

DAVIS ATHLETICS COLD WEATHER GUIDELINES

Cold exposure can be uncomfortable, impair performance and even become life threatening. Conditions created by cold exposure can include frostbite and hypothermia. Wind chill can make activity uncomfortable and can impair performance when muscle temperature declines. Frostbite is the freezing of superficial tissues, usually of the face, ears, fingers and toes. Hypothermia is a significant drop in body temperature caused by rapid cooling, exhaustion and energy depletion. Hypothermia often happens at temperatures above the freezing point. Factors such as precipitation and wind also play a key role in hypothermia. The resulting failure to these temperature-regulating mechanisms constitutes a medical emergency.

*** Cold Exposure can:**

- Breathing of cold air can trigger an asthma attack (bronchospasm)
- Cause coughing, chest tightness, burning sensation in throat and nasal passage
- Cause a reduction of strength, power, endurance, and aerobic capacity
- Core body temperature reduction, causing reduction of motor output

*** Cold Recognition:**

- Shivering is a means for the body to generate heat
- Excessive shivering contributes to fatigue, loss of motor skills
- Numbness and pain in fingers, toes, ears, and exposed facial tissue
- Drop in core temperature; athlete exhibits sluggishness, slowed speech, disoriented

Davis Athletics COLD WEATHER Guidelines

*** O.C.C. Weather Guidelines for Competition:**

- **Games / Competitions** – According to Section IX, Article 6 - If the regular temperature is less than 40 degrees at **2:00 pm**, all games / competitions are to be canceled. (**Using Weather.com app at home school**)

Davis Practices / “Best Practices”

- **Temperatures above 40 degrees** – Practices outside if dressed properly for conditions.
- **Temperatures between 35-39 degrees** – No more than 45 minutes outside without a 10-minute break indoors to warm up athletes. Athletes must also be properly dressed for conditions. (Hat, pants, warm up top, gloves, proper shoes).
- **Temperatures below 35 degrees** – Practice indoors only.

***Track Invitationals** – No temperature guideline is given. Common sense should be all athletes should have proper head gear, coats, gloves, pants and proper shoes to stay warm in early morning / afternoon temperatures between events.