

BOERNE ISD COLD WEATHER GUIDELINES

Cold weather is defined as any temperature that can negatively affect the body's regulatory system. Temperatures do not have to be freezing or below. The following temperature guidelines have been established for Boerne ISD Athletic Department practices and games.

UIL Cold Weather Illness Information

Hypothermia: Hypothermia is a decrease in core body temperature.

1. Mild Hypothermia - shivering, cold sensation, goose bumps, numb hands.
2. Moderate Hypothermia - intense shivering, muscle in coordination, slow and labored movements, mild confusion, difficulty speaking, signs of depression, withdrawn.
3. Severe Hypothermia - shivering stops, exposed skin is bluish and puffy, inability to walk, poor muscle coordination, muscle rigidity, decrease in pulse and respiration rate, unconsciousness.

Management:

- o Remove athlete from cold environment.
- o Remove wet clothing and replace with dry clothing and/or blankets.
- o Refer all moderate cases to the emergency room once safe to transport.
- o Treat severe hypothermia as a medical emergency! Wrap the athlete in an insulated blanket and see emergency medical care immediately.

| Stage | Core Temperature In Degrees | Signs and Symptoms |
|-----------------------------|-----------------------------|--|
| Mild Hypothermia | 99 - 97 F | Normal, shivering may begin |
| | 97 - 95 F | Cold sensation, goose bumps, unable to perform complex tasks with hands, shiver can be mild to severe, hands numb. |
| Moderate Hypothermia | 95 - 93 F | Intense shivering, muscle in-coordination becomes apparent, movements slow and labored, stumbling pace, mild confusion, may appear alert. |
| | 93 - 90 F | Violent shivering persists, difficulty speaking, sluggish thinking, amnesia starts to appear, gross muscle movements sluggish, unable to use hands, stumbles frequently, signs of depression, withdrawn. |
| Severe Hypothermia | 90 - 86 F | Shivering stops, exposed skin blue or puffy, muscle coordination very poor, inability to walk, confusion, incoherent/irrational behavior, but may be able to maintain posture and appearance of awareness. |
| | 86 - 82 F | Muscle rigidity, semiconscious, stupor, loss of awareness of others, pulse and respiration rate decrease, possible heart fibrillation. |
| | 82 - 78 F | Unconscious, heart beat and respiration erratic, pulse may not be palpable. |
| | 78 - 75 F | Pulmonary edema, cardiac and respiratory failure, death. Death may occur before this temperature is reached. |

FROSTBITE:

Thermal injury to the skin caused by cold exposure.

Recognition

| Stage | Signs and Symptoms |
|-----------------------|--|
| Frostnip | Only the outer layer of skin is frozen. Skin appears white and waxy or possibly gray or mottled. It may have sensation or may be numb. May be painful. |
| Superficial Frostbite | Skin appears white, mottled or gray. It feels hard or rubbery on the surface, but deeper tissue is still soft. Skin is insensitive to touch. |
| Deep Frostbite | |

Management

It is very important to note that refreezing newly thawed frostbitten tissue can cause extensive tissue damage. If it is not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it. Once the tissue is frozen, the major harm has been done. Keeping it frozen for a longer period of time will not cause significant additional damage.

Overview:

1. Do not rub the area.
2. Gently rewarm the area by blowing warm air onto the area, placing the area against a warm body part, or placing the affected area into warm (101 - 108 degrees F) water for several minutes.
3. If not absolutely certain that the tissue will stay warm after rewarming, do not rewarm it. Refreezing newly thawed frostbitten tissue can cause extensive tissue damage!
4. If a person is also suffering from hypothermia, the first concern is core rewarming.

Details: The following describes the management of frostbite relative to severity.

- **Frostnip** - Rewarm the area gently by blowing warm air onto the area or placing it against a warm body part or place in a warm (101 degrees - 108 degrees F) water bath for several minutes. Never rub the area. This can damage the affected tissue by increasing the friction on the ice crystals in the cell, causing tearing of the tissue.
- **Superficial frostbite** - If a small area is involved, it can be treated the same as indicated for frostnip; if it is a larger area, follow the management for deep frostbite.
- **Deep frostbite** - Rewarm by removing restrictive clothing and immersing the affected body part in a water bath of 105 degrees - 110 degrees F for 25-40 minutes. Refer deeply frostbitten athletes to the emergency room. Do not rewarm the tissue unless absolutely certain that it will stay warm after rewarming.

PREVENTION

The best method of management is prevention.

- Dress in layers.
- Cover the head to prevent excessive heat loss from the head and neck.
- Stay dry by wearing a wicking fabric next to the body and a breathable, water repellent outer layer.
- Stay adequately hydrated.
- Eat regular meals.
- Avoid alcohol, caffeine and nicotine.
- Educate participants, coaches, officials and administrators in recognition of cold-related illnesses.
- Consider cancellation of athletic events if weather conditions warrant.

If unsure whether an athlete is hypothermic, err on the side of caution and treat accordingly.

