

Bishop Chatard Athletics

Cold Weather Plan

- The Administrator in charge [typically the athletic director, assistant athletic director, athletic trainer, sport head coach, or camp director] shall monitor local weather conditions before and during events.
- Once a contest or activity begins, the game officials shall make the decision on when play is suspended. The administrator in charge may overrule the game officials and suspend a contest should he/she deem necessary.
- The Administrator in charge will obtain weather data at least 30 minutes prior to the start of an activity and hourly thereafter during the activity. Temperature and Windchill will be taken with a General Deluxe Heat Index Monitor.
- Activity Modifications for Cold will be communicated between game officials, sports medicine staff, home and visiting coaching staffs, etc. Modifications will adapt as the temperature changes during activity.
- Hold periodic reviews for appropriate personnel such as game officials, sports medicine staff, home and visiting coaching staffs, etc.

Risk	Temp/ Windchill	Athletic Activity Guidelines
Low Risk	30 F & Below	Outside participation is allowed with appropriate clothing. Be aware of the potential for cold injury and notify pertinent personnel of risk
Moderate Risk	25 F & Below	Mandate additional protective clothing (hat, gloves, layers). Limit practice time to 60-90 min/15 min rewarm. Provide re-warming facilities (warm dry environment, fluids, blankets, hot packs).
High Risk	15 F & Below	All participants must have appropriate clothing as above. Cover all exposed skin (cover helmet hear holes). Outside participation limited to 45 min/15 min rewarm. Provide re-warming facilities (warm dry environment, fluids, blankets, hot packs).
Extreme Risk	0 F & Below	Termination of all outside activities

Recognition: Signs & Symptoms of Common Cold Injuries

<p>Hypothermia:</p> <ul style="list-style-type: none"> • Shivering • Cold sensation, goose bumps, confusion, numbness • Intense shivering, lack of coordination, sluggishness • Violent shivering, difficulty speaking, mental confusion, stumbling, depression • Muscle stiffness, slurred speech and trouble seeing • Unconsciousness 	<p>Frostbite:</p> <p>Pain</p> <p>Burning</p> <p>Numbness</p> <p>Tingling</p> <p>Skin turns hard and white</p> <p>Skin starts to peel or get blisters</p> <p>Skin starts to itch</p> <p>Skin gets firm shiny, and grayish-yellow</p>
<p>Tx: move individual to warm area, with great caution if cardiac arrhythmia observed, remove all set clothing and replace with dry, assess airway, breathing and circulation, avoid friction masses to area, rewarm by applying gentle heat to axillae, chest, and groin, send to ER</p>	<p>Tx: rule out hypothermia, tissue plasminogen activators may be used to prevent amputation in severe cases, immerse area in warm water, protect area, if tissue sloughing involved, infection control warranted.</p>
<p>Chilblain/pernio:</p> <ul style="list-style-type: none"> • Red or cyanotic lesions • Swelling • Itching, numbness, burning or tingling • Skin necrosis 	<p>Immersion (trench) foot:</p> <ul style="list-style-type: none"> • Burning, tingling, itching • Loss of sensation • Blue/blotchy skin • Swelling • Blisters • Skin fissures
<p>Tx: when rewarming, inflammation redness and itching may be observed, do not disturb any skin lesions</p>	<p>Tx: Clean and dry area, apply warming agent, replace with dry socks & footwear</p>