



Irving ISD Athletics Cold Weather Guidelines

In an effort to keep our student athletes safe and healthy, Irving ISD Athletics has provided guidelines for outdoor sport participation in cold weather. Cold weather, especially in conjunction with wind and precipitation, can impair athletic performance, cause cold-related illness and has the potential to be life threatening. Cold-related illness and injury can include hypothermia (abnormally or dangerously low core body temperatures) and frostbite (damage to the body's tissue, typically affecting the nose, ears, fingers and toes). Cold weather can also negatively affect individuals with asthma or sickle cell.

Recognizing Signs and Symptoms:

Hypothermia:

- Shivering
- Exhaustion
- Drowsiness
- Difficulty speaking/slurred speech
- Confusion/memory loss

Frostbite:

- Cold skin
- Red, bluish-white or grayish-yellow skin
- Pain of the skin
- Firm or waxy skin
- Numbness

Prevention of Cold Illness and Injury

- Limit activity in cold, wet or windy weather conditions.
- Dress in several layers of loose, warm, dry clothing.
- Ensure body parts most susceptible to frostbite are covered in warm, dry clothing. This includes the face, ears, toes, and fingers.
- Eat well-balanced meals and stay hydrated.
- Keep moving.

Protocol for Monitoring Cold Weather

- When necessary, the district athletic trainers and/or campus athletic coordinators will obtain a weather report from Perry Weather prior to all outdoor activity and communicate any necessary modifications to the coaches.
- The wind chill of the day (and precipitation when applicable) will determine which protocol will be followed.
- Modifications and cancellations for practices will be determined by the athletic trainers and/or campus athletic coordinator.
- Cancellations for events will be determined by the athletic director, athletics trainers and campus athletic coordinator by 2pm on the day of the event. Cancellation of events will be considered when forecasted wind chill is at or below 25 degrees with precipitation or wind chill is at or below 20 degrees without precipitation.

GUIDELINES FOR OUTDOOR PRACTICES

	Dry (without precipitation)	Wet (with precipitation)
Modify Outdoor Activity	Wind chill is at or below 32 degrees	Wind chill is at or below 35 degrees.
Cancel Outdoor Activity	Wind chill is at or below 25 degrees.	Wind chill is at or below 32 degrees.

Practice Modifications:

With precipitation: Initial stretching/warm-up routine must be completed indoors. 35 minutes of outside exposure and 20 minutes of indoor warm-up period. May return outdoors for one more 35-minute session only if athletes change into dry clothing. All athletes must dress in dry, appropriate cold weather clothing with all extremities covered.

Without Precipitation: Initial stretching/warm-up routine must be completed indoors. 45 minutes of outside exposure and 15 minutes of indoor warm-up period. May return outdoors for one more 45-minute session. All athletes must dress in dry, appropriate cold weather clothing with all extremities covered.

School Day Cancellation— full day

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

School Day Early Dismissal—deteriorating weather conditions

- Practice must be approved by the Director of Athletics
- If approved, practices must be over at 5:00pm

References:

- Cappaert, Thomas A., et al. (2008). National Athletic Trainers' Association Position Statement: Environmental Cold Injuries. *Journal of Athletic Training*, 43(6), 640-658.
- Centers for Disease Control and Prevention. *Natural Disasters and Severe Weather: Winter Weather*. <https://www.cdc.gov/disasters/winter/staysafe/hypothermia.html>