

DIAA Cold Weather Guidelines

The DIAA Sports Medicine Committee and Board of Directors have adopted the guidelines found below for member schools to use when outdoor activities can take place in cold weather. In order to ensure the safety of all athletes, please adhere to these cold weather guidelines.

- Exercise in water, rain, and wind and evaporation from wet clothing significantly increases the risk of hypothermia – these factors are important to consider in evaluating the safety of the student athlete when practicing or competing.
- All athletes will have appropriate warm up gear on during all practice sessions at temperatures below 35degrees F
- As much as 50% of total heat loss can be from the head and neck. The head and neck should be covered when possible. Other extremities should be covered at all times to protect from the wind chill.
- Athletes with asthma are at increased risk of developing an asthma attack. An athlete with asthma must have their inhaler on hand in order to participate in outdoor activity
- The Wind Chill Factor must be assessed prior to and every hour during practice sessions or competition using a local weather app such as Weather Bug

With precipitation:

Wind chill factor above 35 degrees F:

- Follow guidelines above

Wind chill factor 33-35degrees F with precipitation:

- Maximum: 40 min of exposure
 - May return outside after 20 minutes if have dry clothes
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)

Wind chill factor 32degrees F or below:

- No competition or practice.

Without precipitation:

Wind chill factor 32-35 degrees F:

- No more than 1 hour outside per session
 - May return outside after 30 minutes indoors
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)

Wind chill factor 26-31degrees F:

- No more than 30 minutes outside per session
 - May return outside after 15 minutes indoors
 - Athletes must be dressed in warm-ups with extremities covered (hats and gloves)

Wind chill factor below 25degrees F:

- No outside practice