***Athletes that are classified as **HIGH RISK** are athletes that have one or more of the following:

- **Asthma**
- **Severe Allergies**
- **Heart Disease Issues**

| | | Temperature (F°) | | | | | | |
|---|------|------------------|----|----|----|----|---|----|
| | | 50 | 45 | 40 | 35 | 30 | 25 | 20 |
| Wind Speed (MPH) | Calm | 50 | 45 | 40 | 35 | 30 | 25 AND LOWER ALL PRACTICES SHOULD BE CANCELED | |
| | 5 | 48 | 42 | 36 | 31 | 25 | | |
| | 10 | 46 | 40 | 34 | 27 | 21 | | |
| | 15 | 44 | 38 | 32 | 25 | 19 | | |
| | 20 | 43 | 37 | 30 | 24 | 17 | | |
| | 25 | 42 | 36 | 29 | 23 | 16 | | |
| | 30 | 42 | 35 | 28 | 22 | 15 | | |
| | 35 | 41 | 35 | 28 | 21 | 14 | | |
| | 40 | 40 | 34 | 27 | 20 | 13 | | |
| Any wind over 40 mph do not need to practice | | | | | | | | |
| (36° AND UP) ALL CLEAR TO PRACTICE | | | | | | | | |
| (35°-33°) 35 min. of exposure/20 min. inside gym | | | | | | | | |
| (32° AND BELOW) ALL PRACTICES INSIDE | | | | | | | | |

HIGH SCHOOL ATHLETIC COLD WEATHER GUIDELINES: PRACTICE PROTOCOL

Wind chill above 36° normal practice just monitor high risk athletes

Wind Chill Factor 33-35° F with Precipitation:

- 35 min. of exposure/20 min. inside gym (may return outside after 20 min.)
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm-up with extremities covered**

Wind Chill Factor 32° F or lower with precipitation:

- All practices will be inside
- No outside exposure

****Ensure that all students are dressed appropriately with clothing including (wearing a hat that covers the ears, some sort of gloves to cover the hands, as well as clothing that covers the arms and legs) ****

Cold Weather Caution:

When temperature or wind chill (which is lower than actual temperature) is from 40° F- 36° 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.
- Watching those "high risk" athletes
- Ensure that all students are dressed appropriately with clothing including (wearing a hat that covers the ears, some sort of gloves to cover the hands, as well as clothing that covers the arms and legs)

Cold Weather Warning:

When temperature or wind chill is from 35° F -33° F, there will be a modified outside participation of 35 minutes and 20 minutes inside.

- Warm-up to be started indoors (stretching, etc.) to not take away from 35 min.
- After the 35 minutes outside they may continue inside for 20 minutes. After the 20 minutes they may return outside
- a practice that keeps individuals moving, try to avoid working up a big sweat in the first 20 minutes, having them be wet, and then sit around watching.
- Wearing a hat that covers the ears, some sort of gloves to cover the hands, as well as clothing that covers the arms and legs are required.
- Keeping a very close eye on those "high risk" athletes
- If available, a cool-down indoors.

Cold Weather Termination:

- When temperature or wind chill reaches 32° F and below, there may be a termination of outside practices and games.

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- Severe Allergies
- Heart Disease Issues

| | |
|---|------------------|
| W | Temperature (F°) |
|---|------------------|

| | 50 | 45 | 40 | 35 | 30 | 25 | 20 |
|--|----|----|----|----|----|---|----|
| Calm | 50 | 45 | 40 | 35 | 30 | 25 AND LOWER ALL PRACTICES SHOULD BE CANCELED | |
| 5 | 48 | 42 | 36 | 31 | 25 | | |
| 10 | 46 | 40 | 34 | 27 | 21 | | |
| 15 | 44 | 38 | 32 | 25 | 19 | | |
| 20 | 43 | 37 | 30 | 24 | 17 | | |
| 25 | 42 | 36 | 29 | 23 | 16 | | |
| 30 | 42 | 35 | 28 | 22 | 15 | | |
| 35 | 41 | 35 | 28 | 21 | 14 | | |
| 40 | 40 | 34 | 27 | 20 | 13 | | |
| Any wind over 40 mph do not need to practice | | | | | | | |
| (36° AND UP) ALL CLEAR TO PRACTICE | | | | | | | |
| (35°-33°) 35 min. of exposure/20 min. inside gym | | | | | | | |
| (32° AND BELOW) ALL PRACTICES INSIDE | | | | | | | |

Middle School Athletic Cold Weather Guidelines

Clothing

70°F or higher- shorts

69°F -50°F short sleeves & long pants w/ sweatshirt or jacket

49°F -45°F long sleeves & long pants w/ sweatshirt or jacket

Under 45°F- the students entire body including head and hands need to be covered

****Ensure that all students are dressed appropriately with clothing including (wearing a hat that covers the ears, some sort of gloves to cover the hands, as well as clothing that covers the arms and legs) ***

Activity

Wind chill above 45° normal practice just monitor high risk athletes

Wind Chill Factor less than 45° F with precipitation:

- 35 min. of exposure 20/minutes inside gym (may return outside after 20 min.)
- Dry clothing (Socks, gloves)
- Athletes must be dressed in warm-up with extremities covered**

Wind Chill Factor less than 35° F:

- All practices inside

Administrative Regulation: Outdoor Competition Cold Weather

Games to be postponed due to cold weather will be determined on a case by case basis by the Boerne ISD Administration.

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