



Chambersburg Area School District Athletic Department Cold Exposure Guidelines

Athletic Training Staff will alert the Director of Athletics, coaches, and student-athletes, by 12:00 PM each day if temperatures fall within the four categories below, and let them know whether the practice may be an “Alert,” “Caution,” “Warning,” or “Termination.”

COLD WEATHER ALERT: When temperature or wind chill is **30° F or below**

- Wearing a hat that covers the ears, and some sort of gloves to cover the hands are required.
- Be aware of the potential for cold injury and notify appropriate personnel of the potential.
- **MAXIMUM 2 HOUR PRACTICE**

COLD WEATHER CAUTION: When temperature or wind chill is **25° F or below**

- Provide additional protective clothing; cover as much exposed skin as practical; provide opportunities and facilities for re-warming if needed.
- **MAXIMUM 1.5 HOUR PRACTICE**

COLD WEATHER WARNING: When temperature or wind chill is **15° F or below**

- Consideration of modifying activity to limit exposure or to allow more frequent chances to re-warm.
- Modification is no “pre-practice”, then 45 minutes of activity with a 10-15 minute period inside and then another 45 minute period outside.
- Stress keeping everyone moving and not just sitting around on sideline
- **MAXIMUM OF TWO 45 MINUTE OUTDOOR SESSIONS WITH 15 MINUTE INDOOR BREAK BETWEEN**

COLD WEATHER TERMINATION: When temperature or wind chill reaches **0° F and below**

- There may be a termination of outside practices/activity.
- **NO OUTDOOR PRACTICES ALLOWED**