



**RECOGNIZE TO RECOVER**

# COLD WEATHER GUIDELINES

## STEP ONE - DETERMINE WIND CHILL TEMPERATURE

The effects of cold weather can impact health and safety during practices and games. The definition of “cold stress” varies across the United States, depending on how accustomed people are to cold weather. A player from Minnesota will have a much different threshold for cold than a player from Florida.

		WIND CHILL TEMPERATURE (WCT) INDEX TEMPERATURE IN DEGREES FAHRENHEIT													
		40	35	30	25	20	15	10	5	0	-5	-10	-15	-20	
WIND SPEED	5	36	31	25	19	13	7	1	-5	-11	-16	-22	-28	-34	
	10	34	27	21	15	9	3	-4	-10	-16	-22	-28	-35	-41	
	15	32	25	19	13	6	0	-7	-13	-19	-26	-32	-39	-45	
	20	30	24	17	11	4	-2	-9	-15	-22	-29	-35	-42	-48	
	25	29	23	16	9	3	-4	-11	-17	-24	-31	-37	-44	-51	
	30	28	22	15	8	1	-5	-12	-19	-26	-33	-39	-46	-53	
	35	28	21	14	7	0	-7	-14	-21	-27	-34	-41	-48	-55	
	40	27	20	13	6	-1	-8	-15	-22	-29	-36	-43	-50	-57	
	45	27	19	12	5	-2	-9	-16	-23	-30	-37	-44	-51	-58	
	50	26	19	12	4	-3	-10	-17	-24	-31	-38	-45	-52	-60	

## STEP TWO - FIND YOUR ALERT LEVEL

Use this chart to determine the alert level at your location based on the wind chill temperature.

ALERT LEVEL	WCT (F)	EVENT CONDITIONS	RECOMMENDED ACTION
<b>BLACK</b>	< 0	Extreme Conditions*	Cancel or attempt to move activities indoors. Frostbite could occur
<b>RED</b>	1-15	High Risk for Cold Related Illness*	Consider modifying activity to limit exposure and allow for more frequent chances to rewarm
<b>ORANGE</b>	16-24	Moderate Risk for Cold Related Illness*	Provide additional protective clothing, cover as much exposed skin as practical, and provide opportunities and facilities for rewarming
<b>YELLOW</b>	25-30	Less than Ideal Conditions*	Be aware of the potential for cold injury and notify appropriate personnel of the potential
<b>GREEN</b>	>30	Good Conditions	Normal activities

\* In wet environments with colder conditions, the following situations are accelerated. Use additional caution to recognize potential cold injuries. (NOTE: These WCT guidelines were adapted from the NATA position statement: Environmental Cold Injuries by Cappaert et al. 2008.)