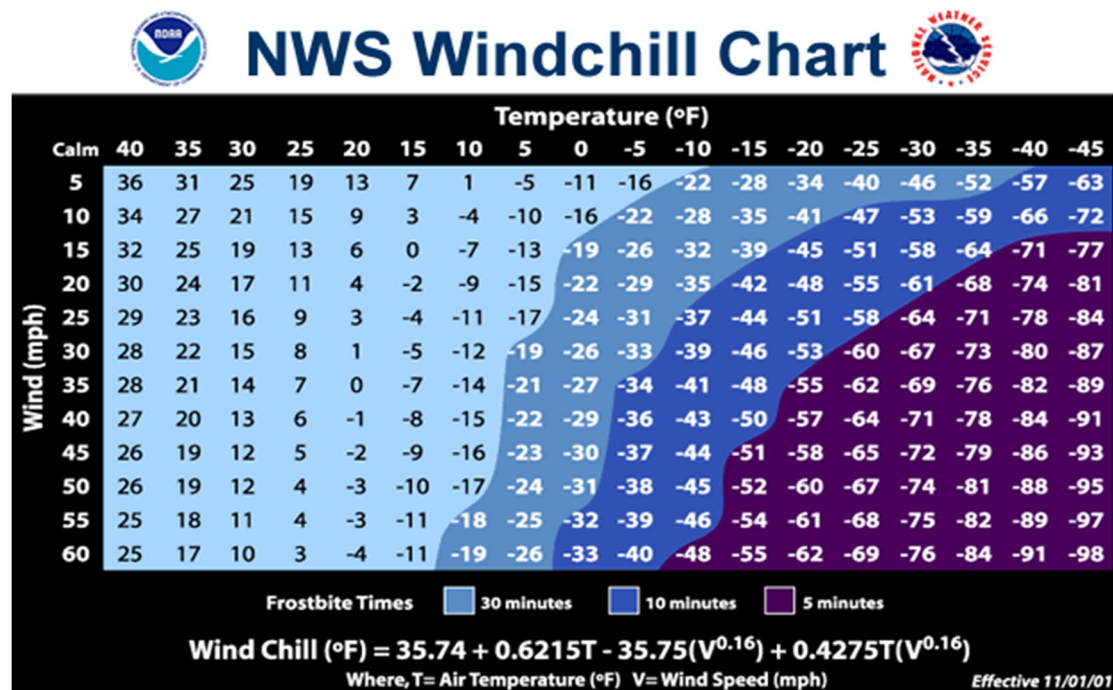
The Coach and Certified Athletic Trainer will discuss if modifications to practice are required due to weather conditions.

Wind chill or Temperature	Practice status	Duration
above 30°F	normal	<ul style="list-style-type: none"> • As tolerated • All participants should wear appropriate protective clothing along with any required protective equipment.
26°F to 30°F	normal	<ul style="list-style-type: none"> • <150 minutes • Consider inserting a 10-15 minute break during practice to go indoors to re-warm
16°F to 25°F	limited	<ul style="list-style-type: none"> • <120 minutes • A mandatory 10 minute break to re-warm indoors must occur at 75 minutes.
6°F to 15°F	very limited	<ul style="list-style-type: none"> • <90 minutes • All skin should be covered if possible. • A mandatory 10 minute break to re-warm indoors must occur at 45 minutes.
0 to 5°F	extremely limited	<ul style="list-style-type: none"> • <30 minutes • NO exposed skin.
below 0°F	No outside practice	

The Wind Chill temperature is determined by updates on Weather Sx for the local area (12209). The official measurement shall always be recorded via the DTN Weather Sentry product, the only approved Conference-wide product. In the event this information is not available the Certified Athletic Trainer will decide if the weather conditions require modified practice status.

If **precipitation** is also occurring then practice status will be changed, usually by reducing duration or requiring more rest and re-warming breaks.

Wind Chill Equivalent Index: Wind Chill is a major factor affecting the speed of cold injury. This takes place when the wind chill lowers the actual air temperature, thus cooling the body more rapidly. This is made more rapid when the skin or clothing is wet and quickens the cooling by evaporation. This is why cold injury can take place in many different combinations of these factors present. This chart gives approximate times of exposure for uncovered skin until frostbite ensues. If the body part is wet, than the time on the chart is lessened allowing for less time until frostbite.



References

1. NATA's Position Statement on Environmental Cold Injuries
<http://www.nata.org/sites/default/files/EnvironmentalColdInjuries.pdf>
2. NCAA Sports Medicine Handbook , Guideline 2B, Cold Stress and Cold Exposure, page 35-38
3. NOAA National Weather Service, Wind chill chart <http://www.srh.noaa.gov/ama/?n=windchill>
4. NOAA National Weather Service, Wind chill calculations, <http://www.crh.noaa.gov/ddc/?n=windchill>