



Gainesville ISD Athletics Cold Weather Policy

Cold exposure can be uncomfortable, impair performance, and even become life threatening. Conditions created by cold exposure include frostbite and hypothermia. Wind chill can make activity and 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 that occurs with rapid cooling, exhaustion, and energy depletion. The resulting failure of the temperature regulating mechanisms of the body constitutes a medical emergency.

Hypothermia can occur at temperatures above freezing. A wet and windy 30-50 degree exposure can be as serious as sub freezing exposure. Gainesville ISD has the following cold weather policy in place to protect the athletes, coaches, and spectators.

Cold Exposure:

- Breathing of cold air can trigger asthma attack
- Coughing, chest tightness, burning sensation in throat and nasal passage
- Reduction of strength, power, endurance, and aerobic activity
- Core body temperature reduction, causing reduction of motor output

Cold Recognition:

- Shivering, 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

Notification of Temperature:

- The Athletic Training staff will provide notice to the coaches of if and how long they will be allowed to practice and or play.
- The weather conditions will determine which protocol is to be followed.

Enforcement of Policies

- Head Coach/Athletic Trainers will monitor time of exposure
- Athletic Trainers will report any violations to the respective coordinator
- The coordinator will meet with the head coach
- Violations of policies will be reported to the Athletic Director

Gainesville High School Athletics Cold Policy: Practice

Wind Chill Factor 33-35 degrees (with precipitation)

- 35 minutes of exposure/ 20 minutes inside (may return outside after 20 minutes)
- Dry clothing (sock, gloves)
- Athletes must be dressed in warm-ups with extremities covered

Wind Chill Factor 32 degrees or below (with precipitation)

- All activities will be inside

- No outside exposure

Wind Chill Factor 31-32 degrees (Dry)

- 45 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

Wind Chill Factor 26-30 degrees (Dry)

- 30 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

Wind Chill Factor 25 degrees and below (Dry)

- No outside activity
- All practices will be inside

Gainesville Junior High Athletics Cold Weather Policy:

Wind Chill Factor 39-45 degrees (with precipitation)

- 35 minutes exposure/ 20 minutes inside (may return outside after 20 minutes)
- Dry clothing (socks, gloves)
- Athletes must be dressed in warm ups with extremities covered

Wind Chill Factor 38 degrees or below (with precipitation)

- All activities will be inside
- No outside exposure

Wind Chill Factor of 35-38 degrees (Dry)

- 45 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

Wind Chill Factor of 31-34 degrees (Dry)

- 30 minutes of exposure/ 15 minutes inside
- Athletes must be in warm ups with extremities covered

Wind Chill Factor of 30 degrees and below (Dry)

- No outside activity
- All practices will be inside

Cold Policy Games:

- Games will be postponed or canceled on a case by case basis at the discretion of the Head Athletic Trainer and the Athletic Director. A game will be considered for postponement or cancellation if the wind chill is **28 degrees or below (dry) and 32 degrees or below (with precipitation)**.
- It will be up to the Head Coaches and Athletic Directors to come up with a makeup date.

School Day Cancellation: Full Day

- No travel or practice unless approved by the Athletic Director

School Day Early Dismissal: Deteriorating Weather Conditions

- Practice or travel must be approved by the Athletic Director
- If approved practices must be over by 5pm